

Examining Postpartum Contraception Choices among Teens

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Abstract

Objectives: To assess how effectively we provide adolescents with adequate prenatal care and postpartum contraception, particularly long-acting reversible contraception (LARC), and to identify factors that prevent intended postpartum LARC initiation. In addition, we sought to understand how effectively we help prevent repeat, unintended pregnancies.

Methods: We conducted a retrospective chart review of 155 MAHEC Ob/Gyn Specialists' patients, ages 15-19, who delivered at Mission Hospital between 3/2013-8/2014. We examined prenatal care utilization, birth outcomes, and postpartum contraception using Chi square and binary logistic regression.

Results: The majority (74.2%) was 18-19yrs old, white (77.4%), and nulliparous (87.1%). Fifty-four (34.6%) had a mood disorder. Many (37.2%) entered prenatal care late; 14.1% had inadequate prenatal care. Only 30 (19.2%) received prenatal care in a teen-specific clinic. There were 162 babies born. Twenty-nine (17.9%) babies were preterm; 26 (16.0%) had low birth weight. Most women (76.3%) attended their postpartum visit. Many teens intended postpartum LARC (74.4%); 69 (59.5%) of these received LARC. Significant predictors of not receiving intended postpartum LARC were late entry to prenatal care and multiparity. Of the 156 deliveries, 10 (6.4%) women experienced a repeat pregnancy in <10 months.

Conclusions: Teens may benefit from immediate postpartum LARC placement prior to hospital discharge or same day placement of LARC at the postpartum visit, especially if they are multiparous and/or initiate prenatal care late.

Keywords: Teen, LARC, Postpartum contraception, Repeat pregnancy