



# Contraception Choices and Questions

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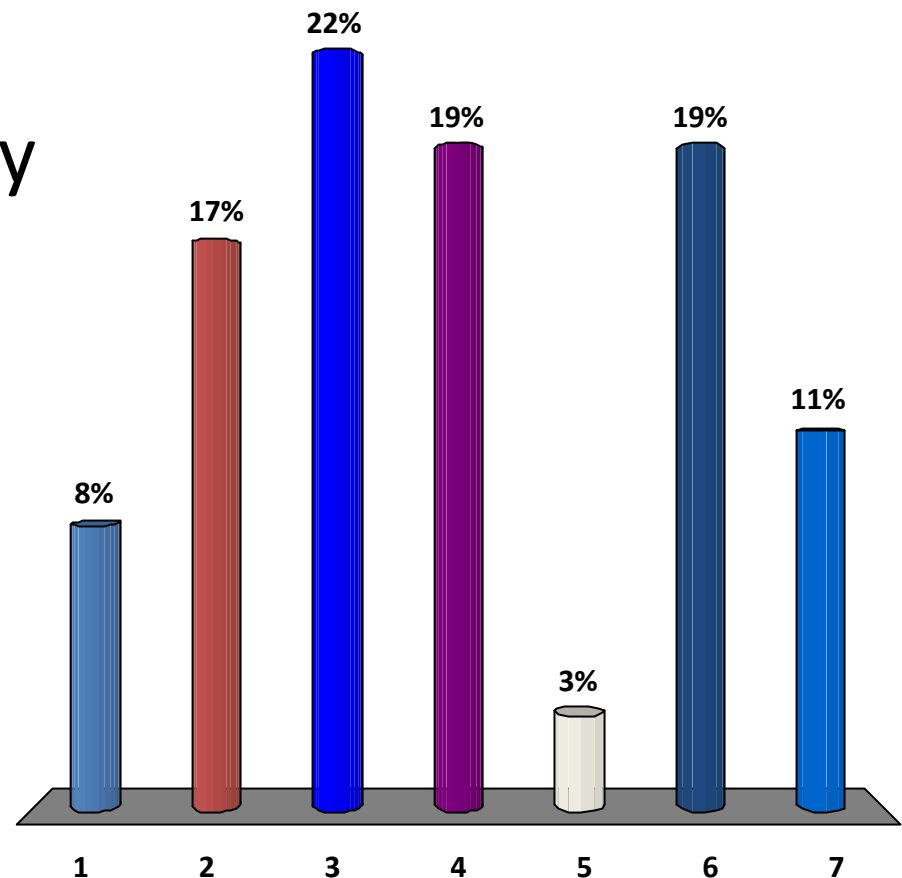
**Betty Kamira, MBChB and Sharon Hillier, Ph.D.**

**Meeting the HIV Prevention Needs  
of Adolescent Girls and Young Women  
Uganda Stakeholders Meeting on REACH  
Kampala, Uganda**



