



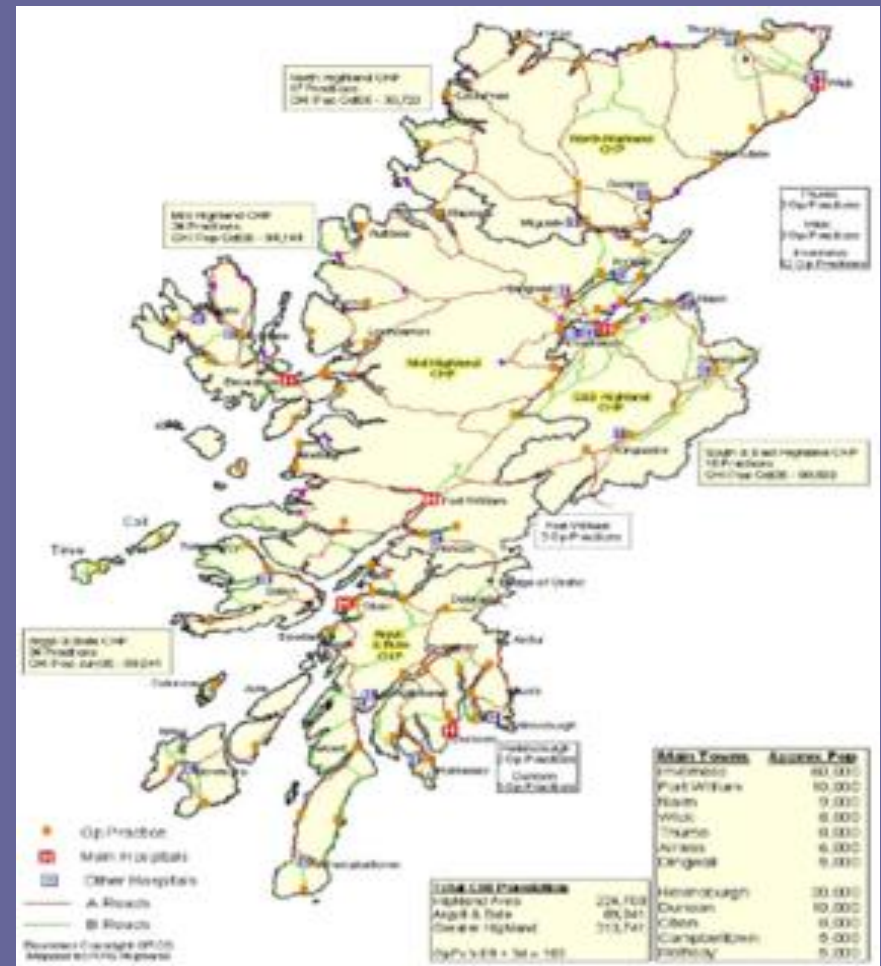
Most women choosing induced abortion are certain of their decision and do not need more counselling

Lucy Caird, Tracy Hough Raigmore Hospital,
Inverness

Sharon Cameron, Anna Glasier, Chalmers Sexual and
Reproductive Health Centre, Edinburgh,

Termination of pregnancy

- Scotland in 2011, 12,471 women underwent TOP in NHS
- Women present to GP or FPC to request TOP and decision re TOP discussed
- Referred TOP service where Dr/nurse confirms certain of decision and agrees procedure
- Raigmore hospital, Inverness
- Only provider in region
- NHS Highland 447 cases in 2011



Certain of decision ?

- To better identify women NOT certain of decision and/or like more detailed discussion
- Introduced validated London Measure of Unintended Pregnancy (LMUP) to TOP clinic
- Self-administered questionnaire
- 6 questions on pregnancy intention
- 5 additional questions (routine clinic) predictive of regret
- Review % decided to continue pregnancy

LMUP (score out of 12)

Question	Score 0, 1, 2
Q1. At time of conception	Always used contraception Sometimes Not used
Q2. Becoming a mother	Wrong time OK but not quite right Right time
Q3. Just before conception	Did not intend to become pregnant Changing intentions
Q4. Just before conception	Did not want a baby Mixed feelings Wanted
Q5. Before pregnant my partner and I	Never discussed children Discussed, but no firm agreement Agreed pregnancy with partner
Q6. Before conception	No actions Health preparations

LMUP < 3=unintended, 4-9 ambivalence, ≥10 = planned preg

Additional questions

Q7. Are you certain you do NOT want to continue pregnancy ?	No
Q8. Would you find it helpful to discuss your decision with DR/nurse?	Yes
Q9. Have you discussed decision with partner /close friend/relative?	No
Q10. Strong views against abortion in past ?	Yes
Q11. Strong religious beliefs?	No

