

Background

- Postpartum contraception is essential to prevent unintended pregnancies and inadequate birth spacing. • The inter-pregnancy interval (IPI) or the time interval, between two consecutive pregnancies is a known modifiable risk factor for adverse birth outcomes. • The American College of Obstetricians & Gynecologists (ACOG) recommends an IPI of at least 18 months in order to reduce maternal and child health. morbidity; low birth weight , preterm birth, pre-eclampsia, abruptio placenta anaemia

Objectives

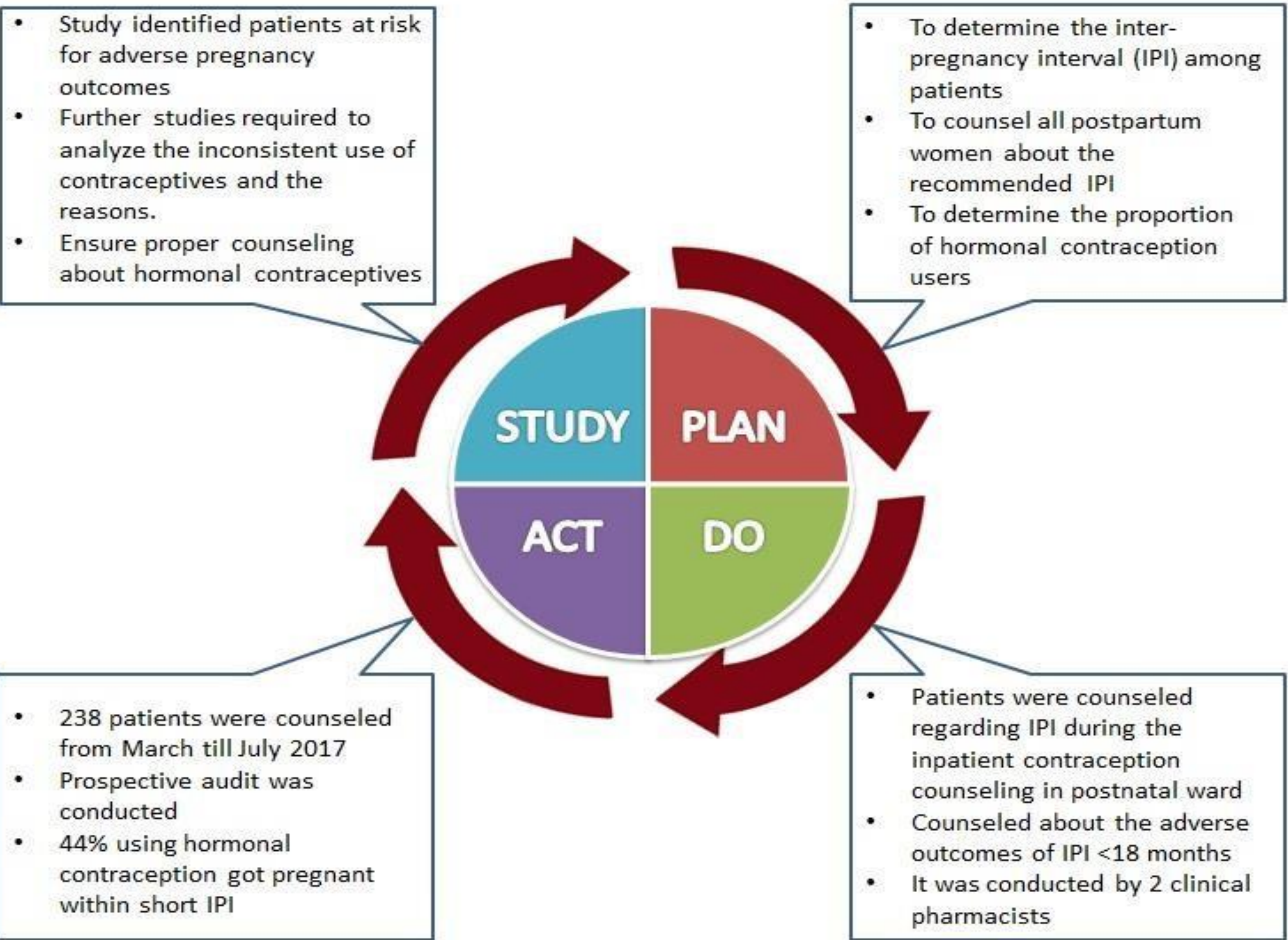
- To determine the IPI rates in women on hormonal contraception at AWH.
- To determine the types and proportions of hormonal contraceptive used.
- To assess the rates of pregnancies following ACOG recommended IPIs.

