Sample Clinical Case Study: Side Effects of Depo-Provera

Case Study #1

Directions

Read and analyze this case study individually. When others in your group have finished reading it, answer the questions. When all the groups have finished, we will discuss the case study and the answers each group developed.

Case Study

The client is a 28-year-old mother of three children. The youngest is 4 years old and his birth was very difficult. She does not want to have any more children and her husband agrees. To prevent further pregnancies, she began taking Depo-Provera injections about 1 year ago. It is not yet time for her next injection but she has returned to the clinic because she is worried—she has not had a menstrual period for two months and is afraid that the menstrual blood is building up inside of her.

Questions

1. What are the possible causes of the client’s amenorrhea?
2. What additional information do you need to determine the most likely cause? What questions will you ask? What examinations will you perform?
3. You find no cause for the amenorrhea other than the Depo-Provera. How would you manage this client?
4. What will you tell the client about the cause of her amenorrhea and its management?
5. Despite your explanations, the client insists on stopping the Depo-Provera. What other family planning methods might be appropriate for her? Why?

Case Study #2

Directions

Read and analyze this case study individually. When others in your group have finished reading it, answer the questions. When all the groups have finished, we will discuss the case study and the answers each group developed.

Case Study

The client is a 25-year-old woman. She is married and has four children. Her youngest child is 1 year old. She wants no more children for several years. Her husband, a truck driver, will not use condoms, so she began taking Depo-Provera injections 7 months ago. Just last month she received her third injection. At that time, she reported having some light spotting between periods.
Now she has returned to the health post saying that she has been having heavy bleeding for the past 10 days. She is very frightened and concerned.

Questions

1. What should you have told her about the light spotting?
2. What are the possible causes of her heavy bleeding?
3. What additional information do you need to determine the most likely cause? What questions will you ask? What examinations will you perform?
4. No other abnormalities are found. Is there any medical treatment you would give her?
5. What would you tell her about the bleeding? Is there any other information or counseling she needs?
6. If there is no response to the treatment or the client decides that she wishes to change to another family planning method, which methods may be appropriate for her? Which would not be appropriate for her?