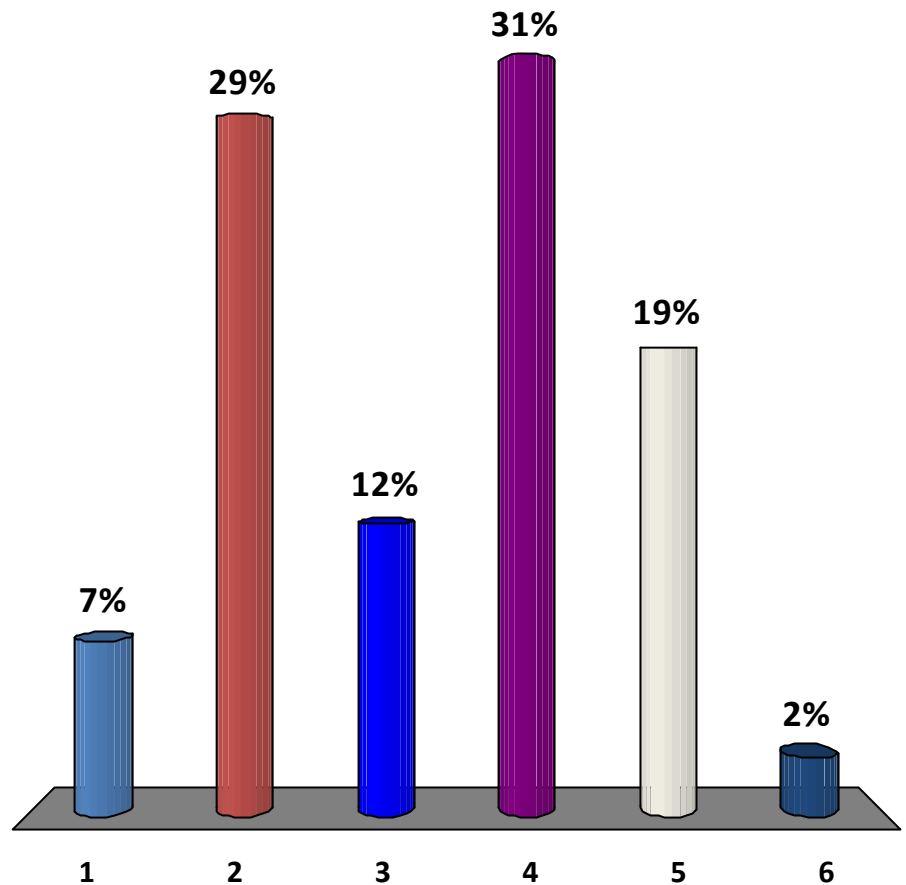
# Please identify yourself

1. Youth CAB member
2. Young woman
3. Advocate/Civil Society
4. NGO representative
5. Government
6. Site staff
7. Other



# How old are you?

1. Under 21
2. 21-25 yrs old
3. 25-30 yrs old
4. 30-40 yrs old
5. 40-50 yrs old
6. Over 50

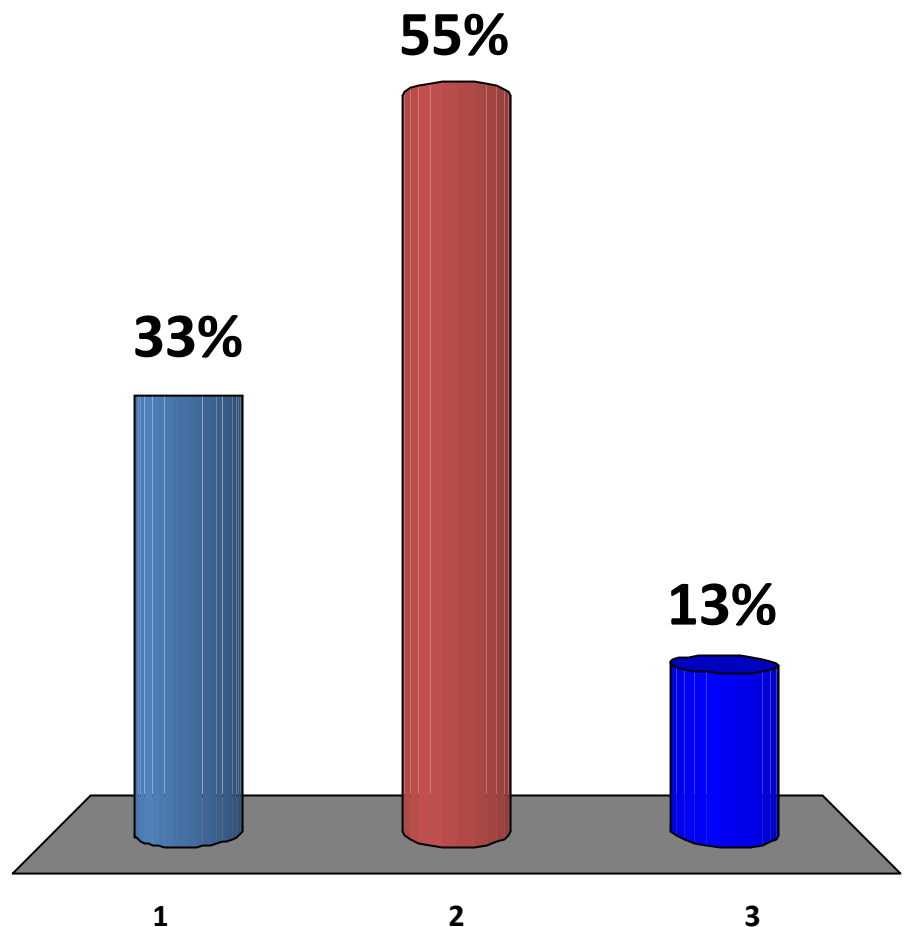


## Consider this...

- Oral pills and Injectable Depo (DMPA) are the family planning methods most widely available in the community AND they are the methods most familiar to young women.

# In REACH, investigators should:

1. Encourage use of Depo and oral pills for family planning because that is what women are used to using.
