Case 1: Gloria

Learning Objectives:
- Knowledge of interpretation services and appropriateness of using a family member as a translator
- Cultural competency in interacting with non-English speaking patients and addressing family barriers to contraception
- Knowledge of birth control options for women who are breastfeeding
- Use of GATHER and RESPECT models to discuss birth control options and deal with partner resistance to contraception

Gloria is a 21 year old woman who is married and has just had a baby. She comes in to the office with her husband for her six week postpartum checkup. Gloria only speaks Spanish but her husband knows English and says that he will translate for her. Gloria is currently breastfeeding her baby. During the examination, when you are asking Gloria questions about her and her baby’s health, the husband continually answers for her. You ask her if she wants to start taking any birth control, and her husband answers by saying that they do not believe in that.

**How will you use the GATHER and RESPECT models to explain to them the benefits of postpartum birth control in spacing pregnancies?**

- Suggested Response:
  - Inform the husband that an interpretation service would be the most efficient way of communicating with both him and his wife. Emphasize that this would be in both his and his wife’s best interests.
  - Encourage contraceptive use by explaining the benefits of spacing pregnancies. Emphasize that you understand they may not be comfortable with birth control, but it would be putting their new baby as well as the mother at a risk by not using any birth control.
  - Discuss their birth control options by encouraging them to consider birth control implants, IUDS, Depo shot, or progestin only pills. While it is important to respect the husband’s opinion, make sure, through use of interpreter, that you are able to learn about the mother’s opinion. Emphasize the risks of forgoing birth control and the benefits of using it.
  - Use the GATHER and RESPECT models to TEACH, but not PRESSURE the patient about her options! This increases likelihood of follow-up if the patient doesn’t choose to start birth control during this current visit.

Case 2: Eliza

Learning Objectives:
- Cultural competency in interacting with women who are unmarried but need birth control
- Knowledge of different birth control options for nonadherent women
- Competency in dispelling common birth control myths
Eliza is a 24 year old patient who you are seeing for her six week postpartum visit. You glanced over at her file beforehand and see that her marital status is single, but she tells you during the examination that she has a long-term boyfriend with whom she had her baby with. She speaks English sufficiently enough to discuss with her options with you. You ask her if she knows about her options for birth control and if she would like to start taking contraception. She says that her and her partner usually use condoms and she does not want to use the pill because she has trouble remembering things, especially while taking care of the baby. She does not want to take the Depo shot because she heard that there are many negative side effects. She also mentions that she has not had sex since she delivered her baby and does not foresee having sexual intercourse for awhile due to her and her boyfriend’s busy schedules, so she is not keen on being on birth control.

What do you suggest for her?

- Suggested Response:
  - Remember to gauge the situation first and decide whether or not an interpretation service is needed. Although the patient can speak English, there might be some terminology that is lost in translation, and therefore, a professional interpreter might be beneficial.
  - Inform the patient that although she does not foresee herself having sexual intercourse in the near future, taking precautions such as being on a form of birth control can prevent accidents from occurring.
  - Engage in conversation about her future goals/life plans, and tell her why it is important for her to consider birth control in order to be able to pursue these goals.
  - Discuss the myths associated with the Depo shot (causing deep vein thrombosis, increasing risk of osteoporosis)
  - Explain what options you think would be best for her and ask her how she feels about each and whether she has any remaining concerns about any of the options.

Case Study 3: Maria

- Learning Objectives:
  - Knowledge of interpretation services
  - Cultural competency in interacting with non-English speaking patient
  - Understanding of financial situation and knowledge of discussing Affordable Care Act and how it will affect patient
  - Use of GATHER and RESPECT models to discuss birth control options with financially-concerned patients

Maria is a 25 year old woman seeing you for her six week postpartum visit. She has just had her second child. Her first child is 2 years old. Maria does not speak English and you must use the interpreter service. When you ask her how she is doing, she tells you that she is stressed because her husband just lost his job and she has to stay home to take care of her two children. Maria tells
you that while she is not keen on having any more children now, her husband is still open to the idea in the future. However, because they are in a tough financial situation at the moment, she wants to start using birth control to prevent anything unexpected. She is worried that she cannot pay for it and she is also concerned with the health risks. Her sister told her that birth control can reduce a woman’s ability to conceive in the future and that she should therefore stay away from it.

How do you approach this situation?

- Suggested Response:
  - Use the interpretation service to ensure proper communication
  - Begin by discussing the patient’s financial situation, and offer consolation on her husband’s job loss. Ask her if she’d like to talk further about it, and use active listening as she voices her questions and concerns.
  - Discuss the Affordable Care Act with the patient, and explain that if they are insured under a private health insurance plan, birth control, if generic, will be covered and thus easily accessible for her.
  - Dispel common myths about birth control and explain the benefits and effectiveness rating of each choice.
  - Suggest to her certain birth control options and ask her how she feels about each.
  - Use GATHER and RESPECT to openly listen and engage in an active conversation with the patient