

Repeat pregnancies within 1 year ending in abortion – Are we missing opportunities for prevention?

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Introduction

- 1 in 3 pregnancies in the UK end in abortion.
- 1 in 13 women present for abortion within a year of a previous birth¹.

Our motivation

Increasing numbers of women presenting for abortion with young children (<1 year old) or within 1 year of previous abortion.

Objective

To identify opportunities within women's health to provide pregnancy prevention for women who have had a pregnancy in the previous year.

National Guidance:

- Abortion providers should ensure that a full range of reversible contraceptive options are available for women on the same day as their abortion².
- Advice and information about contraception should be given within the first week after delivery³.

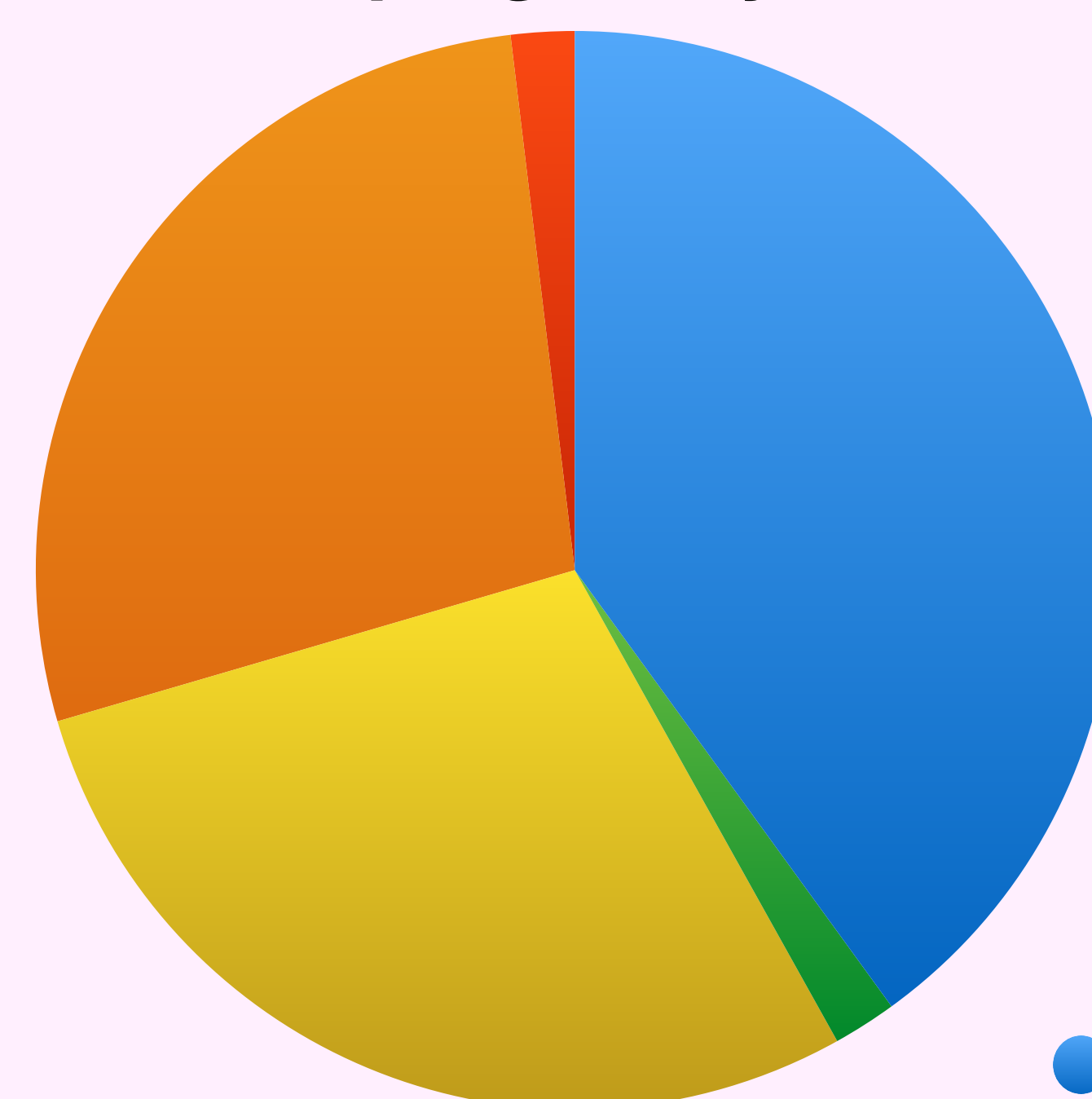
Methods

- Prospective study looking at women presenting for abortion between January and March 2022 within Aneurin Bevan Health Board in Wales.
- Inclusion criteria - abortion or live birth within prior 12 months (105 women in total over our time period).
- Exclusion criteria - other pregnancy outcomes.

