



Intra-uterine device expulsion rates at a sexual health clinic



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Introduction

- Intrauterine devices (IUDs) are one of the most effective forms of long active contraceptive devices (LARCs).
- IUD use in Australia is low compared to other OECD nations. secondary to access and training issues, as well as clinician and patient misconceptions around complications.
- The Contraceptive Choice Project reports a IUD satisfaction rate of 80% compared to that of the COCP at 12 months (50%)
- Literature reports that the risk of expulsion with intrauterine contraception is approximately 5% within 12 months of insertion, which may contribute to reluctance by clinicians and clients to their use.

Objective

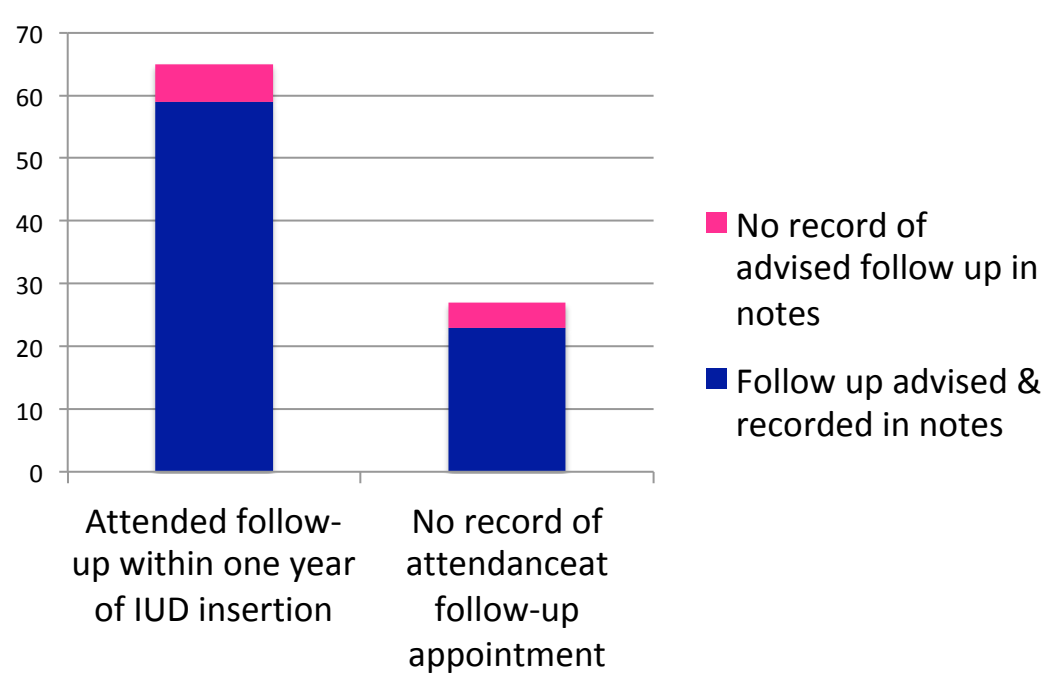
What proportion of women who had an IUD inserted at a Western Australian sexual health clinic between September 1st and November 30th 2014, attended follow up and had expelled the IUD within 12 months of insertion?

Methods

- Cases were identified using the clinic's database
- Date range of September 1st - November 30th 2014 was selected
- 92 patients had an IUD inserted
- Follow-up attendance and expulsion rates examined in first 12 months following insertion

Results

Attendance rates for follow-up within 1 year of IUD insertion



- 89% of patients were advised to attend a follow-up appointment as recorded in their notes
- 71% of patients attended a follow-up appointment at SHQ within 12 months of insertion of their IUD
- 1 patient had a record of expulsion of an IUD

The expulsion rate of IUD in this time period was 1.5%

Discussion

- RANZCOG guidelines suggest that all patients should be advised to attend follow-up following an IUD insertion
- Follow-up allows for identification of complications, recording of side effects and satisfaction rates following IUD insertion
- The expulsion rate of 1.5% matched the anecdotal expulsion rate experienced by clinicians at this practice and is much lower than expulsion rates quoted in literature and in keeping with the Contraceptive Choice Report.
- Patient demographic, pre-insertion counselling and skill set of practitioners inserting IUDs likely contributed to this rate
- This has allowed for practice based expulsion rates to be used for LARCs when counselling women on contraceptive options.

Recommendation

- A repeat larger scale audit to occur within 5 years of previous for verification of results
- Ongoing post-insertion counselling for follow-up in order to capture complication rates