



## DST-901 Combined Hormonal Contraceptives (CHCs) Revision Summary

DST Publication #	DST Name	Initial Publication Date
DST-901	Combined Hormonal Contraceptives (CHCs)	April 2021
Revision Approved by Steering Committee	Revised DST Effective Date	Next Review Date
July 11, 2022	August 4, 2022	January 2025

### Summary of Revisions

DST-901 (Combined Hormonal Contraceptives (CHCs)) has been recently revised by the NNPBC Reproductive Health Working Group and approved by the NNPBC DST Steering Committee. Please see below for a summary of changes made to this DST.

Section	Revisions	Rationale for Revision
<b>DST header</b>	The words 'Decision Support Tools for Registered Nurses' has been revised to 'Decision Support Tools for Certified Practice Registered Nurses.'	To clarify that these DSTs are specifically developed for registered nurses with certified practice.
<b>Throughout the DST</b>	Gender inclusive language has been added throughout the DST.	All language within the document was reviewed and updated to ensure gender inclusivity. Trans Care BC was consulted as subject matter experts.
<b>Throughout the DST</b>	Slight revisions have been made to wording, sentence structures, and formatting.	To enhance clarity and readability.
<b>Throughout the DST and within the reference list on page 7</b>	References have been revised within the text and reference list using APA format.	To include the most up-to-date evidence and to ensure consistency in references.
<b>Page 1</b> (Indications section)	<p>The word 'prescribe' has been added wherever the words 'dispense' and 'administer' appear.</p> <p>A footnote after the first instance of the word 'prescribe' has been added in the following sentence:</p> <p>RN(C)s may independently prescribe dispense, and/or administer CHCs of a dosage less than or equal to 50 mcg of ethinyl estradiol per day (BCCNM, 2021, 2022).</p>	<p>The word 'prescribe' has been added in preparation of future BCCNM standards, limits, and conditions for certified practice.</p> <p>The footnote has been added to clearly indicate that prescribing pertains only to RN(C)s who have met requirements to prescribe.</p>



Section	Revisions	Rationale for Revision
<b>Page 1</b> (Indications section)	The following sentence has been removed: RN(C)s only dispense CHCs for the purpose of contraception. Clients seeking or using CHCs for a sole purpose other than contraception must be referred to a physician or nurse practitioner (NP) for a client specific order or transfer of care.	This was removed as it was redundant and is already included in DST 900 – Contraceptive Management: Assessment.
<b>Page 1</b> (Pharmacokinetics section, subheading 'Dose')	The following sentence has been added under 'Dose': In 2021, a new plant-based estrogen called estetrol (E4) (trade name - Nextstellis®) was added to the Canadian market (Fruzzetti et al., 2021).	This has been added to reflect a new method that has become available in Canada since the last DST revision.
<b>Page 1</b> (Pharmacokinetics section, subheading 'Onset')	The following sentence has been added under 'Onset': Counsel clients of timing of contraceptive initiation based on current best practice guidelines and individual circumstances. The Quick Start Method is considered the best practice recommendation for initiation (Hatcher et al., 2018).	This has been added to reflect 'Quick start' as best practice for contraceptive initiation.
<b>Page 6</b> (Previous 'Dispensing' section)	The word 'prescribing' has been added to the heading to read: Prescribing and/or Dispensing	The word 'prescribe' has been added in preparation of future BCCNM standards, limits, and conditions for certified practice.
<b>Page 6</b> (Previous 'Management and Follow up' section)	The 'Management and Follow Up' section has been removed.	Content previously housed under this section is already covered in DST-900 Contraceptive Management: Assessment
<b>Footer</b>	The footer has been revised to indicate the responsibility of the NNPBC DST Steering Committee and the Contraceptive Management Working Group. Dates have been added for publication, update, and next review.	To enhance clarity of the DST review cadence and awareness about NNPBC's DST Steering Committee and Contraceptive Management Working Group.