Policy

Maternal and Family Health Services, Inc. shall offer various methods of contraception to all clients, including education and counseling regarding the lactational amenorrhea method (LAM) for breastfeeding postpartum women.

Standards

1. All Family Planning clients will be made aware of LAM as a temporary contraceptive method, with specific counseling as indicated for the breastfeeding postpartum client. LAM becomes increasingly unreliable as an indicator of infertility beyond 6 months post-partum.

2. All Family Planning clients who are suitable candidates for LAM will be evaluated for breastfeeding behaviors relative to specific method requirements, and then provided with written information and/or instructions in LAM use as appropriate.

3. All Family Planning clients who appropriately choose LAM as their contraceptive method will be counseled on complimentary contraceptive methods for optional use as indicated. These additional methods should not interfere with breastfeeding or affect the infant’s health. Written information specific to the "second" method should also be given.

4. Client education and counseling relative to LAM is based on the latest edition of Contraceptive Technology and/or Family Planning at Your Fingertips (Hatcher et al).

Procedure

1. Offer counseling/education regarding the client’s Reproductive Life Plan and their choice of birth control method.

2. Counsel/educate the client on LAM, reinforcing the relationship between adherence to required breastfeeding behaviors (consistent demand feedings without supplementation) and associated protection from pregnancy; verify client understanding.

3. Provide the client with written guidelines for LAM and indicators for initiation of another method of contraception if avoidance of pregnancy is desired.

4. Counsel/educate the client on selected optional second contraceptive method for use as indicated during breastfeeding efforts (as a contraceptive and/or for STD protection) and for initiation as the primary contraceptive method when the client opts to stop practicing LAM.

5. Provide written information on the "second" method and dispense supplies as indicated. Document instruction and supplies given.

6. Advise the client that LAM does not protect against STDs, including HIV; consistent and correct use of condoms does reduce the risk of STDs/HIV.

7. Advise client to call for appointment for supply refill or information as necessary.

8. Reinforce the need to return to clinic for annual exams.
Resources
Contraceptive Technology, 20th edition

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