If LMUP ≥ 4 , or yes/no to above then further detailed discussion re. decision

LMUP score, 4-9 ambivalence, ≥ 10 =planned pregnancy

Demographics of women

n = 185

185/319 (59%) questionnaires returned

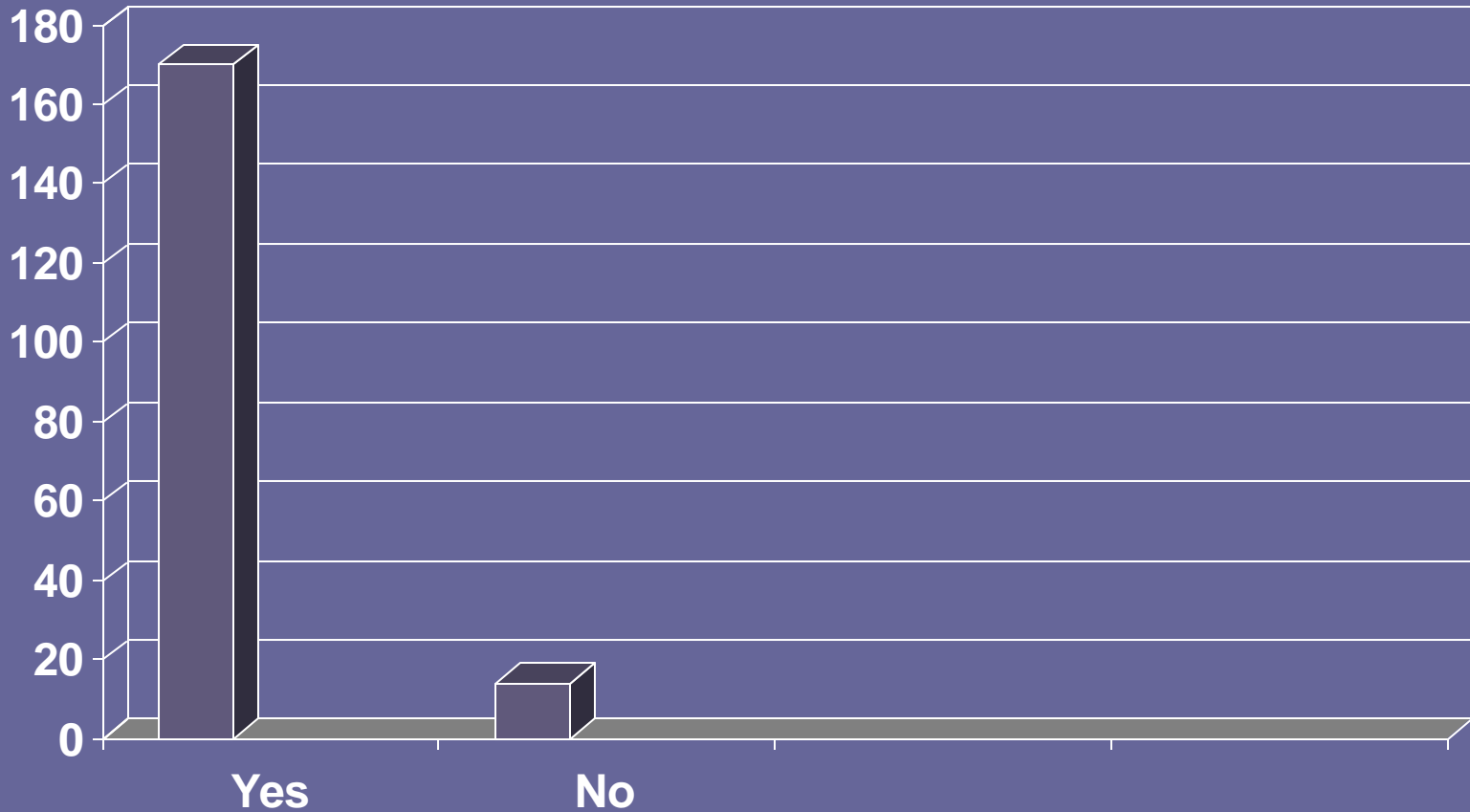
Study period January to July 2011

Age/yrs mean (Range)	24.2 (15 – 46)
Previous birth N(%)	80 (43)
Previous abortion N(%)	41 (22)
< 9 wks	67%
< 12 wks	91%

