

6.1 ABSTINENCE

TITLE	DESCRIPTION
DEFINITION:	<p>Abstinence may be defined in a variety of ways, including the following:</p> <ul style="list-style-type: none"> • Refraining from all sexual behavior to include oral and anal. • Refraining from behavior involving genital contact. • Refraining from penetrative sexual practices. • Benefits of delaying sexual activity.
SUBJECTIVE:	<p>Must Include:</p> <ol style="list-style-type: none"> 1. LMP. 2. Comprehensive medical, family, social, sexual, reproductive life plan and contraceptive history (initial, or updated as indicated).
OBJECTIVE:	<p>Assess as Indicated:</p> <ol style="list-style-type: none"> 1. BP. 2. Height/weight. 3. Periodic physical assessment as required by Title X guidelines.
LABORATORY:	No routine screening labs are required.
ASSESSMENT:	Client desires to practice abstinence.
PLAN:	<ol style="list-style-type: none"> 1. Provide support and counseling for the client's choice of abstinence. 2. Return to clinic for follow-up evaluation, PRN problems, or as designated by clinician.
EDUCATION:	<ol style="list-style-type: none"> 1. Counsel regarding commitment to abstinence and importance of back-up method availability. 2. RTC for BC options if necessary.
REFERRAL TO MEDICAL PROVIDER:	If any medical concerns which cannot be addressed at office visit.
REFERENCES:	<ol style="list-style-type: none"> 1. <i>Centers for Disease/U.S. Selected Practice Recommendations for Contraceptive Use, 2016.</i> 2. <i>Centers For Disease/Providing Quality Family Planning Services, Vol. 63, No. 4, April 25, 2014.</i> 3. <i>Hatcher RA, et al (editors). Contraceptive Technology, 20th Ed. New York: Ardent Media. 2012.</i>