

Birth Control Plan for 16 year Old Sexually Active Adolescent

Affiliation

Date

Birth Control Method

The Birth control method recommended for the teenager is the birth control pills. One of the reasons is that as a teenager she may not be engaging in sexual activity as frequently as married persons. Studies show that nine in every 100 women that use the birth control pills will get pregnant within the first years in the event that they use it on a frequent basis (Bartlik, Kaur, Schoen, & Kolzet, 2018). The birth control method has been recommended since the teenager complains of feeling itchy whenever her partner uses condoms. However, it is important to inform the teen that the birth control method does not provide protection against sexually transmitted infection (Bartlik, Kaur, Schoen, & Kolzet, 2018). However, the advantages of this method is that the teenager will experience lighter periods, there will be an improvement of acne and she is likely to have less cramps and reduced risk of endometrial and ovarian cancer.

History assessment of the Patient

Prior to administering the birth control plan the history assessment of the patient looked that the onset of their sexual activity where the patient revealed that she had been sexually active from the age of 14. She had multiple sexual partners before meeting her current boyfriend and had been using male condoms as a birth control measure. The patient however expressed several fears and pitfalls in addition to the severity and probability. There was risk surrounding the issue of sexuality as per the way she had internalized. Her biggest fear was getting pregnant and not a sexually transmitted infection. She indicated that her boyfriend is faithful and they have strong relationship and that they had sexual contact once every week (Bartlik, Kaur, Schoen, & Kolzet,

Also Read : [Nursing Assignment Help](#)

2018). The assessment also looked at her strategies to avoid pregnancy and she indicated the use of safe days and withdrawal as some of the initial techniques. It was noted that as the patient described the risks associated with sexual activity, she also characterized herself as being invulnerable to a number of sexual threat due to her values, virtues and actions, thus leading the selection of the birth control plan.

Documentation and Consent requirements

Currently in the United States there are no laws which require minors as 16 year olds to get parental consent so they can be given contraceptives. Among the documentation requirements however would include the history of patient sexual activity, assessment of other chronic illnesses, and allergic reaction to medication and if the patient is in other forms of drugs that could would cause harm when mixed with the use of birth control pills (Cooper & Conner, 2010). Also the healthcare provider is in no way allowed to inform the parent or legal guardian of their use of birth control pills without the teenager's consent. They can only share the teenager's medical records with the minor gives a signed consent.

Community resources for the Patient

Given that the patient is a teenager, the most appropriate community resources regarding responsible sexual behavior would be online resources (Cooper & Conner, 2010). This mean that it will be the mandate of the healthcare provider to offer the additional resources in print form and a page with references to social support groups, websites, peer networks, treatment sites and opportunities for advocacy on responsible sexual behavior.

Patient Education and Follow-up care plan

Also Read : [Nursing Assignment Help](#)

As part of the birth control plan, the patient will be informed about the health benefits and disadvantages of using the birth control plan. It will also be important to inform the patient about the risk of sexual transmitted infections and other preventive measures (Cooper & Conner, 2010). The follow up plan would include weekly visits and monthly visits to find out whether the patient responded well to the birth control pill or if there will be need to replace it.

References

Bartlik, B., Kaur, A., Schoen, C., & Kolzet, J. (2018). Birth Control Pills and Hormonal Contraception (DRAFT). *Oxford Medicine Online*.

doi:10.1093/med/9780190225889.003.0009

Cooper, E. B., & Conner, B. T. (2010). Factors Predicting Use of Birth Control in Sexually Active Adolescents. *PsycEXTRA Dataset*. doi:10.1037/e642012010-001