2. Encourage use of LARCs (implants and IUCDs) because they are better at preventing pregnancy and can offer faster return to fertility.
3. Stop worrying about contraception! This is an HIV prevention study.



# Consider this...

- Romy and Faith live in your community.
- Both are currently using condoms as their primary form of birth control.
- They are interested in a more effective method of contraception.
- Neither wants to fall pregnant this year.

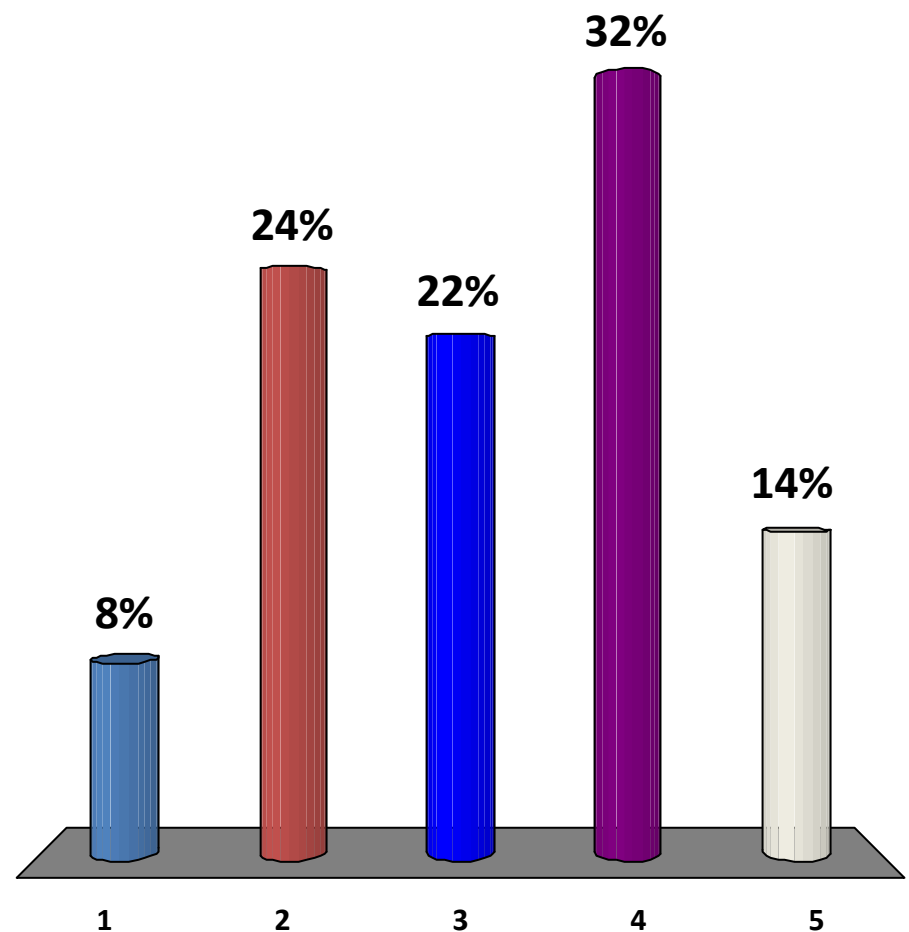
# ROMY

- 17 years old
- In secondary school
- No children
- 19-year-old boyfriend
- Lives with her mom and younger siblings



