Bedsider for Postpartum Contraception Counseling

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You didn’t give up on sex.
Don’t give up on birth control.

GO TO THE METHOD EXPLORER
Disclosures

- NONE
Learning Objectives

- To understand the unique medical position of postpartum women and the importance of contraception in this group

- To encourage the use of long acting reversible contraceptives for postpartum women

- To use the Bedsider website in practice to help young women make an informed decision about their postpartum contraception
Introduction

- 60% of pregnancies in women ages 20-24 are unplanned

- Among adolescents who give birth, 12-49% become pregnant within one year

- There is an unmet need for acceptable, reliable and effective contraceptive methods for young women
Introduction: Postpartum

- Breastfeeding
- Hypercoagulable
- Risk of short interpregnancy interval
- Patients spend multiple days in the hospital after delivery making this an ideal time for dedicated contraceptive counseling
Goals

- To improve acceptability and accessibility of long acting reversible contraceptives

- To use the *Bedsider* website to inform young women of long acting contraceptives and encourage their use

- To decrease unintended pregnancy and short interpregnancy interval among young women in the postpartum period
Materials and Methods

- Approved by the Wake Forest IRB
- Funded by the ACOG, Grant for Supporting and Improving Contraceptive Care; Projects to Assess and Promote Bedsider in Ob–Gyn Practice
- Eligible subjects included English-speaking postpartum women ages 18-29, delivered at Forsyth Medical Center and who received their prenatal care at Wake Forest affiliated clinics
- A total of 41 women were surveyed during the postpartum time in the hospital. The average age was 22.2 years and they had an average of 1.7 children.
Materials and Methods
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IUD /

The IUD is a little, t-shaped piece of plastic that gets put in your uterus to mess with the way sperm can move and prevent them from fertilizing an egg. Sounds odd, but it works like a charm. IUDs offer years of protection—between three and twelve, depending on the type you get. And if you want to get pregnant, you can have them removed at any time. In the U.S. there are three types of IUDs: Mirena and ParaGard, which are already widely available, and a new IUD called Skyla. view all methods »

IMPLANT /

The implant (Implanon or Nexplanon are the brand names) is a teeny-tiny rod that's inserted under the skin of your upper arm. It's so small, in fact, most people can't see it once it's inserted—which means it can be your little secret, if you're so inclined. The implant releases hormones that keep your ovaries from releasing eggs and thicken your cervical mucus, which helps to block sperm from getting to the egg in the first place. Plus, it prevents pregnancy for three years. Not too shabby. view all methods »
# Results

<table>
<thead>
<tr>
<th></th>
<th>Condoms</th>
<th>Combined Contraception</th>
<th>Depo Provera</th>
<th>LARC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-conception (n=41)</td>
<td>49%</td>
<td>71%</td>
<td>37%</td>
<td>2%</td>
</tr>
<tr>
<td>Immediately Postpartum, pre-counseling (n=41)</td>
<td>5%</td>
<td>29%</td>
<td>24%</td>
<td>32%</td>
</tr>
<tr>
<td>Immediately Postpartum, post-counseling (n=41)</td>
<td>5%</td>
<td>29%</td>
<td>37%</td>
<td>73%</td>
</tr>
<tr>
<td>Postpartum visit (n=19)</td>
<td>0%</td>
<td>21%</td>
<td>0%</td>
<td>89%</td>
</tr>
</tbody>
</table>
Results

- The number of patients who changed their choice to a LARC following counseling was statistically significant (McNemar’s Test)
  - Changed to IUD $p=0.005$
  - Changed to implant $p=0.02$

- 46% of patients were lost to follow up

- 89% of remaining patients at the postpartum visit chose a LARC
Summary

- It is important to decrease unintended pregnancy and short interpregnancy interval among young women in the postpartum period

- We can do this by improving acceptability and accessibility of long-acting reversible contraceptives, using avenues such as Bedsider

- Patients had positive feedback with the addition of Bedsider to their postpartum counseling.

- Following counseling with Bedsider, a statistically significant number of women chose a LARC who were not previously considering one.
Future Goals

- We plan on using Bedsider with the iPads used in this study to assist in counseling of women during the routine prenatal visit between 28 - 32 weeks.

- We also plan on working towards offering LARC placement immediately postpartum, prior to hospital discharge.
Reference