

NFP PBL

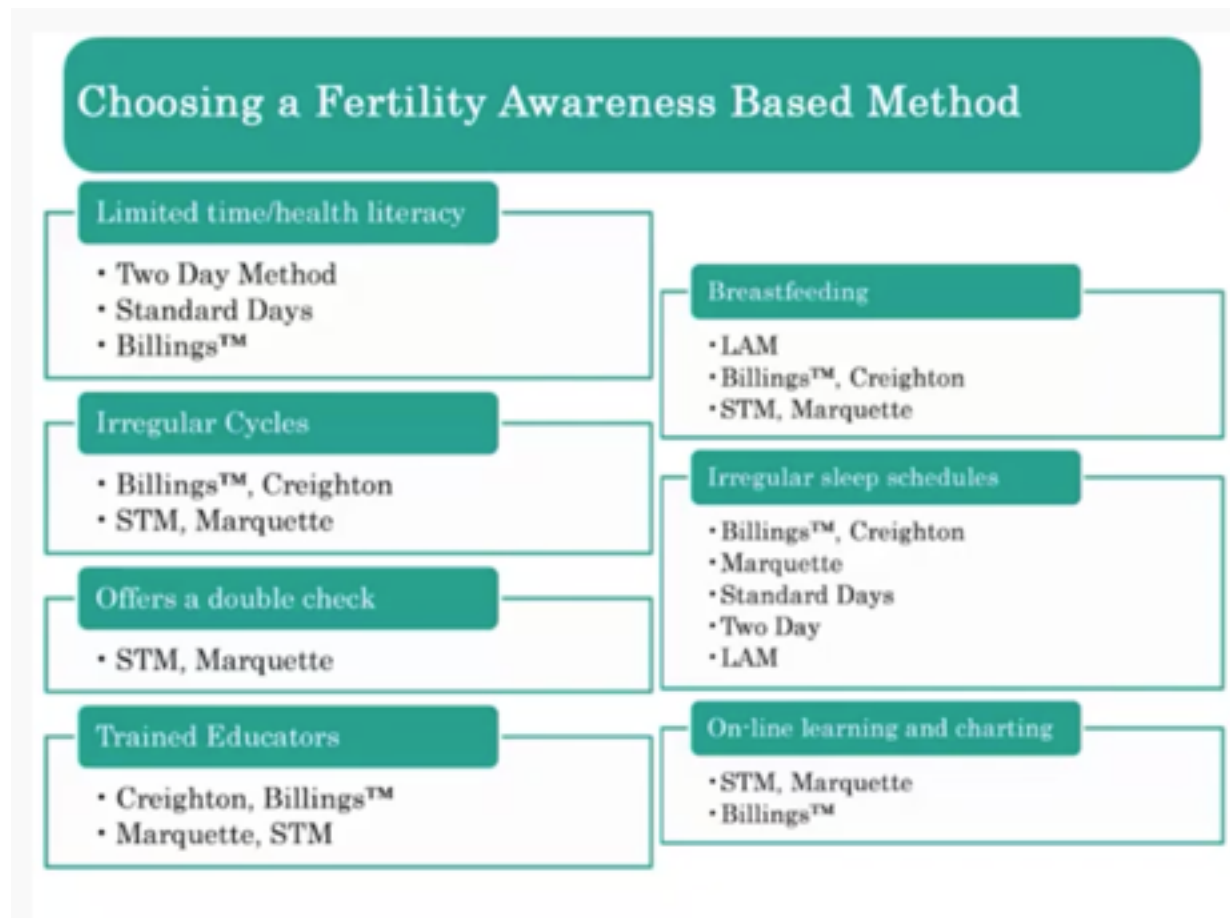
Lisa is 27 years old and a 3rd year medical student. She is married to Joe who is also 27 and works as an attorney for a large law firm. Lisa and Joe would like to have a family, but wish to delay pregnancy until Lisa finishes residency. Lisa is healthy with the exception of migraine headaches with which she gets an aura. Her menstrual cycles tend to occur about every 28-30 days. Joe has no medical problems. Both Joe and Lisa are extremely health conscious. They are triathletes and follow a vegan diet. They do not like to take medication unless it is absolutely necessary. Lisa has developed a latex allergy during her time in medical school.

1. What options are available to Lisa and Joe to help them postpone pregnancy according to their plans?
2. They have not heard of NFP/FABM (Natural Family Planning/Fertility Awareness Based Methods) but are aware of the “rhythm method” and are skeptical. They have heard it is not effective and ask you for details.
3. What is the difference between NFP and FABM?
4. Lisa and Joe are interested in hearing more about modern methods of NFP. What can you tell them. Please discuss each method and briefly review their components.
5. They are interested to hear about other couples experience with NFP. Can you give them more information about that?
6. Lisa and John were raised Catholic, and know that the Church does not permit contraception. They have never really understood why. Can you help them?
7. I have heard some people say that NFP is just “Catholic contraception.” Is this the case?
8. What are the environmental benefits of NFP compared to other methods of family planning?
9. Is NFP effective?

10. What does the CDC quote as efficacy rate for NFP?

11. Why is it important for health care professionals to know about NFP?

12. Lisa and Joe think that NFP might be a good fit for them. What should they do now?



Commonly used NFP/FABM Apps:

Ovulation Mentor (Ovulation)

[symptom.org](http://symptom.org) (STM)

iCyclebeads (Standard Days Method)

LilyPro (STM)

Lady Cycle (STM)

[mfNFP.net](http://mfNFP.net) (STM)

Natural Cycles

[femmhealthapp.org](http://femmhealthapp.org)

## References:

- Fertility awareness-based methods of family planning: A review of effectiveness for avoiding pregnancy using SORT (Manhart et al, 2013) - one of the best introductions to the various types of FABMs and efficacy rates
- Fertility Awareness-Based Methods: Another Option for Family Planning (Pallone and Bergus, 2009) - another excellent introduction and summary of the various methods
- Natural Family Planning (Smoley, 2012) - this is probably the best of the 3 listed here for an introduction to the various methods - not too dense or long
- The entire FACTS website is excellent, especially for introductory information.
  - <https://www.factsaboutfertility.org/what-is-charting/>
- This resource list on the FACTS website is a well-organized compilation of primary literature as well - <https://www.factsaboutfertility.org/learn-more/research/>

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