# Which method do you think Romy should use?

1. Oral contraceptive pill
2. Injectable
3. Implant
4. IUCD
5. Nothing, she's too young





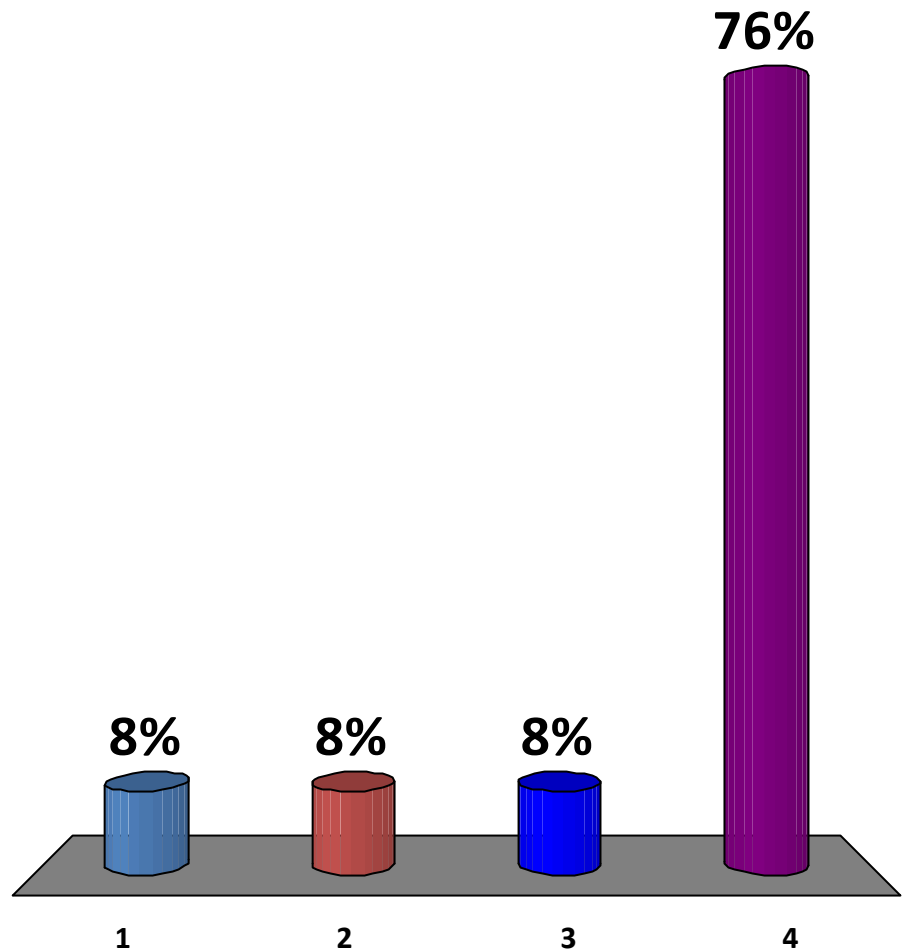
**Romy doesn't care what you think -- she wants an IUCD**



