

Effective Communication: Encouraging a Postpartum



Reproductive Life Plan for Hispanic Women

Active listening: It only takes about **150 seconds** for a patient to describe her concerns, but on average, physicians interrupt their patients about **23 seconds** after they begin speaking. Always **LISTEN** to your patient without interrupting them!

Patient-centered interviewing: Take your time to establish a level of comfort and trust when discussing birth control options with your patient. Ask her which option she feels would be best for her, and have an **exchange of discussion** on the options which are most feasible and effective.

Shared decision making: Respect your patient's culture and beliefs, and ensure that your advice is in line with your patient's choices as well. Remember to always **check for understanding** by asking your patient to repeat what you have said in her own words, especially in patients with limited English proficiency.

Spanish Words To Know:

Postpartum birth control → Métodos anticonceptivos posparto
 Childbirth/delivery → El parto Pregnancy → Embarazo
 To breastfeed → Dar el pecho Health insurance → Seguro médico

Communication Strategies

GATHER

Greet

Ask

Tell

Help

Explain

Return

RESPECT

Rapport

Empathy

Support

Partnerships

Explanations

Cultural Competency

Trust

As of **August 2012**, the **Affordable Care Act** will provide those insured under a private insurance company access to birth control without having to pay co-pay or out-of-pocket expenses. **NOTE**: Must be generic form of birth control.

Birth Control Type	Safe to Use When Breastfeeding?	When to Use	Effectiveness	Useful for
Male/Female Sterilization (Esterilización para Mujeres/Hombres)	Yes	Either during C-section or up to 48 hrs after vaginal delivery. Otherwise, must wait 4-6 weeks	>99%	Those who are certain they do not want any more children
Birth Control Pill (Píldora) -Combination -Progestin Only	Combination: No Progestin: Yes	4-6 weeks after delivery	92-99%	Those who are adherent and want a reversible form
Patch (Parche)	No	4 weeks after delivery	92-99%	Those who are adherent
Implant (Implante)	Yes	4 weeks after delivery	99%	Those with difficulty adhering to care
Ring (Anillo)	No	4 weeks after delivery	92-99%	Those who are adherent
Injection (Depo) (Inyección)	Yes	3-6 weeks after delivery	97-99%	Those who are nonadherent to the pill or patch
IUD (DIU)	Yes	Up to 48 hours after delivery, or at the 4 week postpartum visit	99%	Those who want long-lasting birth control
Barrier Methods (Métodos de Barrera) Condoms – Condones Diaphragm and cervical caps – Diafragma y Capuchón	Yes	Condoms – any time after pregnancy Diaphragm and cervical caps – after 6 week postpartum visit	71-98%	Those who do not want a permanent method of birth control, do not want hormonal contraception
Emergency Contraception (Anticoncepción de Emergencia)	Yes	Any time after pregnancy	58-94%	When birth control fails or is not used

For more information, visit the Gender and Sexuality page on AMSA's website!

