

To Increase The Percentage Of Contraceptive Uptakes By Patients In Pre-Pregnancy Care Service In Klinik Kesihatan Sungai Besi

Norhaslira AR¹, Dania Inarah A¹, Munirah M¹



QLL58

¹ Klinik Kesihatan Sungai Besi, Kuala Lumpur

INTRODUCTION

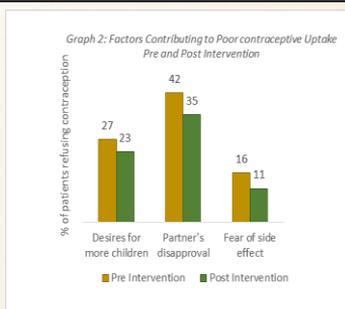
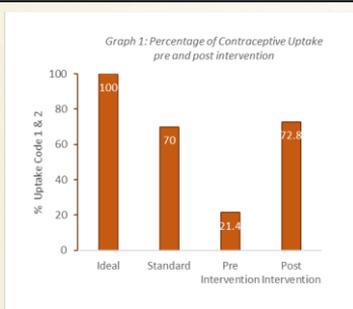
According to Malaysia's Statistics Department, the maternal mortality rate was 29.1 per 100,000 live births in 2016. Among the causes were medical conditions (20.7%) and hypertensive disorders during pregnancy (11.8%). High-risk pregnancies demonstrated inadequate contraception practices, with 52.9% of those with medical conditions not utilizing any contraception methods[1]. Pre-pregnancy care service was introduced to Outpatient Department in Klinik Kesihatan Sungai Besi (KKSB) in 2020. Initial findings revealed low contraceptive uptake of 21.4% in category 1 and 2 among high-risk mothers. Hence, this study designed to increase contraceptive uptake among patients receiving pre pregnancy care service in our clinic. Focused efforts were planned in promoting contraception to reduce potential maternal complications.

METHODOLOGY

A cross-sectional study was conducted from January until September 2021. Eligible participants[n;312] were identified from among married women of reproductive age between 15 to 49 attending Pre-Pregnancy Care (PPC) service. They had been diagnosed with at least one chronic medical condition such as diabetes, hypertension, etc. A designated medical survey was conducted to analyze factors that prevent them from using contraception. From this survey, strategies were developed and implemented to address barriers. Among the initiatives were conducting regular Continuing Medical Education (CME) sessions on health promotion and contraception for both staff and patients, establishing a dedicated PPC counseling room, and implementing a PPC checklist to assist in recruiting new patients. Patients not currently using contraceptives were promptly referred to counselors and Family Medicine Specialists (FMS) and were closely monitored by the healthcare team.

RESULTS

Following these interventions, the study observed a significant increase in contraceptive uptake within Pre-Pregnancy Care (PPC) service, rising from 21.4% to 72.8% [Graph 1]. Data analysis also revealed slight decrease in factors hindering contraception practices, including a 4% reduction in desire for more children, 7% decrease in partner disapproval, and 5% decline in concerns over side-effects [Graph 2].



DISCUSSION

The study demonstrated improvement in contraceptive uptake following implemented interventions. Continuous efforts, including ongoing CME monitored by a designated team, are crucial to sustain high contraceptive uptake rates. These advancements will be shared with other clinics in our district to enhance patient care.

Acknowledgement

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Reference

[1] Garis panduan perkhidmatan pra-kehamilan di penjagaan primer(2019)