LMUP and outcome

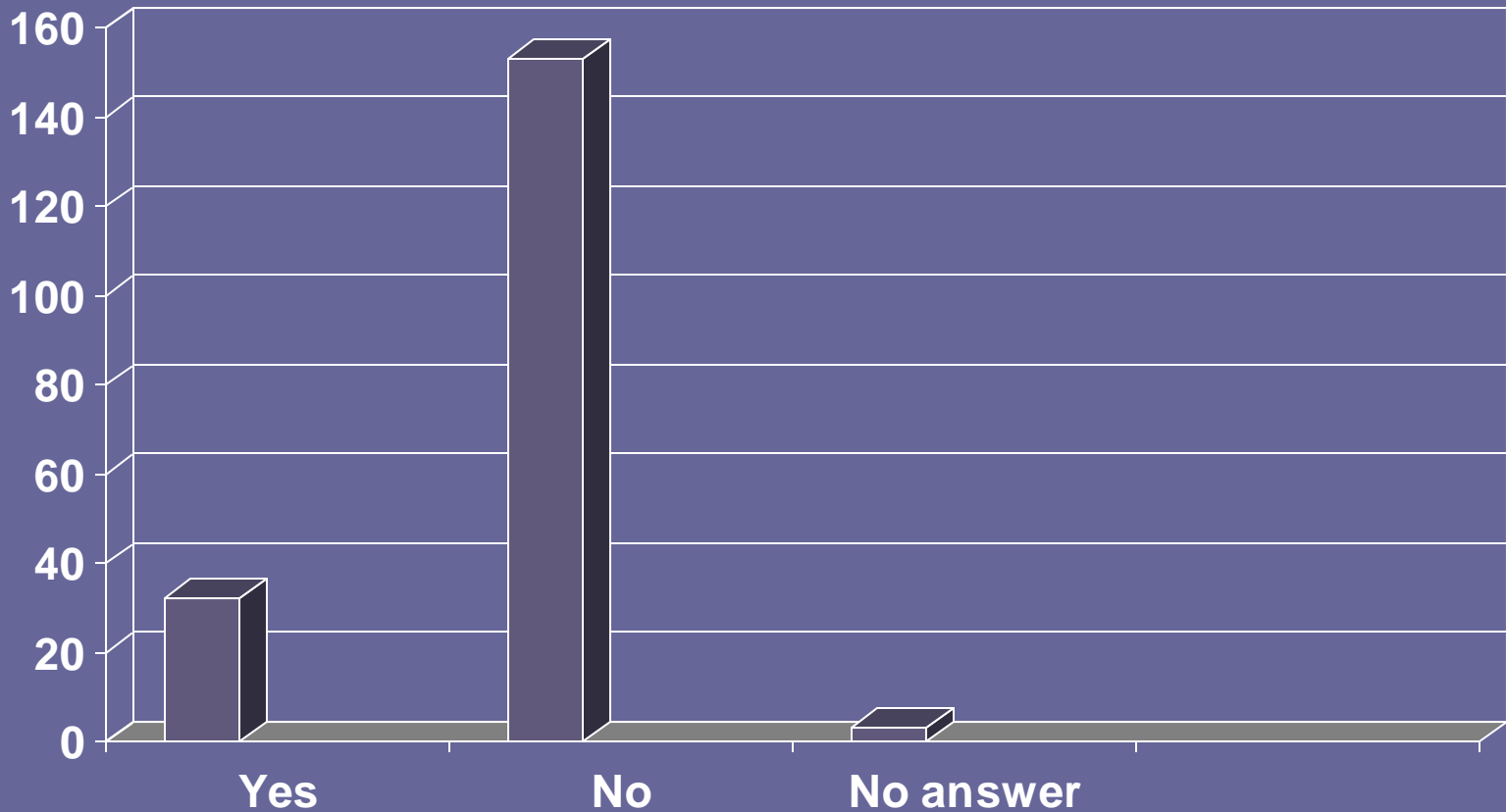
LMUP	Outcome	N(%)
≤ 3 unintended	Abortion	149 (90)
	Continued pregnancy	17 (10)
4-9 ambivalent	Abortion	14 (74)
	Continued pregnancy	5 (26)
≥ 10 planned pregnancy		0

Q7. Certain you do Not wish to continue with pregnancy?



Q7. Significantly related to TOP, $P < 0.001$

Q8. Would you find it helpful to discuss your decision with a Dr/nurse?



Q8. Significantly related to TOP , $P < 0.001$

Conclusion



- Most women had unintended pregnancy, most certain of decision & most did not wish further counselling
- Simple self-completed questionnaire identifies women who may benefit from 'extra' discussion
- Subjecting women to compulsory counselling about decision, is in conflict with their wishes and wastes resources