Methods

- A prospective study of women using hormonal contraception, delivered at AWH in Qatar from March to July. • Data on past contraceptive use was obtained via patient interviews after obtaining informed consent, and IPIs from patient's records. • The IPI was calculated by subtracting the date of conception of the current pregnancy from the previous delivery. • A short IPI was defined as one conceived in less than 18 months. • The data was recorded in Microsoft Excel and analyzed with descriptive statistics and frequency distributions.

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Results

- A total of 238 postpartum patients were included in this study. Among them 44% (n=106) used hormonal contraceptives as oral pills, injectables, patch, implant and hormonal intrauterine devices before conception. 20% of patients on hormonal contraceptives had an IPI less than 18 months.

Table 1. Demographic characteristics of sample population

	No:	% of sample
Sample included	238	100%
Age (years)		
20-29	98	41.17%
30-39	125	52.52%
≥40	15	6.30%
Nationality		
Arab	172	72.26%
Non-Arab	66	27.73%
Mode of Delivery		
Vaginal delivery	116	48.73%
Cesarean Section delivery	121	50.84%
Prior births		
1	92	38.65%
2	74	31.09%
≥3	72	30.25%

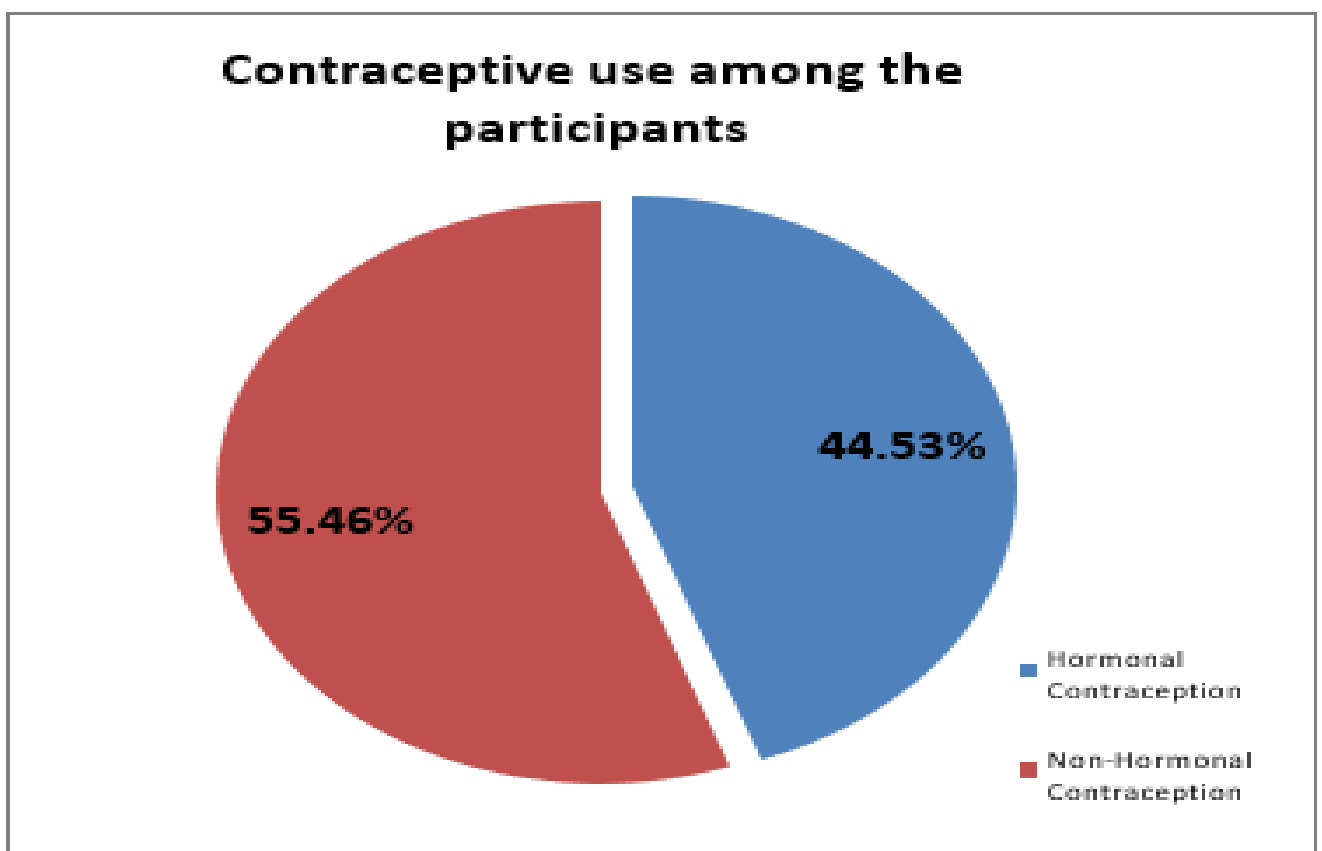


Fig 1. Proportion of patients using hormonal and those using non-hormonal methods of contraception

IPI among hormonal contraceptive users

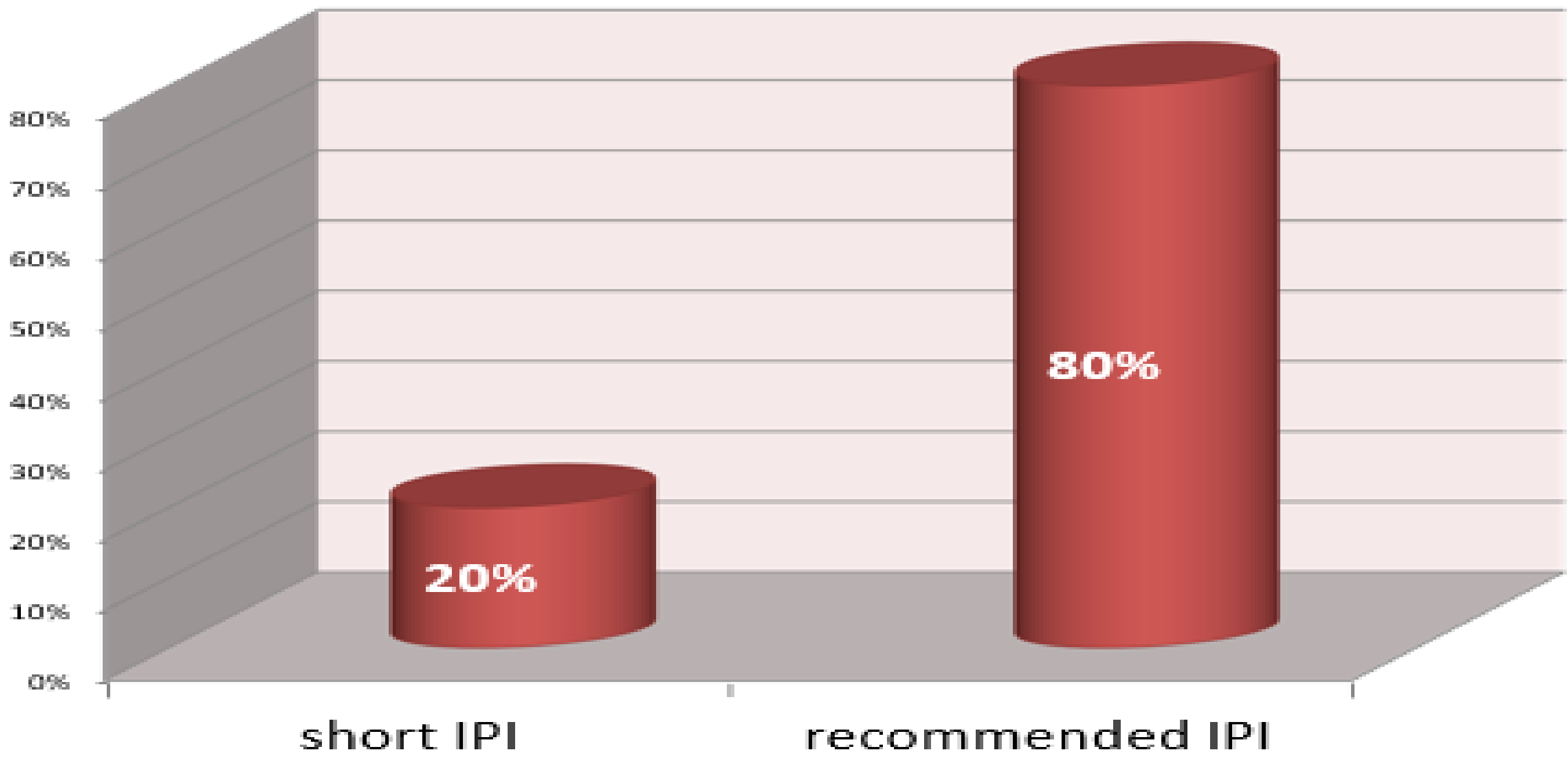


Fig 2. Inter-pregnancy interval (IPI) among the patients who used hormonal methods of contraception

