**Nursing management for - PROVERA INJECTION used as birth control**

Serve the people community health center

**Depo-Provera Injection**

**In order to start Depo, a patient must see a provider first (or have a co-visit with Nurse)**

The prescription for Depo should be documented in the medication module by the provider. If it is NOT there, please ask the provider to add it.The protocol below enables the MA and nurse to administer subsequent injections at patient’s follow-up visits.

**Subjective:**

* Before doing anything, be sure to change Rendering provider to Pt’s PCP or name of provider who will be seeing the pt (if necessary).
* Check the date of the last injection to ensure that it falls within the 11-13-week schedule. See calendar.
  + If last shot was less than 11 weeks ago, patient is too early and must be rescheduled unless provider okays administration
  + If last shot was 13 weeks ago or more, she is late, but she can still receive her injection. Consult with nurse to assist with following flow at the end of this document.
* If patient reports heavy bleeding (needing to change a regular pad in less than 1hr), more than 10 lb weight gain, increased headaches, extreme mood changes, or any other dissatisfaction with this method, consult provider or nurse.
* Is patient taking a calcium supplement? Performing regular weight-bearing exercise?
* Document all of the above in the HPI section of patient’s chart.

**Objective:**

* Vital signs (consult provider if outside of normal limits), LMP, smoking status.

**Assessment:**

* Contraception management, unspec. ICD-9: V25.9 Status: Routine

**Plan/Education:**

* **Educate regarding the following prior to giving injection:**
  + **Potential severe side effects,** notify provider or nurse if any of the following:
    - major depression
    - migraine with aura — seeing bright, flashing zigzags, usually before a very bad headache
    - Injection site side effects such as: pus, pain for many days, or bleeding where pt was given the shot the last time
    - unusually heavy or prolonged vaginal bleeding
    - swelling or pain in arm or leg
    - Constant spotting. (For most women, spotting will decrease the longer they are on Depo).
    - Heavy bleeding. (Filling 1 regular pad in less than 1 hr—pt should alert provider immediately.)
  + **Increased risk of contracting STIs/HIV**.
    - Depo does not protect the patient from STIs or HIV.
    - Encourage using condoms with any new partners or partners who have not been tested for STIs.