TYPES AND COMPLICATIONS OF CONTRACEPTIVE USES TYPES AND COMPLICATIONS OF CONTRACEPTIVE USES IN WOMEN ATTENDING O. P.C. OF BAGHDAD TEACHING HOSPITAL[+]

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Abstract

To determine the types of contraceptive methods used by Iraqi women, and the types of complications attributed to these methods, and their relationship with different factors, the study was conducted in Baghdad Province, using a cross-sectional design. Data was collected by a direct interview with the aid of special questionnaire. The sample constituted 200 married women of the child-bearing age (15-45 years), collected from the outpatient clinic of Baghdad Teaching Hospital.

Analysis of the sample (200 women) showed that oral contraceptive pills were the most commonly used contraception by the study sample (53%), followed by the intrauterine device (IUD). The rate of oral contraceptives was higher in the youngest age group (<20), followed by age group (40-49). The IUD was more frequently used by age group (20-29). Complications were present in (56%) of the study sample which were mostly present in users of the IUD (72 %), followed by tablets users (46%). All women suffering from a chronic disease other than hypertension were suffering from complications (100%), women who had hypertension had a rate of complications of (64.3%).

The complications in case of oral contraceptives were mostly pain (20%), malaise (10.4%), and psychological disturbances (8.55%). IUD users had suffered mainly from bleeding (39.5%) and infection (22.4%). Injectable contraceptive users had suffered from infection only in a rate if (14.3%). Analysis of the results by One-way ANOVA showed that the age group and type of contraceptive used were the only significant factors associated with the type of complaints.

The Oral contraceptive pills are the most frequently used method of contraception, followed by IUD. Women complained of bleeding, infection, and pain. These complaints can be minimized by the use of the appropriate contraceptive method for woman age.

Key words: IUP, contraceptives

Abbreviations: IUD= Intra-Uterine Device

المستخلص

يهدف هذا البحث الى تحديد نوع موانع الحمل المستعملة من قبل النساء العراقيات و المضاعفات الناتجة مـــن استخدام هذه الأنواع و علاقتها ببعض العوامل.

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اجريت الدراسة في محافظة بغداد ، نوع الدراسة كان مقطعيا . تم جمع المعلومات من عينة البحث عن طريق انموذج استبيان أعد خصيصا للدراسة. أختيرت العينة بالطريقة العشوائية من السيدات المراجعات للعيادة الخارجية في مستشفى بغداد التعليمي ممن هن في سن الأنجاب، بين العمر ١٥-٤٥ سنة.

أظهرت نتيجة تحليل العينة (٢٠٠ أمرأة) ان حبوب منع الحمل هي الأكثر استخداما من بين باقي الطرق (٥٣%)، تليها طريقة اللولب الرحمي. كانت أعلى نسبة لمستخدمي حبوب منع الحمل في الفئة العمرية أقل من ٢٠ سنة تليها فئة ٤٠-٤٩ سنة. أما اللولب الرحمي فكان استخدامه عاليا من قبل فئة ٢٠-٢٩ سنة. ظهرت المضاعفات في (٥٦%) من عينة البحث و أكثرها ظهورا كان لدى مستخدمات اللولب الرحمي (٧٢%) يليه مستخدمات الحبوب (٤٦%). كانت نسبة ظهورالمضاعفات لدى النساء المصابات بالأمراض المزمنة هي (١٠٠%) ما عدا المصابات بمرض أرتفاع ضغط الدم حيث كانت النسبة (٦٤,٣%).

شملت المضاعفات لدى مستعملات الحبوب: الألم (٢٠%)، النحول (١٠,٤%) و أضطرابات نفسية (٨,٥%). شكت مستخدمات اللولب الرحمي من نزف رحمي (٣٩,٥%)، و ظهور التهابات رحمية في (٢٢,٤%) من الحالات.شكلت مستخدمات حقن منع الحمل من نزف في(٤٥,٥%) من الحالات بينما لم تشكي مستخدمات الواقي الذكري سوى من التهابات رحمية في(١٤,٣%) من الحالات.بعد تحليل النتائج بطريقة ANOVA تبين ان العمر و نوع مانع الحمل المستخدم هما الوحيدان اللذان لهم علاقة بظهور المضاعفات لدى المرأة.

