

Family Planning

Nursing 201: Nursing Care of Special Populations

Method	Failure Rate	Availability	Advantages	Disadvantages
Natural Method:				
Abstinence				
Natural Family Planning				
Withdrawal				
Lactation Amenorrhea Method (LAM)				
Barrier Methods:				
Condoms				

Vaginal Sponges				
Cervical Caps				
Diaphragms				
Spermicidal gels, cream suppository, or foam				
Hormonal Methods:				
Combination estrogen/ progesterone oral contraception				
Emergency contraceptives				

Progestin only				
Depo-Provera				
Contraceptive Patch				
Vaginal Ring				
Long Acting Reversible Contraceptives				
Intrauterine Contraceptives (IUC's) (copper or hormone releasing)				
Hormone Implants				

Sterilization				
Vasectomy				
Tubal Ligation				
Sterilization Implant				