

Optimizing IUD Delivery for Adolescents and Young Adults

Mandy S. Coles • Aisha Mays
Editors

Optimizing IUD Delivery for Adolescents and Young Adults

Counseling, Placement, and Management

 Springer

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Mandy S. Coles, MD, MPH
Boston University Medical Center
Boston, MA, USA

Aisha Mays, MD
UC Berkley-UCSF Joint Medical Program
Berkeley, CA, USA

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*This text is dedicated to all of the amazing
and resilient adolescents and young adults
whom we serve.*

*May you always remember your strength and
reach for your goals.*

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Introduction

Adolescents and young adults in the USA often experience barriers to IUD use, with unequal access to information, as well as service disparities. This book is designed to help support providers seeking to integrate, and/or expand IUD provision for adolescents and young adults in their practices. In recognizing the scope of experiences of our audience, we aim to provide a wide range of tools that may be useful. *Optimizing IUD Delivery for Adolescents and Young Adults: Counseling, Placement, and Management* is designed to serve as a working text that highlights the particular needs of adolescents and young adults surrounding IUD delivery; it is meant to act as a comprehensive IUD procedural text that is ideal for medical offices and teaching institutions alike.

We are lucky to have chapters written by experts in the fields of adolescent reproductive health and family planning from a variety of medical disciplines. Authors self-selected chapter topics based on their area of excellence and expertise. Many authors wrote collaboratively to add to the breadth and depth of the subject matter presented.

You will notice some similarities in each chapter of this book. Chapters all begin with **Learning Objectives** relevant to their topics, and all end with **Clinical Pearls** that are meant to be practical tips for the reader. Every chapter contains at least one case—to aid with integrating information and concepts presented in the text. As a reader, you will have the opportunity to think hypothetically about what you would do if you were put in these clinical case situations. Chapters are intended to be practical in nature. Each can be used as a stand-alone guide in clinical practice. Chapter 14 provides a list of additional resources organized by chapter, as well as full text or images of targeted materials for quick access.

Optimizing IUD Delivery for Adolescents and Young Adults: Counseling, Placement, and Management provides education and information to help providers incorporate developmentally appropriate counseling and IUD delivery approaches into their practice. Book chapters examine the history of IUDs, debunk commonly held IUD myths, and address IUD counseling, initiation, placement, and follow-up techniques unique to adolescent and young adult populations. The text closes with chapters on how to access IUD training, deliver IUD services in non-traditional

settings, and how to utilize information on IUD billing and reimbursement. Clinical cases in each chapter provide both a clinical grounding and a context within which to apply the chapter material, in addition to integrating a variety of adolescent and young adult voices.

As editors and authors, we were very intentional about integrating reproductive justice and gender inclusivity into the text. The history of IUDs in the USA was not always a positive one—underserved communities and communities of color were often forced or coerced to adopt these methods. It is important for all IUD providers to be knowledgeable of these injustices in order to prevent them from recurring in their own practices; in the words of Loretta Ross, one of the leaders of the reproductive justice movement, “We can take advantage of this moment to advance reproductive justice for all...to advance and protect their full human rights.” Aligned with reproductive justice principles—and discussed throughout this text—we support adolescents’ and young adults’ full autonomy regarding their reproductive life plans, access to the full range of contraceptive methods, and choice to have an IUD placed only if and when *they choose*—and to have it removed at any time as they request. Chapters on the history of IUDs (Chapter 1), counseling (Chapter 5), and when to insert IUDs (Chapter 6) all directly address the principles of reproductive justice in the context of IUD delivery.

Optimizing IUD Delivery for Adolescents and Young Adults: Counseling, Placement, and Management also fully supports gender diversity and inclusivity in clinical care and practice. We have been intentional in ensuring that all language in this text is gender neutral, except where citing research done with specific populations. You will notice that every case references the gender identity of the individual, and many cases include non-cisgender youth. Additionally, the chapters on adolescent-friendly clinical spaces (Chapter 2), consent (Chapter 7), and pain management (Chapter 9) specifically discuss strategies for working with individuals of all gender identities. Inclusion of and commitment to providing optimal reproductive health care for adolescents and young adults across the gender spectrum is one of the key tenets of reproductive justice.

We are grateful for the expert perspectives shared in this text. We hope that the richness of experience that is shared here will contribute to building access and equity in IUD counseling and provision, not only across socioeconomic, racial, cultural, geographic, and gender lines, but also within in our own communities. Dr. Jay Giedd reminds us that adolescence is “a time of enormous opportunity and of enormous risk.” It is our intention that this book will help providers to support adolescents and young adults, empowering youth to take advantage of the opportunities that lie ahead.

Berkeley, CA, USA
Boston, MA, USA

Aisha Mays, MD
Mandy S. Coles, MD, MPH

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Contributors

Aletha Y. Akers, MD, MPH The Craig Dalsimer Division of Adolescent Medicine, The Children's Hospital of Philadelphia, Philadelphia, PA, USA

Rebecca H. Allen, MD, MPH Department of Obstetrics and Gynecology, Women and Infants Hospital, Brown University, Providence, RI, USA

Lela R. Bachrach, MD, MS Department of Adolescent Medicine, UCSF Benioff Children's Hospital Oakland, Oakland, CA, USA

Yasmin Z. Bahar, DNP, RN, NP, FNP-BC Department of Pediatrics, New York Presbyterian Columbia University Medical Center, New York, NY, USA

Elise D. Berlan, MD, MPH Interim Chief, Adolescent Medicine, Associate Professor of Pediatrics, The Ohio State University College of Medicine, Division of Adolescent Medicine, Nationwide Children's Hospital, Columbus, OH, USA

Maria Brown, MD Division of Adolescent Medicine, Nationwide Children's Hospital, Columbus, OH, USA

Nicole Chaisson, MD, MPH Department of Family Medicine and Community Health, University of Minnesota, Minneapolis, MN, USA

Mandy S. Coles, MD, MPH Department of Pediatrics, Boston University Medical Center, Boston, MA, USA

Joy Friedman, MD Department of Pediatrics, Albert Einstein Medical Center, Philadelphia, PA, USA

Melanie A. Gold, DO, DMQ Department of Pediatrics, Division of Child and Adolescent Health, Columbia University Irving Medical Center/New York–Presbyterian Hospital, New York, NY, USA

Suzan Goodman, MD, MPH Bixby Center for Global Reproductive Health, Department of Family and Community Medicine, UCSF, San Francisco, CA, USA

Katherine Blumoff Greenberg, MD Departments of Pediatrics (Primary) and Obstetrics and Gynecology (Secondary), University of Rochester Medical Center, Rochester, NY, USA

Aisha Mays, MD UC Berkeley School of Public Health, UC Berkeley/UCSF Joint Medical Program, Berkeley, CA, USA

Rubiliatu A. Oluronbi, MD, MPH Department of Obstetrics and Gynecology, Albert Einstein Medical Center, Philadelphia, PA, USA

Rachel C. Passmore, MPH Department of Population and Family Health, Columbia University Mailman School of Public Health, New York, NY, USA

Amy Yoxthimer, PA-C, MPH Department of Women's Health, Open Door Family Medical Centers, Brewster, NY, USA