

Missed pill – Contraception

Instructions for student:

You are a GP.

Miss Jane Smith has come to see you as she has concerns over her combined contraceptive pill. Take a history and give Miss Smith appropriate advice.

The examiner will then have a question for you.

This station is 5 minutes long.

Instruction for patient

P/C: I have missed 3 pills. Today is Tuesday, and I have missed Friday, Saturday and Sunday.

Hx P/C: I was on a weekend away and forgot to bring the pack. Act worried!

What pill are you on and do you have it with you? I am on Microgynon and here I have the pack with me.

What stage of your pack are you on? I am on the second half of my pack. There are 3 pills left.

Have you missed any pills earlier in the cycle? No

Have you had any vomiting or diarrhoea? No

When was your last menstrual period and are they regular? My last period began 2 weeks ago and they are regular.

Are you sexually active? Yes

Were you sexually active during the weekend? I was sexually active during this time.

Did you use any other forms of contraception? Yes my partner used condoms. The condoms did not split or leak.

Would you like to change to another form of contraception? I have no issues with Microgynon and do not wish to change pill.

Gynae Hx: Periods began at 15

Regular cycle, every 28 days

They last for 4-5 days. Not heavy or painful. No bleeding between periods or after sex.

Up to date with her cervical smears, the last smear was 2 years ago and was normal.

Never had an abnormal smear

Regular STI checks that have all been negative

On COCP for the last 2 years ago. I only need it for contraception, no history of PCOS.

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4th year Queens University Belfast

Obs Hx: Have never been pregnancy. No miscarriages, ectopic pregnancy or abortions

PMHx: None. No previous surgery

FHx: No history of congenital malformations or difficulty conceiving in the family

DHx: None and NKDA

SHx: Lives with long term partner at home. It is a happy relationship. I work as a classroom assistant. I smoke 10 cigarettes/day since I was 16 years old. Drink 1 bottle of wine on a Friday night.

Instructions for examiner:

- Open questions, empathy, and confidentiality to gain patient's trust. Show empathy and discuss ICE with patients
- Presenting complaint

Ask of name of COCP and establishes how many pills are left in packet. Ask if any other form of contraception used or any GI upset. Establishes if patient would like to change contraception.

Gives advice that should be covered by condom use, but to finish the pack and start a new pack straight away-'run them back to back'- this means missing out the pill-free break.

Allows patient to voice any concerns.

Questions for the student?

'Miss Smith comes back to see you in 6 months and would like to get pregnant, what questions and advice would you have now?'

- You will need to stop all forms of contraception. It is best to have a STI check first to ensure maximum health
- Start to take daily folic acid
- Ask if she is up to date with her vaccinations (Rubella check mentioned)
- Does Miss Smith need to lose weight? If she is overweight, it may be a barrier to conceive
- Take a recent drug history
- Take a full recent medical history ensuring to ask about diabetes status, blood pressure, thyroid disease, epilepsy and venous thromboembolisms.

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- To stop smoking, recreational drug use and it is best to avoid alcohol completely.
- To avoid stress
- To take up regular exercise
- Any history of congenital malformations or difficulty to conceive in her family?
- Does her partner smoke or ever had mumps? Any problems with ejaculation?
- Suggest regular sexual intercourse 3 times per week. Suggest if no spontaneous conception in 24 months to consider referral to sub-fertility clinic