- **But of course, you have an opinion...what do you say to her?**

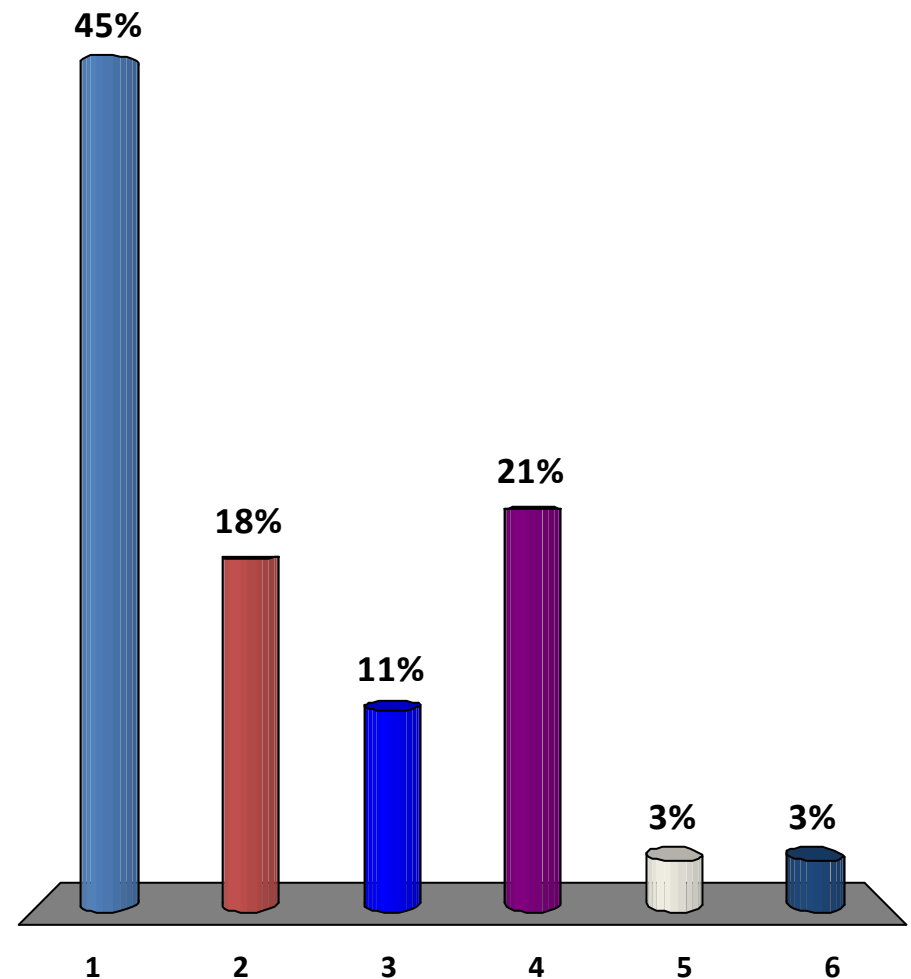
# It is not a good option for her because...

1. She has never had children
2. She is not married
3. She is too young
4. Actually, it is a good option for her



# The most likely side effect from an IUCD for a 17 year old is....

1. Heavier menses
2. Infection
3. Infertility
4. Sexual promiscuity
5. The IUCD travelling to the heart
6. The IUCD falling out



