



SOUTHWEST PUBLIC HEALTH DISTRICT 8-2

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Press Release

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Southwest Health District Trains Registered Nurses to Insert Nexplanon Devices

Albany, GA— The Southwest Georgia Public Health District is training select Registered Nurses (RNs) to perform Nexplanon insertions. Previously, this service could only be provided by Nurse Practitioners, Physicians Assistances, or Physicians. After receiving approval from the manufacturer and the FDA, we have expanded the nurse protocol to allow RNs to insert Nexplanon devices. By allowing RNs to provide this service, more families will have access to family planning services across Southwest Georgia. At this time, four RNs have completed the Nexplanon training program. The Southwest Georgia Public Health Director, Dr. Charles Ruis said they plan to increase the number of nurses providing this service by the end of the year.

Nexplanon is a hormonal implant that is about the size of a small match. It is soft, flexible, and, after using a local anesthetic, easily inserted just under the skin of the upper arm, where it is barely detectible. Nexplanon is one of the long-acting reversible contraception (LARCs) options that the Southwest Health District offers. They are 99% effective at preventing pregnancy for up to three years. According to Dr. Ruis, “this new skill will be a blessing to a lot of families throughout our health district.”

Southwest Georgia Public Health continues to offer other birth control options including:

- Hormonal IUDs such as Mirena and Liletta
- Paragard (non-hormonal) IUDs
- Barrier Methods (hormone-free, including diaphragms and Phexxi® gel)
- Contraceptive Patches
- Depo-Provera injections
- Emergency Contraception
- Internal and External Condoms
- Oral Contraception (the pill) including Progestin Only Pills
- Vaginal Rings

Some services are available on a walk-in basis during regular clinic hours. However, we recommend scheduling an appointment. Condoms are available anytime, free of charge. For more information, visit <https://swhealthdistrict.org> or call your local health department.

Baker	Calhoun	Colquitt	Decatur	Dougherty	Early	Grady
Lee	Miller	Mitchell	Seminole	Terrell	Thomas	Worth