ان أكثر انوع منع الحمل استخداما هي الحبوب و تليها اللوالب الرحمية. تشكوا النساء من النزف الرحمي و الألتهاب الرحمي و الألم. يمكن تقليل هذه المضاعفات باستخدام نوع مانع الحمل المناسب لكل سيدة و في العمر المناسب.

Introduction

Family planning is a process of regulation of reproductive capacity of the family, and enabling couples to decide freely and responsibly the number of children and spacing of their children and makes available a full range of safe and effective methods of contraception[1]. Many programs that promote family planning offer many methods of contraception, having taken into consideration the effectiveness, cost, efficiency and acceptability of the available options[2] . The contraceptive methods that are available include methods that are short or long acting, permanent or reversible method, hormonal or non-hormonal type, and for use by women or men[3] .

Aim of the study

- To determine the type of contraceptive method that is most commonly used.
- To identify the complications experienced by the users associated with these contraceptives.

Subjects and methods

The study was conducted in the outpatient clinic of Baghdad Teaching Hospital. The study design is a cross-sectional survey on a sample of 200 women of child bearing age (15-49)yers. Data was collected by a direct interview with the aid of special questionnaire that included information about demographic data (age, education and occupation), parity, and number of alive children, type of contraceptive used, the presence of complains and their type, and than presence of chronic disease.

Data were analyzed statistically, and Kolmogorov-Smirnov Z was used to test the significance of the relationships obtained. P value of more than 0.01 was considered significant.

Results

Table (1) shows that contraceptive tablets are the most commonly used contraception by the study sample (53%), followed by intrauterine device (IUD), while the condom was used by 3.5% of the study sample only. Distribution of age groups according to the types of contraception used shows that oral contraceptives are the most frequently used method in all age groups, the rate is higher in the youngest age group (<20), followed by age group 40-49 years. IUD was more frequently used by age group (20-29), followed by age group (40-49). This result is statistically highly significant as P value was < 0.01.

Table(1): Relationship between age groups(years) and type of contraception

Age group (years)	Grups (years)				Total
	Oral Condom	IUD	Ijection		
< 20	13 (72.2%)	4 (22.2)%	0	1 (5.6%)	18
20-29	50 (46.7%)	48 (44.9%)	5 (4.7%)	4 (3.7%)	107
30-39	37 (56.9%)	20 (30.8%)	6 (9.2%)	2 (3.1%)	65
40-49	6 (60.0%)	4 (40.0%)	0	0	10
Total	106 (53.0%)	76 (38.0%)	11 (5.5%)	7 (3.5%)	200

K-S= 4.468 P <0.01

Table (2) showed that (56%) of the study sample had suffered from complications. These complications were mostly present in users of the IUD (72.4%) followed by injectable contraceptives (63.6%), users of contraceptive tablets had complications in a rate of (46%) . Percentage of complications in condoms users was only (1%), as shown in table (3) . This result is statistically highly significant (P < 0.01).

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Table (2): Frequency of the complications among the study sample

Complication	Frequency	percentage
Present	112	56
Absent	88	44

Table (3): Rate of complications according to the type of contraception

Type of contraception	Complications		Total
	Absent	Present	
Oral	57 (53.7%)	49 (46.3%)	106
IUD	21 (27.6.%)	55 (72.4%)	76
Injections	4 (36.4%)	7 (63.6%)	11
Condoms	6 (85.7%)	1 (14.3%)	7
Total	88 (44%)	112 (56%)	200 (100%)

K-S = 5.257 P > 0.01

Table (4) showed types of chronic diseases that were suffered by the users. Chronic diseases included hypertension, others refer to thyrotoxicosis (3 cases), one case of epilepsy, two cases of peptic ulcer and three cases of asthma. All women suffering from a chronic disease other than hypertension were suffering from complications (100%), women who had hypertension had a rate of complication of (64.3%).

Table (4): Rate of complications according to the presence of chronic disease

Chronic disease	Complications		Total
	Absent %	Present %	
No disease	83 (46.9)	94 (53.1)	177
Hypertension	5 (35.7)	9 (64.3)	14
Others Epilepsy peptic uleer	0 (0)	9 (100)	9
Total			200

Table (5) showed that users of oral contraceptives suffered mostly of pain (20%), this pain was in the form of headache or vague abdominal pain or backache.