Hormonal Contraception type used among Women with an IPI <18 months

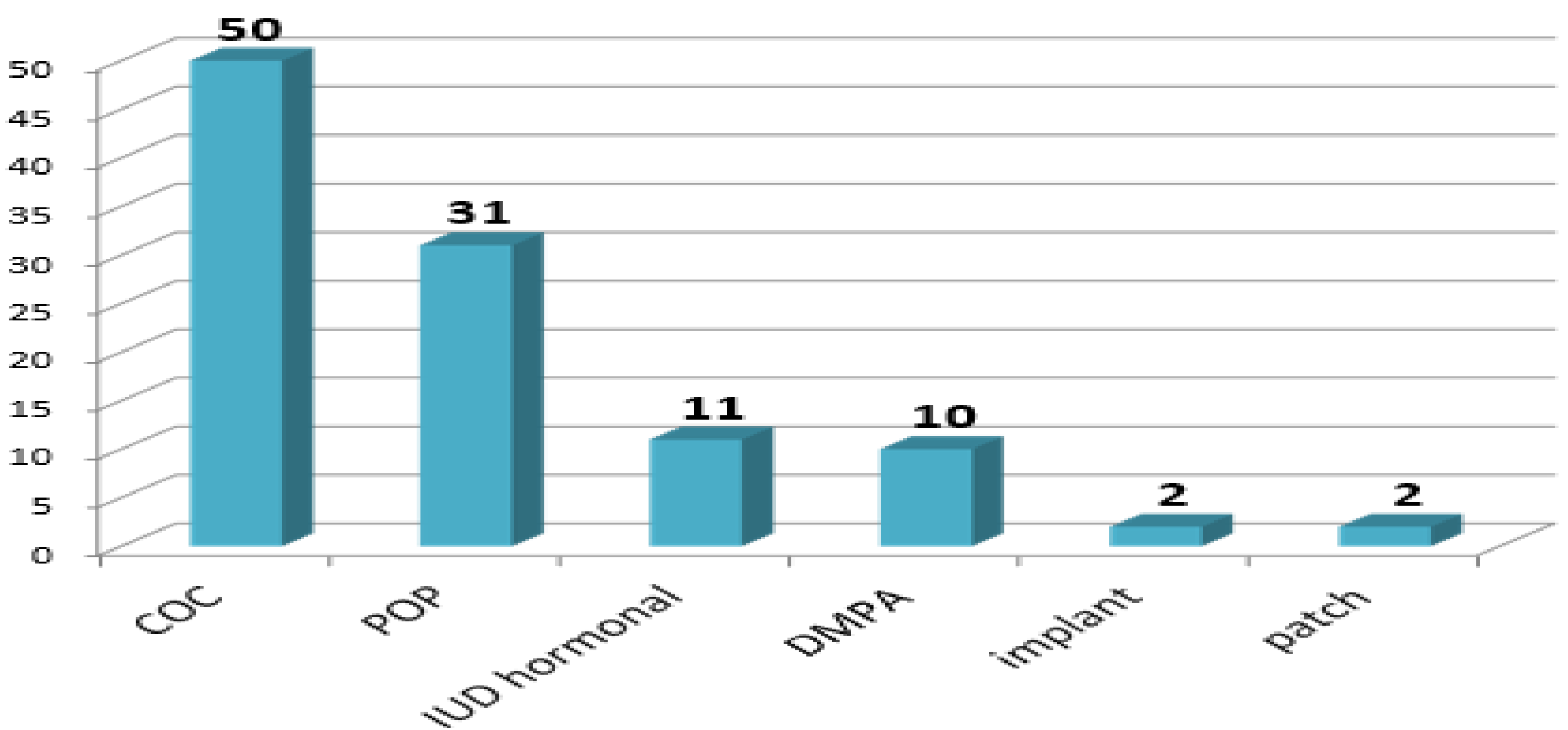


Fig 3. The types of hormonal methods of contraceptives used among women who had short IPI

Conclusions

- There was a short IPI (<18m) in 1 in 5 women who had used hormonal contraception. This highlights the need for adequate family planning counselling among women about to use these contraceptive methods. The need for the recommended time interval between two pregnancies should be emphasized.