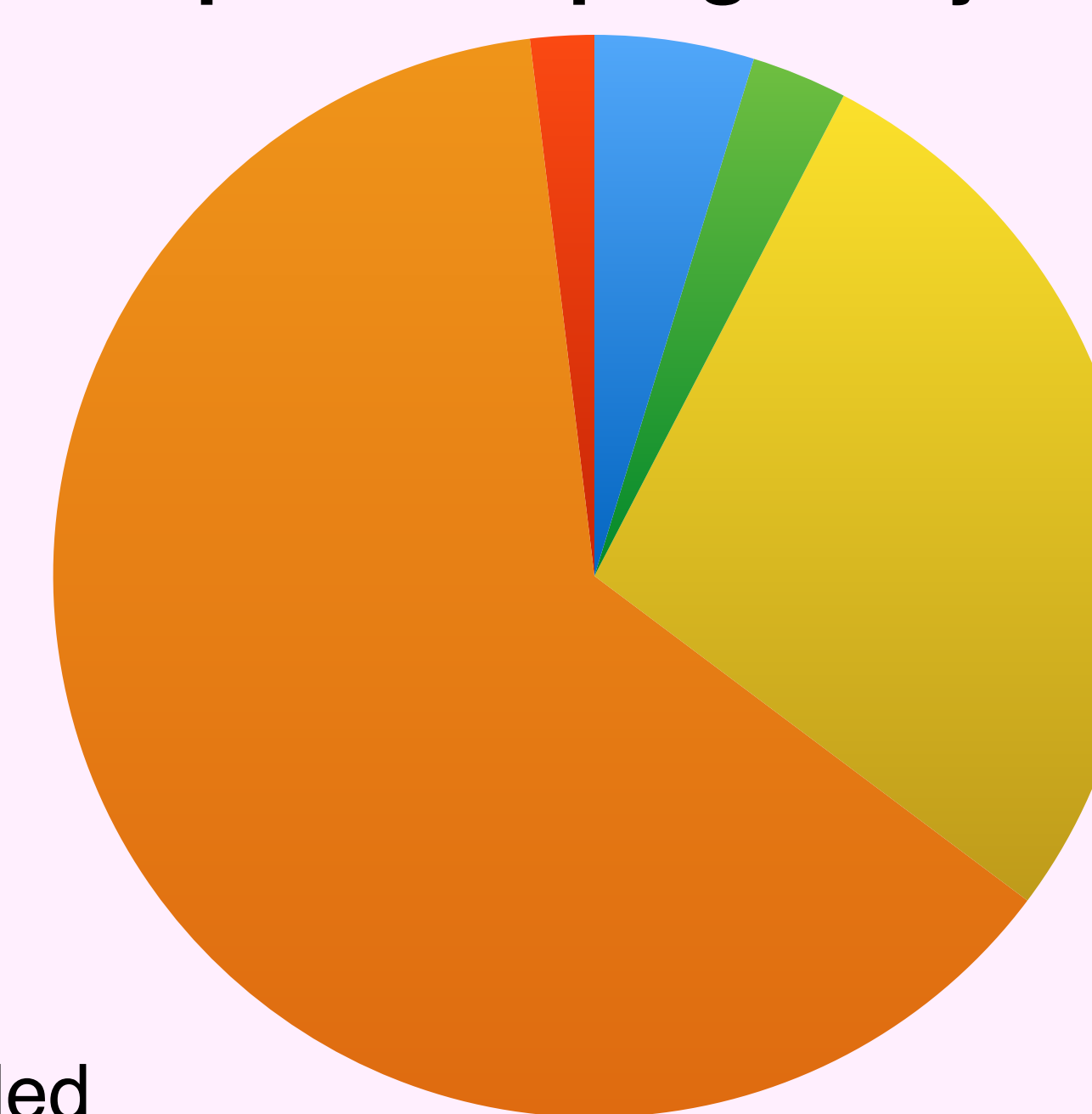
Results

- 40% of women were on no contraception following their initial pregnancy.
- Following initial pregnancy 1/3 of women opted for a long-acting reversible contraceptive (LARC), which included sub-dermal implant, intrauterine system/device or Depo-Provera injection. This increased to 2/3 for women opting for a LARC after abortion within 12 months.
- Women were four times more likely to attend to fitting of LARC if given an appointment at time of abortion.

**Contraceptive method
chosen following initial
pregnancy**



**Contraceptive method
chosen following abortion
within 12 months of
previous pregnancy**



● None/ Undecided
● Barrier
● Oral Contraceptive
● LARC
● Irreversible (Vasectomy/sterilisation)

Conclusions

- LARC preference increases with repeat pregnancies.
- Women presenting within 12 months of pregnancy should be prioritised.
- Maternity services have a big role to play in provision of contraception postpartum.

Future Steps

- Public Health Wales and the Welsh government are motivated to improve post-natal contraception nationally.
- Cards with fast track codes for all women immediately postpartum and post-abortion to allow swift appointments for contraception.
- Aim to train more midwives to fit sub-dermal implant for women immediately postnatal.

References:

1. FSRH Guideline: Contraception After Pregnancy FSRH | January 2017 (Amended October 2020)
2. NICE guideline [NG140] Published: 25 September 2019
3. NICE Quality Standard [QS129] Quality statement 4: Contraception after childbirth Published: 08 September 2016