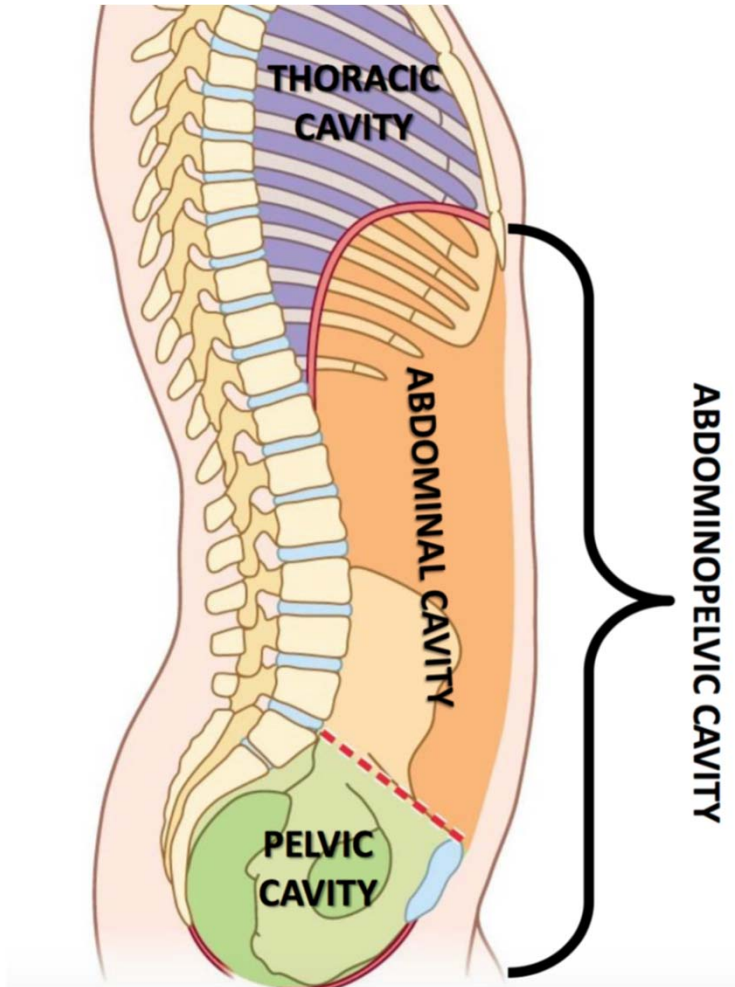
# Bleeding and IUCD

- The most common side effect of the IUCD is heavy menses and irregular bleeding, but only for 1-2 months after insertion
- Unlike the birth control pill, the IUCD does not regulate the timing of menses
- If women have irregular menses, they will continue to have irregular menses
- Counseling before insertion is very important!

# What about the other things?

- Uterine infection - pelvic inflammatory disease  
- is rare and is most likely to occur in the weeks following insertion
- Infertility due to an IUCD is exceptionally unlikely
- IUCD does not lead to sexual promiscuity
- IUCDs can be expelled through the vagina (in about 1 out of 20 women)
- The IUCD does NOT travel to the heart

