



Long term Postpartum Contraception -An edge to population stabilization: IUCD vs Ormeloxifene



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Results

Introduction

- ❖ With fifth of world's population, 2.45% of global surface area & 4% water resources, India is second most populated country in world.
- ❖ 65 % of women have unmet family planning needs during the first year after birth
- ❖ Assisting women in maintaining recommended inter-pregnancy intervals is a critical concern for maternal-child health.
- ❖ Due to stress, pain and exhaustion of labour, postpartum is the most receptive time period for women and their families to embrace contraception.

Objectives

To assess the acceptance, side effects and continuation rate of IUCD and Ormiloxifene administered in immediate postpartum period (within 48 hrs).

To compare the acceptance, side effects and continuation rate of postpartum IUCD with Ormeloxifene

Methodology

Prospective observational study done in Dept of Obstetrics and Gynaecology King George Medical University Lucknow , U.P India

Duration : One year

Institutional Ethics Committee approval & informed consent taken

As per inclusion and exclusion criteria 200 women were enrolled and divided in 2 groups of 100 each .

Group A – IUCD (Cu 380A / 375) was inserted post placental or within 48 hours after delivery .

Group B – Ormeloxifene (Chaya) was started within 48 hours of delivery , 30 mg orally twice weekly for 3 months followed by 30 mg oral once weekly

Follow up was done at 6 weeks, 3 months, 6 months and one year postpartum to assess for acceptance, side effects and continuation rate.

Chi-square test and Unpaired student t-test were used for statistical analysis . p-value < 0.05 was regarded significant.

Discussion

- ❑ Higher number of referrals and deliveries in our institution provides opportunity to offer rural women, easy access to immediate PPIUD services
- ❑ In urban areas awareness of Ormeloxifene through media ,it's biweekly /weekly dosage schedule , non hormonal nature and less follow up required clinically makes it more acceptable
- ❑ Studies by Çelen et al. (2004) and Shukla M et al (2012) reported higher expulsion rates of 12.6% and 17.6% respectively.
- ❑ Vivek P Vithalani et al (2018) and Kittur and Kabadi 2012 reported almost comparable expulsions rate (4.4%)
- ❑ In a study by Balara et al (2016) the main reason for dissatisfaction of PPIUCD was vaginal bleeding and pain abdomen in 3% of women. Missing strings was complained by 8% of women. The results are comparable to our study

Conclusion

Our study reveals good knowledge and favourable attitude of rural couples towards contraception

They provide long-lasting, effective contraception, does not interfere with sexual activity and drugs, is promptly reversible, and does not affect breast feeding

Discontinuation of Ormiloxifene was because of higher rate of complications ,lack of motivation , forgetfulness and non compliance

As far as safety is concerned both Centchroman and PPIUCD are safe with minor side effects in both

