

Pregnancy intentions and post-partum contraception planning: Preliminary data from the Study on Post-Partum Contraception Education (SPPaCE)

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BACKGROUND & AIMS

Unintended pregnancies continue to impact heavily on the economic, social, psychological, and physical aspects of women's lives and have repercussions for subsequent maternal and child health. Women are particularly susceptible to unintended pregnancies in the 12 months following a birth.

This study on post-partum contraction education (a.k.a SPPaCE) is currently running through the Southwest Sydney LHD. This before and after study aims to improve access to effective contraceptive methods immediately post-delivery. Impact will be assessed through change in women's knowledge and uptake of postpartum contraception. Here we present the preliminary baseline survey data.

METHODS

Participants were recruited in antenatal clinics and asked to complete a questionnaire.

Eligibility criteria:

- gestational age > 35 weeks
- planning to deliver at nominated hospitals
- greater than 16 years of age.

DISCUSSION

In this cohort, 20% of pregnancies were unplanned, three quarters of participants believe that the ideal birth spacing is >12 months but 39% did not have a contraceptive plan, and 29% had a variably reliable contraception plan.

Understanding and/or acceptability of the available contraceptive options as well as lack of access may be contributing to this disconnect between knowledge of healthy birth spacing and contraceptive planning. Maternity care providers are well-placed to provide women with education and access to contraceptive methods of their choosing.



- = 161 participants
- = 46% speak English as a second language
- = 89% married or defacto
- = 100% secondary education
- = 92% spontaneously conceived

Question	Response options	% of participants
Contraception at time of conception	Always used (includes failed method)	6
	Inconsistently used	9
	Never used	84
Timing of pregnancy	Wrong time	4
	OK but not quite right	19
	Right time	77
Pregnancy intention	Did not intend pregnancy	20
	Intentions kept changing	15
	Intended pregnancy	65
Prior to conception, was pregnancy discussed with their Partner	Never discussed getting pregnant	7
	Discussed but did not agree to get pregnant	20
	Agreed to get pregnant	73
Health actions prior to falling pregnant (e.g.: weight loss, folate supplementation)	I took no health actions	44
	I engaged in 1 or more health action(s)	56