# This is Impossible!

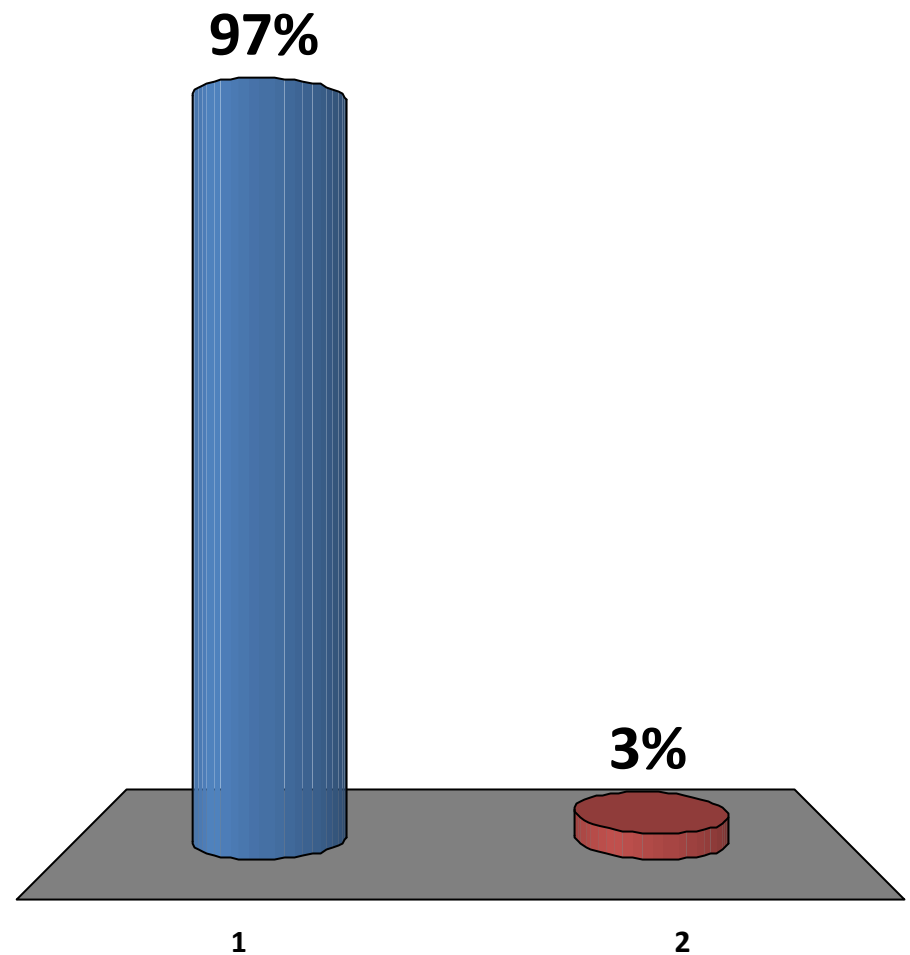


- The heart is in a different compartment from the uterus

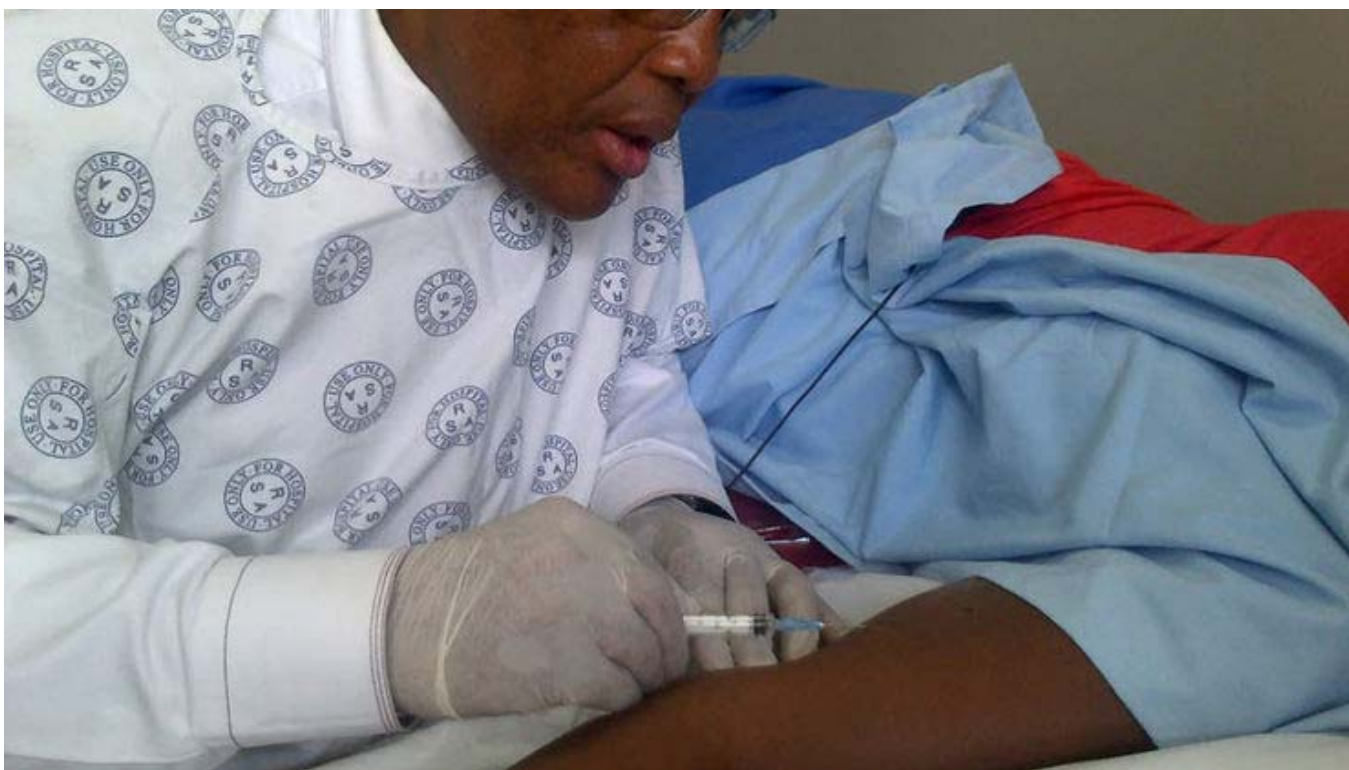
## True or False

The IUCD can be used at the same time as the vaginal ring.

