



Long-Acting Reversible Contraception Use in Postpartum Women

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Purpose

Long-acting reversible contraceptives (LARCS) are considered the most effective reversible methods of contraception by the American College of Obstetricians and Gynecologists (ACOG). Our study evaluates LARC rates in postpartum women to:

- assess the frequency of use in our population
 - identify racial differences that may exist
- Through our findings, we hope to encourage LARC promotion among all races and mitigate any bias related to contraception use.

Material and Methods

Chart reviews were conducted on all deliveries occurring in January 2019 at a local hospital in New Orleans, LA. Contraception initiated at discharge and contraception initiated within the 12-week postpartum period were documented among many other variables.

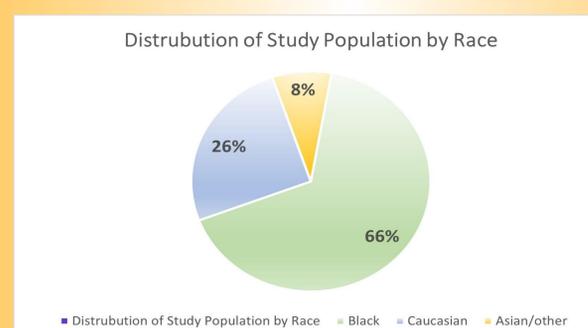
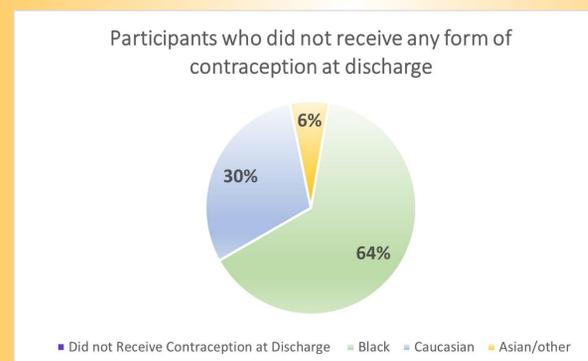


Discussion

- Given the small sample size analyzed to date, it will be critical to continue evaluating deliveries before drawing any significant conclusions. Our analysis of 2019 deliveries is underway.
- Preliminary findings indicate LARC usage rates remain low despite their well-known efficacy. This study shows the urgent need to provide adequate counseling during the prenatal period to give decision-making time to patients.
- Future studies will help us to identify additional trends by race as well as barriers that patients may perceive to obtaining contraception.

Results

- 286 deliveries (January 2019), ethnicity: 66.4% black, 25.5% Caucasian, 8.0% Asian/other
- 26.2% (n=75) received contraception prior to discharge. 8.7% (n=25/286) of postpartum women received a LARC at that time (17 black, 5 Caucasian, 3 Asian/other).
- Among those who did not receive any form of contraception prior to leaving the hospital (n=211), ethnicity: 64% black, 30% Caucasian, and 5% Asian/other.
- An additional 21 patients received a LARC during postpartum outpatient visits prior to 12 weeks from delivery. Overall LARC use rate of 16.1% at 12 weeks.



References

Evans ML, Espey E, Ogburn T, Zite NB. Use of Long-Acting Reversible Contraception by Obstetrics and Gynecology Residents: An Examination of Access for All Women. *Obstet Gynecol.* 2018 Mar;131(3):538-541. doi: 10.1097/AOG.0000000000002489. PMID: 29420403.

<https://www.acog.org/programs/long-acting-reversible-contraception-larc>