Association between women understanding various contraceptives & the influence upon unplanned pregnancy outcomes

11 year study

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- 3500 women: Jan 2001-Dec 2011 ~320/year
- 12 – 53 years
- 6 – 8 weeks gestation
- 1st trimester STOP
Biopsychosocial Model of Health

...discussion is inclusive of the realities of daily contributing factors including practice and beliefs of contraceptives.
Effective Contraception is Only Achievable....IF...

• Women of all ages given clear, unbiased choices
• Clear, unbiased information
• Potential & real side effects
• Plain information on how to use chosen method
Reasons for Unplanned Pregnancy

N = 3500

- No contraception
- “Waiting” for menses
- Regularly missed pills
- Stopped method
- Condom “accident”
- Post-partum delay
- “Natural” method
- Stopped pre-surgery

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Preventable?

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- Stopped method
- Condom “accident”
- Post-partum delay
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Challenge the Myths

- “Only for those in committed relationships” (implant & IUD/IUS)
- “Only for those who have had children” (IUD/IUS)
- “Promotes promiscuity” (implanon & IUD/IUS)
- “IUD/IUS only for older women”
- “Increases STIs/PID” (implant & IUD/IUS)
- “Causes infertility”
Reasons for Failure to Use Method

- Poor understanding of LARC methods (HCPs & Patients)
- Misconceptions: usage, efficacy, risks & side effects
- Perception that COCP gives a greater sense of control
- Beliefs of consumers influenced by friends’ experiences
- HCP need to ‘normalise’ use of contraception – esp. LARC
Need To Overcome Misinformation

Training to decrease myths in HCPs

Encourage implants & IUDs in adolescents

Same day insertion

Quickstart

Henri Matisse – The Joy of Life – 1905-6