Table (5): Relationship between the type of contraception and type of complication

Type of complication	Type of contraception			
	Oral %	IUD %	Injection %	Condom %

Non	53.8	27.6	36.4	85.7
Bleeding	2.8	39.5	45.5	0
Infection	0	22.4	0	14.3
Psychological	8.5	0	0	0
Pain	20.4	7.9	0	0
Malaise	10.4	2.6	0	0
Amenorrhea	0	0	18.2	0
Hypertension	2.8	0	0	0
Total	100.0	100.0	100.0	100.0

K-S = 3.917 P > 0.01

The second complication was malaise (10.4%) and psychological disturbances (8.5%) in the form of depression, nervousness. IUD users had suffered mainly from bleeding (39.5%) and infection (22.4%). Injectable contraceptive users had suffered from bleeding at a rate of (45.5%) and amenorrhea at a rate of (18.2%), while condom users had suffered from infection only at a rate of (14.3%).

Analysis of the results by One-way ANOVA shows that the age group and the type of contraceptive used were the only significant factors associated with the type of complications and the test is illustrated in table (6).

Table (6): Analysis at the rosult by one-way ANOVA

Source of data	F	P-value	C-S
Age group & type of complication	3.220	0.001	H.S.
Education & type of complication	1.480	0.158	N.S.
Occupation & type of complication	1.082	0.378	N.S.
Chronic disease & type of complication	1.468	0.162	N.S.
Type of contraception & type of complication	7.473	0.000	H.S.
Parity & type of complication	1.577	0.125	N.S.
C-S=coefficient of significance H.S. = highly significant N.S.= not significant			

Discussion

Each contraceptive method has advantage and disadvantage, and no single method is appropriate for all users. Oral contraceptive pills were introduced for the first time in 1961 and since then they have becoame the most commonly used method all over the world [4]. But in the developed countries such as Germany, Italy, and Russia, a drop in the frequency of its usage was noticed later on, due to health considerations[5,6,7] , because despite the advantage of oral contraceptive pills, there is a concern about the links between oral pills and the risk of cardio-vascular diseases. This risk is in women less than (35) years of age and non-smokers is low, but this is not so in older age group[8]. The women in the current study had used oral contraceptive method more than other methods, even women between the ages of (35-45) years had used this method, and this is not a safe method of contraception for this age group especially with the presence of hypertension. This finding disagrees with that of the Ministry of Health in its survey on Family Planning usage as they found out that Iraqi women used IUD more than other methods followed by oral pills [9] . Pain was a complaint of more than (20%) of the users of oral pills, which was in the form of backache or headache, but whether this is due to the contraceptive pills is not evident yet[10] .

Intra-uterine device is a safe effective and reversible method of contraception [11] , and it was used by (38%) of the sample. IUD is the most frequently used contraceptive method in Egypt followed by the pills, while women in Morocco used pills more than IUD [12]. Irregular bleeding, pain, and infection are the main source of complain by high number of its users and these are expected side effects of IUD[11].

Injectable contraceptive method had caused mainly irregular bleeding and amenorrhea and these two conditions are the usual side effects of injectable contraceptives[13] .

Condoms on the other hand were used by (3.5%) of the sample only in spite of their being a safe contraceptive mean [3]. Condoms are now of wide acceptance in developed countries because they are a protection against sexually transmitted diseases including HIV infection [14], and there is a growing number of condom users in Germany[15] and Japan [14] .

The association of all the previously mentioned complications with age and type of contraceptive is a strong association which means that with the proper choice of the type of contraceptive method and if used by women in the right age there will be less of these complications.

Conclusion and recommendation

Oral contraceptive method is the most frequently used contraception and IUD is the second most common method. The appearance of side effects or complications has not caused the women in the study sample to seek other methods or stop using contraception. Age and type of contraceptive have a strong association with appearance and type of complication.

Based on the above observations the researcher recommends a more health education programs to the women attending the family planning centers to inform them of the different contraceptive methods available and the probable expected side effects with each method so that they can decide on the appropriate method and with the aid of their doctors.

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