

PC² You Decide

A Five-Step Approach to the Personal Choice Interview, Risk Assessment, and Patient Education

PC² You Decide is designed to guide providers in helping women choose a new contraceptive method and address concerns that their patients might have about the cardiovascular risks associated with combined hormonal contraception. The five steps of PC² You Decide entail:

- **Patient Concerns** Focus on the woman's agenda for her visit.
- **Choices** Find out what options are acceptable to her.
- **Personal Profile** Collect and interpret facts that may influence the suitability of her preferences (lifestyle, personal factors, health history).
- **Considerations** Discuss benefits, side effects, and risks of her preferred method(s).
- **You Decide** Partner with her in making the final decision. Give her supporting information and the contact information she needs for Q&A and follow-up care.

PC² YOU DECIDE PREGNANCY PREVENTION, COMBINED HORMONAL CONTRACEPTION (CHC), AND CARDIOVASCULAR RISK

Five-Step Approach to Interviewing & Patient Education

Guiding Discussion for Contraception

Cardiovascular Risk Assessment

Supporting Tools

STEP 1 (SUBJECTIVE)

Patient Concerns

Pregnancy prevention

- What are your pregnancy plans for the next year? The next five years?
- How would you feel if you were to get pregnant in the next 12 months?
- How important is it for you to prevent a pregnancy, now?
- What would you do if you got pregnant in the next 12 months?

- Toolkit—**Reproductive Life Plan** (Patient should complete before the patient/provider interview.)

STEP 2 (SUBJECTIVE)

Choices

Contraception options

- Are you currently using a method/methods of contraception?
- How satisfied/dissatisfied are you with this method?
- Are you interested in a new/different method?
- What are your needs for sexually transmitted infection (STI) protection?

- Warning signs (See below.)

- Toolkit—**Methods Guide**

STEP 3 (SUBJECTIVE & SOME OBJECTIVE)

Personal Profile

Factors that contribute to contraceptive choices and successful use

(Provider reviews the completed Self-Administered Patient History Form as a guide for the discussion.)

- Ability to remember/keep track of schedules
- Access to health care facility
- Affordability
- Age/cognitive abilities
- Blood pressure
- Comfort with one's body
- Cultural/religious influences
- Findings of physical examination (if done)
- Habits—smoking, ETOH (alcohol), drugs
- Influence of others—partner(s), parents, friends
- Medical history
- Menstrual profile
- Surgical history
- Sexual behaviors
- Weight/BMI

STEP 4 (ASSESSMENT)

Considerations

Questions and answers

- Contraindications
- Benefits—including non-contraceptive benefits
- Risks
- Side effects—what is client willing to tolerate
- Weight gain, irregular or no bleeding
- Evidence-based scientific information

- CV Conditions Precluding Use of CHC
- Thrombophlebitis/thromboembolic disorder
- History of deep vein thrombosis/thromboembolic disorder
- Cardiovascular or coronary artery disease
- Valvular heart disease with thrombogenic complications
- Uncontrolled hypertension
- Diabetes with vascular involvement
- Headache with focal aura
- Major surgery with prolonged immobilization

- Glossary of Risk Terms
- Patient Comparison Risk Tools
- Six-Step Plan: Responding to Adverse Medical Announcement

STEP 5 (PLAN)

You Decide

- Contraceptive decisions
- Instructions for contraceptive use
- Red flags—contact your health care provider if you have CV signs/symptoms
- Other health messages
- Follow up
- Periodic reassessment

- Reinforce warning signs:
 - **A**—Abdominal Pain
 - **C**—Chest Pain
 - **H**—Headaches
 - **E**—Eye Problems
 - **S**—Severe Leg Pains

- Instructions for use
- Warning signs
- Other good health messages
- Provider contact information
- Follow-up appointment