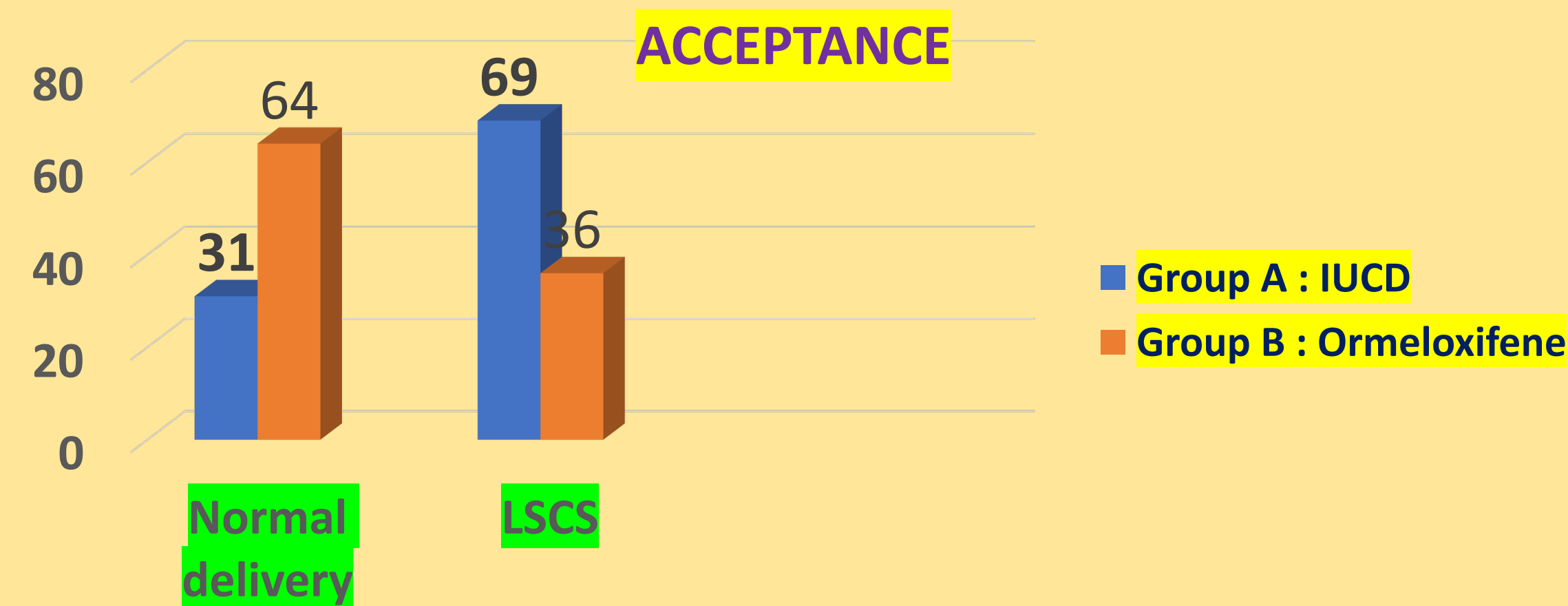
Take home message

- ❖ Both IUCD and Ormiloxifene are strong weapons in the family planning armoury and should be encouraged in both vaginal and caesarean deliveries.

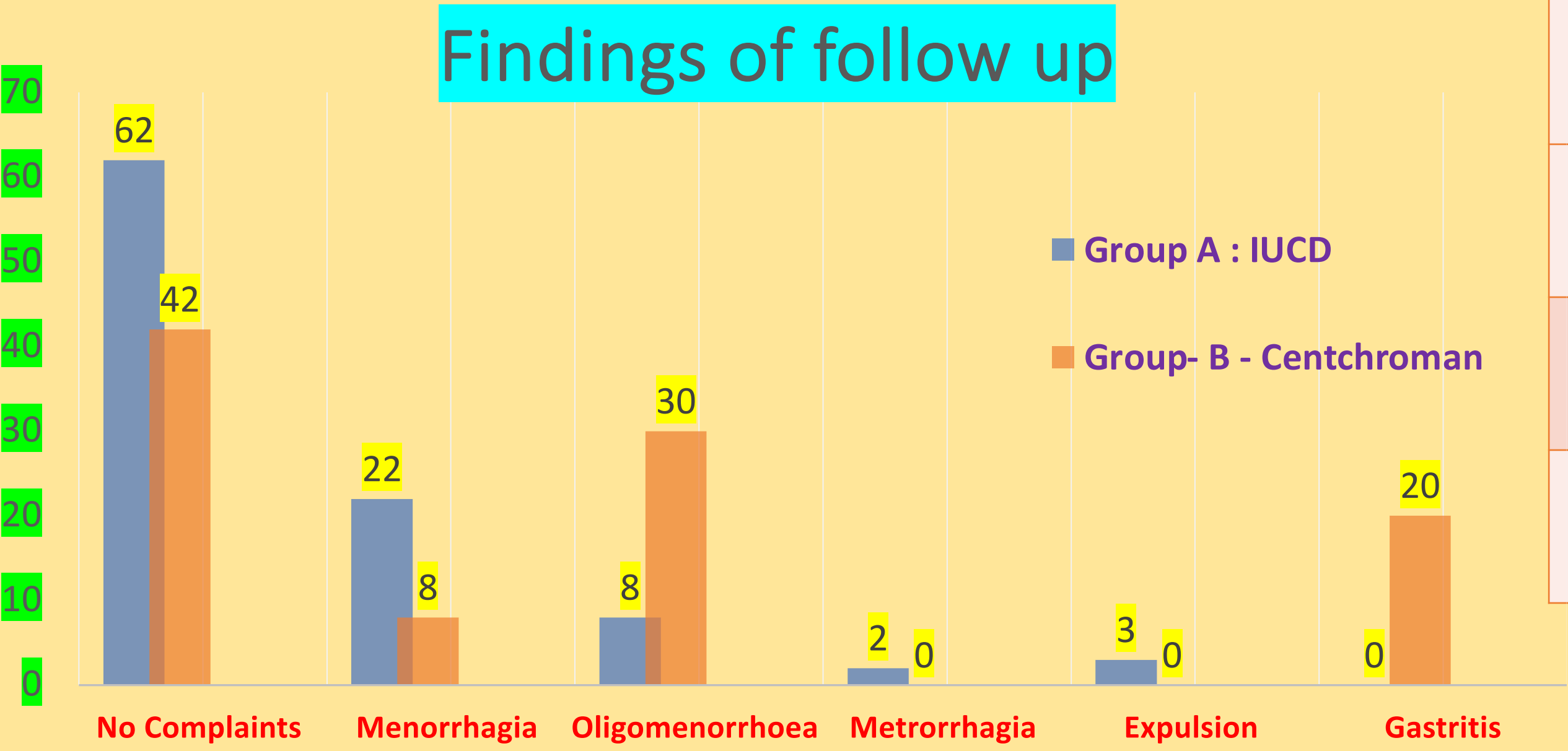
- ❑ No significant difference in mean age and parity were observed between 2 groups.

