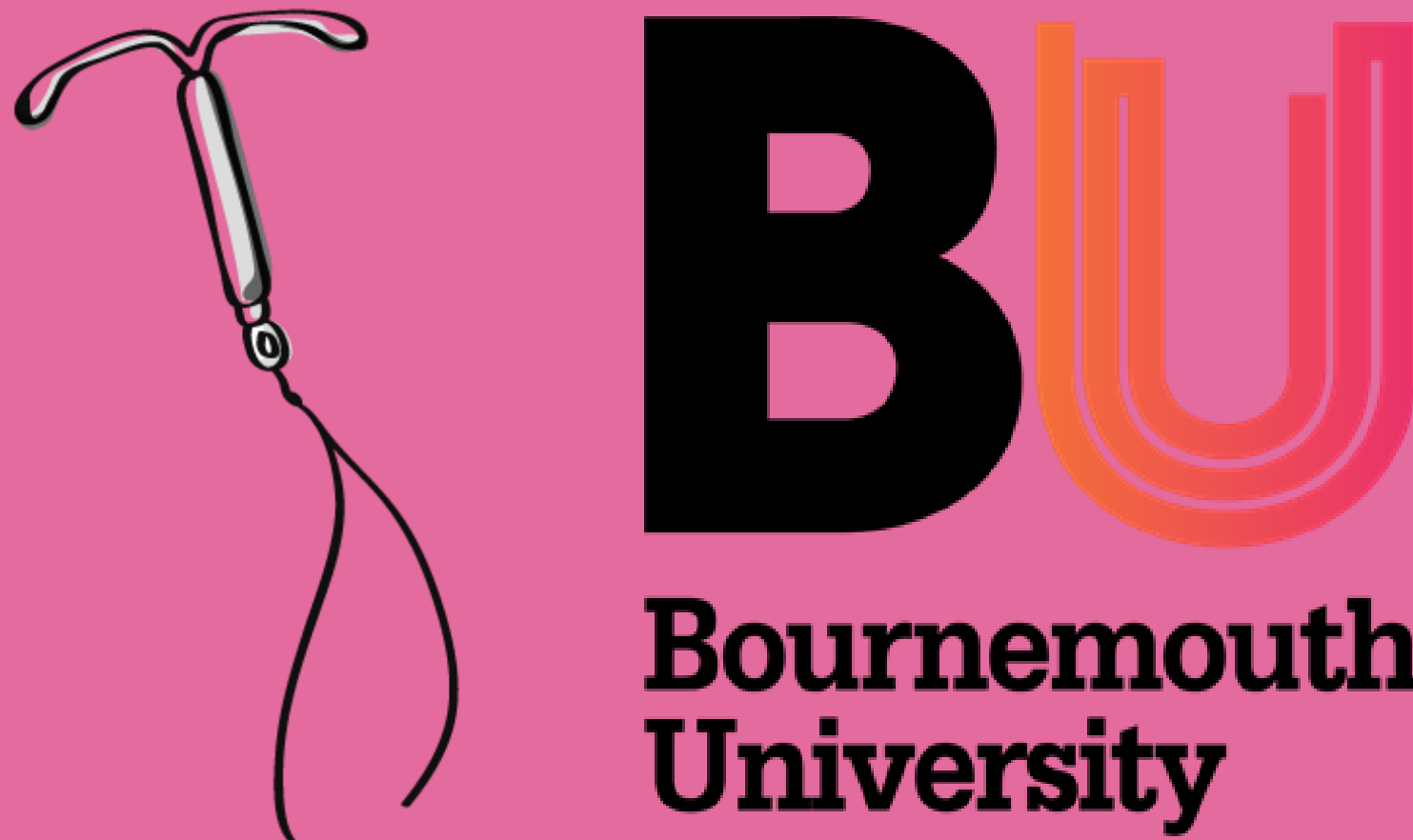


Is this going to hurt?

An Investigation Into Managing Pain For The Insertion Of Intrauterine Contraceptives For Women In The UK

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INTRODUCTION

- Intrauterine contraceptive insertion (IUC-I) can be a painful and invasive procedure, in the UK currently there is no universal recommendation for analgesia.
- Pain experience can be a barrier to uptake, particularly in young women¹.
- The FSRH indicate anxiety, nulliparity, and length since period/pregnancy as predictors of pain, but do not suggest further pain relief in these groups².

Research Questions

- 1. Is IUC-I painful?
- 2. Are patients provided with adequate analgesia for this procedure?

