

Abstract Title

IUD Discontinuation in Bangladesh

Key Words

IUD, Family planning, Bangladesh, Discontinuation

Learning Objectives

By the end of this presentation, participants will be able to understand key issues around IUD discontinuation in Bangladesh and the need for community interventions that focus on understanding of menstruation and men's role in supporting their partners to use IUDs.

Background

The overall goal of the study was to quantify outcomes of IUD use 12 months after insertion and to examine factors associated with discontinuation in six districts of Bangladesh. Study questions were: What are the socio-demographic characteristics of IUD acceptors and discontinuers; What information is available to users before insertion; How much contact do users have with health care providers; What is the 12 month outcome of IUD acceptance; What are IUD discontinuers' reasons for discontinuation; What are the most commonly experienced side effects; What are the key determinants of experience of side effects and how are they differentially experienced, perceived and tolerated; What are the key determinants of discontinuation?

Design/Methods

In March 2007, we interviewed 330 women who had an IUD inserted in March 2006, using a close-ended survey tool. We also conducted a more in-depth, open-ended questionnaire with 30 of these women who named side effects as a key reason for discontinuation. Data were collected by trained personnel and survey data were analyzed using SPSS.

Results/Outcome

Almost one half of acceptors discontinued use within the first year. Key factors associated with discontinuation were having a side effect (especially excessive bleeding), and having a pre-existing reproductive health condition. However, experience of side effects and their impact on continuation were significantly mitigated or exacerbated by spousal approval or disapproval of IUD use. Women who did not consult their husbands before inserting an IUD were more than four times as likely to discontinue as those who had spousal approval. Socio-economic factors (poorer, less educated, older, higher parity women) were shown to be associated with discontinuation, as was previous experience with family planning, but health sector variables were not associated with discontinuation. Excessive bleeding was the most important side effect, experienced by almost half the acceptors. Women described the duration and intensity of bleeding and its serious impact on their ability to perform spousal, family and community obligations.

Conclusions

The study shows that bleeding side effects are common and a key reason for discontinuation of the IUD. Community notions of menstruation are a key barrier to successful IUD use in these communities. Community interventions that focus on partner attitudes to IUD use and to community attitudes around menstruation are essential to improving IUD continuation rates. Efforts to date that focus on provider counseling need to be re-oriented to discussing negotiating IUD use with male partners.

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