Group A :IUCD	61 % Rural Areas	46 % Primary level education	43 % lower class	76 % unemployed
Group :Ormeloxifene	70 % Urban Areas	42 % College level education	69 % middle class	79 % employed

- ❑ This difference in locality , socioeconomic status and education was statistically highly significant (P<0.0001)



- IUCD acceptance was 69% after LSCS
- Acceptance of Ormeloxifene was 64 % after normal delivery
- This was statistically significant (P<0.0001*).



- ❖ IUCD: 62 % had no complaints , 32 % had menstrual abnormalities

- ❖ Ormiloxifene:42% had no complaints, 38% had menstrual abnormalities and 20 % had gastritis

- ❖ Oligomenorrhoea was more common in ormeloxifene group (30%) while menorrhagia (22%)was main complaint in PPIUCD group

Follow up

Group-A : IUCD

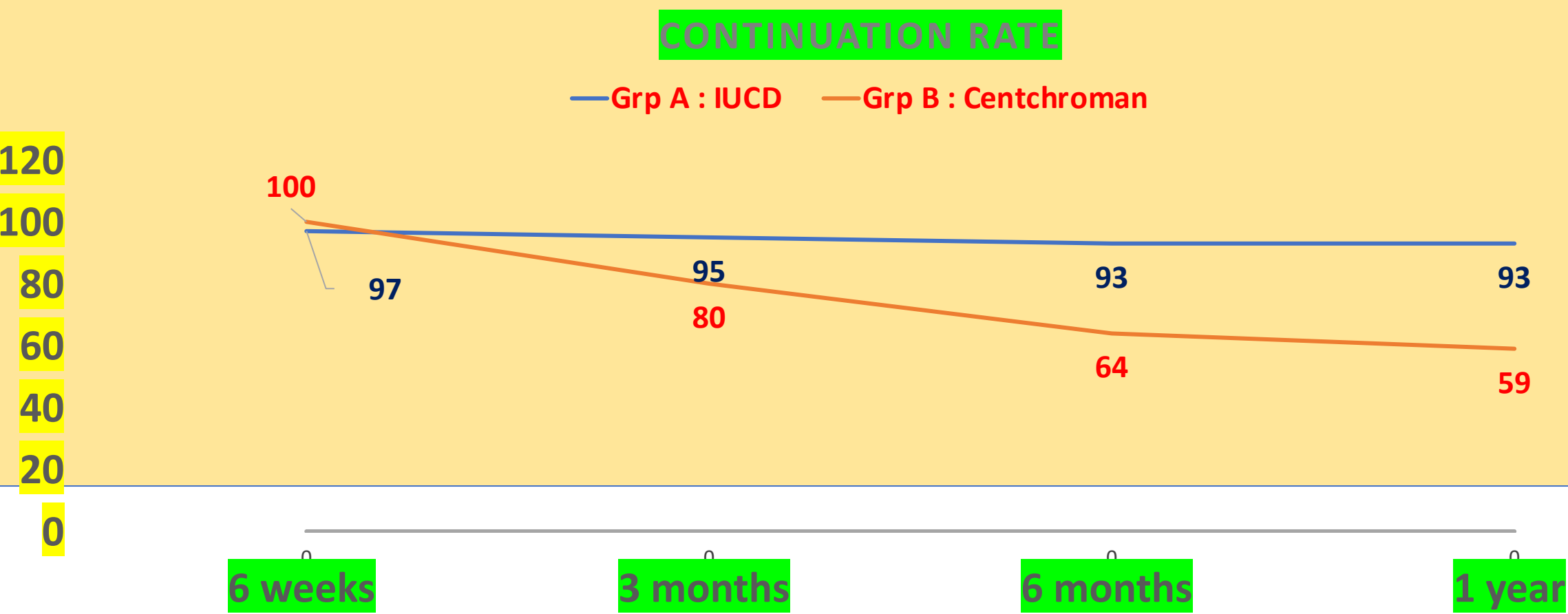
- 75.2 % of patients till 6 weeks , came to OPD for follow up
- After 6 weeks In majority was telephonically
- 76.8% at 3 months , 91.3 % at 6 months & 97.8% at one year

Group B : Centchroman group

- Majority followed telephonically
- 80 % at 6 weeks
- 92.5% at 3 months , 97.5 % at 6 months and 100 % at one year

The difference in type of follow-up was statistically significant(P<0.0001*).

ACTION TAKEN FOR COMPLICATION	GROUP-A [n=100]		GROUP-B [n=100]		P VALUE
	N	%	N	%	
COUNSELLED	35	35.00%	58	58.00%	X=3.742 P=0.0531
REMOVAL/STOP	4	4.00%	41	41.00%	X=39.25 P<0.0001*
NO ACTION	62	61.00%	42	39.00%	X=9.68 P=0.0019*



Continuation after 1 year :93% % IUCD & 59% for ormiloxifene
This difference was statistically significant (p< 0.0001)