MATERIALS & METHODS

- A 10-question survey was shared on social media addressing the RQs and collecting anonymised, demographic information on participants.
- Questions collected data on pain experience, relevant pain modulators, type of device inserted, and a pain rating from 0-10 on the Universal Pain Assessment Tool (see figure).
- Pain scores analysed on Excel and stratified by time since insertion, type of device and parity.

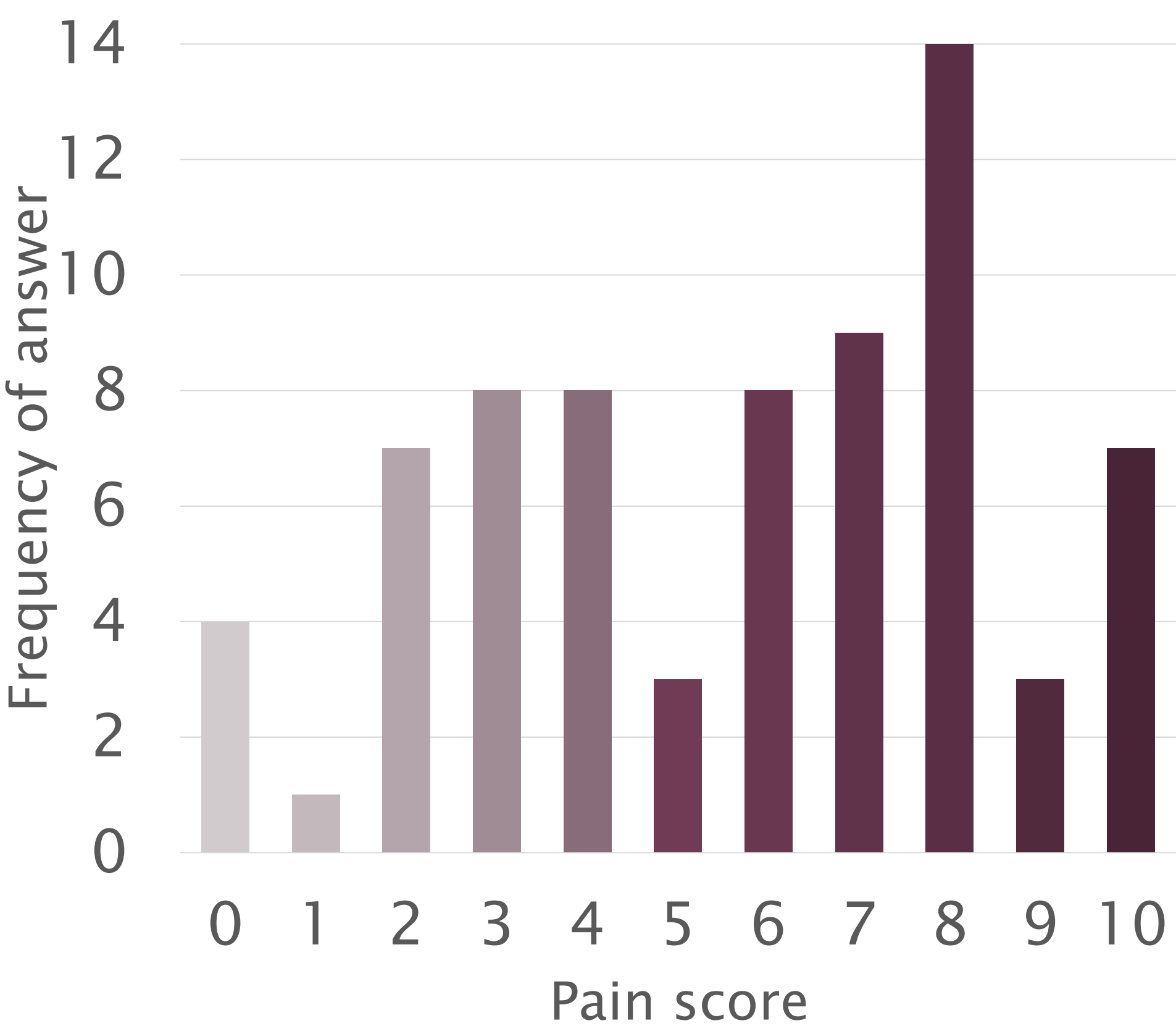
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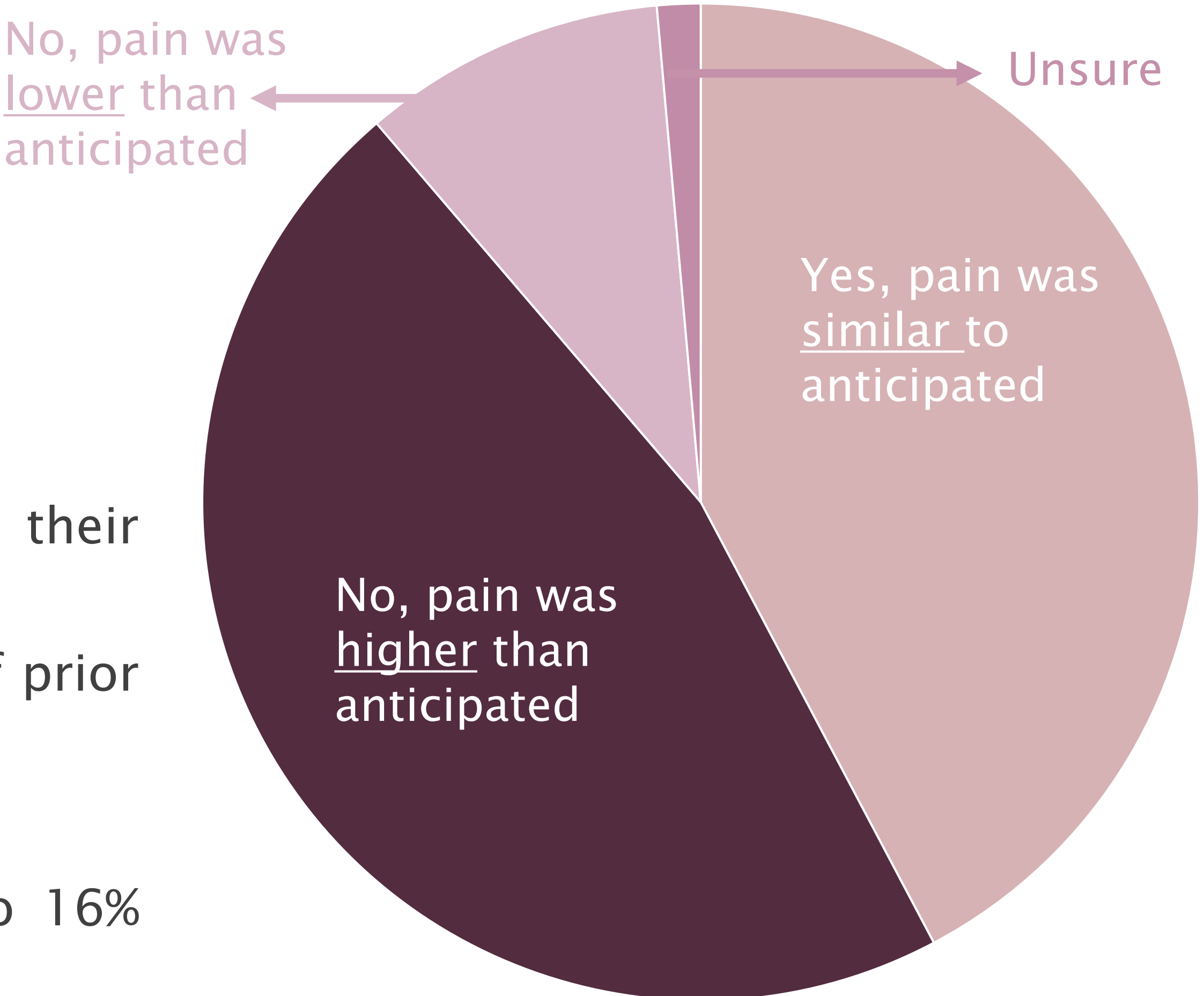
RESULTS

How painful or not painful on a scale of 0 to 10 was the procedure of IUD/IUS insertion?



- 72 valid responses
- Mode pain score: 8
- Mean pain score: 5.64
- 59% left their appointment in pain
- 34% experienced nausea or vomiting
- 34% experienced dizziness or fainting
- 47% felt pain was worse than expected
- 62% not offered pain relief during their appointment
- 60% were encouraged to take basic pain relief prior to IUC-I
- 46% participants experienced severe pain (>7)
- Topical and injected lidocaine was offered to 16% participants

Were you made aware of the pain to expect during IUC-I?



SUMMARY AND CONCLUSION

- Mode pain score was 8 suggesting IUC-I is severely painful and analgesia is indicated.
- 7% surveyed rated pain as 0-1 – not all women need pain relief.
- Time since insertion and device type did not affect pain scores.
- Pain scores 39% higher in nulliparous than parous women – consider offering analgesia.
- Additional considerations should be made for women who are likely to experience greater pain during this procedure (nulliparous women those with anxiety regarding the procedure).
- Since this procedure is severely painful for many women, further research is required into pain modulation techniques for IUC-I.
- Future research could consider review of experimental literature into pain relief options, and surveying healthcare professional perception pain experience.