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Family planning for adolescents

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According to the World Health Organization (WHO), approximately 16 million pregnancies to teen mothers ages 15 to 19 years occurred in developing countries annually. The U.S. National Campaign to Prevent Teen and Unplanned Pregnancy reports that in 2016 209,480 babies were born to teens ages 15-19 at a rate of 20.3 births/1,000 girls. Despite a gradual decline over the years of teen pregnancies in the United States, providers must continue the relentless efforts in pregnancy prevention initiatives while maintaining confidential services. This presentation provides health care providers (HCP) with

information about family planning methods available to adolescents and current clinical guidelines on prescribing contraception. International adolescent pregnancy data and trends will be reviewed. Participants will review case studies about management of initiating and maintaining patients on contraception. HCPs can enhance their knowledge about contraindications to contraception use per eligibility criteria. This discussion also includes a review of current health policies, funding, and existing barriers affecting family planning services.

Biography

Kamila Barnes is the Founder/Owner of Barnes Health Affiliates, LLC (BHA). She is a Board Certified Family Nurse Practitioner (FNP) who completed her Masters and Doctorate degrees (DNP) from the University of Rochester, School of Nursing. She also graduated from Binghamton University with a Bachelors of Science in Nursing and minor in Spanish. She is currently working as a Clinician at Northwell Health Adolescent School Based Health Center in New York City, as well as an adjunct professor at Hunter College Bellevue School of Nursing. She is also an active community volunteer in her nursing organizations as the 2nd VP of Greater New York City- Black Nurses Association, Inc. and VP of Theta Chi Chapter, Inc. of Chi Eta Phi Sorority, Inc.

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