1. True
2. False



Now imagine that instead of an IUCD,  
Romy wants to get an implant.

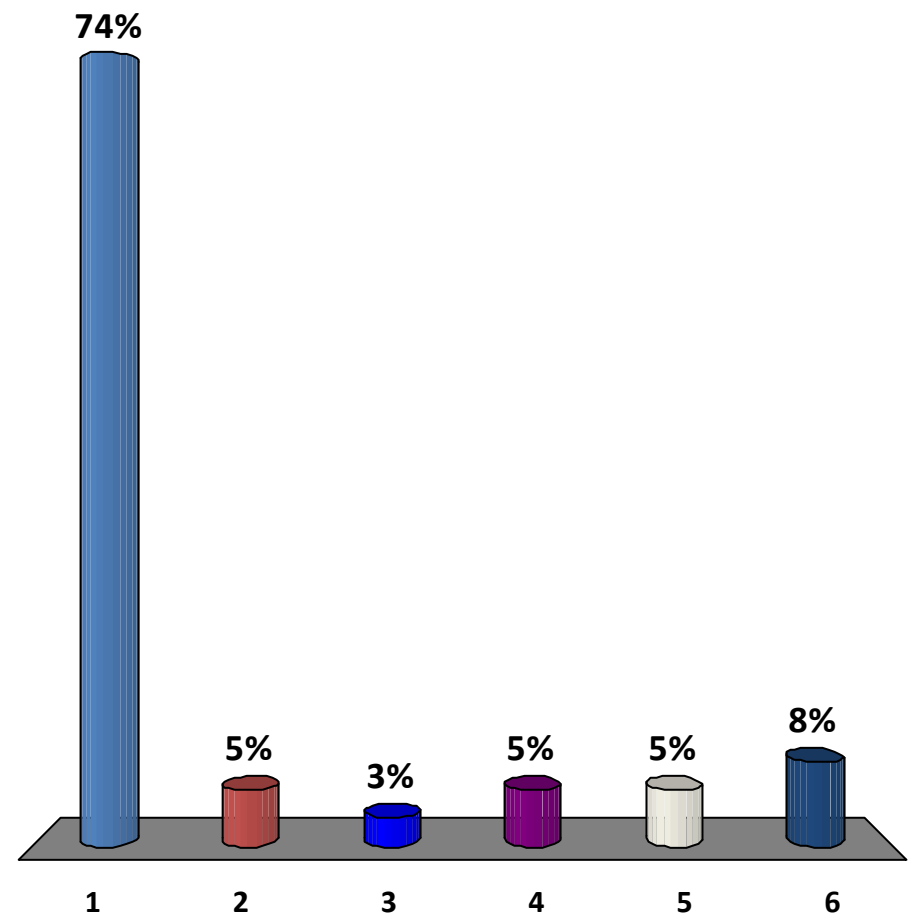


You tell her what you've heard about  
implants



# The most likely side effect from placing an implant in a 17 year old is...

1. Irregular bleeding
2. Infertility
3. Skin infection
4. Sexual promiscuity
5. Depression
6. Weight gain



# Irregular bleeding from implants

- Progesterone thins the lining of the uterus
- This causes irregular bleeding as soon as the implant is inserted
- Often the bleeding stops altogether and menses also stop
- Sometimes irregular bleeding does not stop

# What about the other things?

- The implant does not cause Infertility
- The implant does not lead to sexual promiscuity
- Skin infection at the insertion site is a rare complication
- The implant can migrate deeper into muscle, but this is not common
- Minor weight gain is common

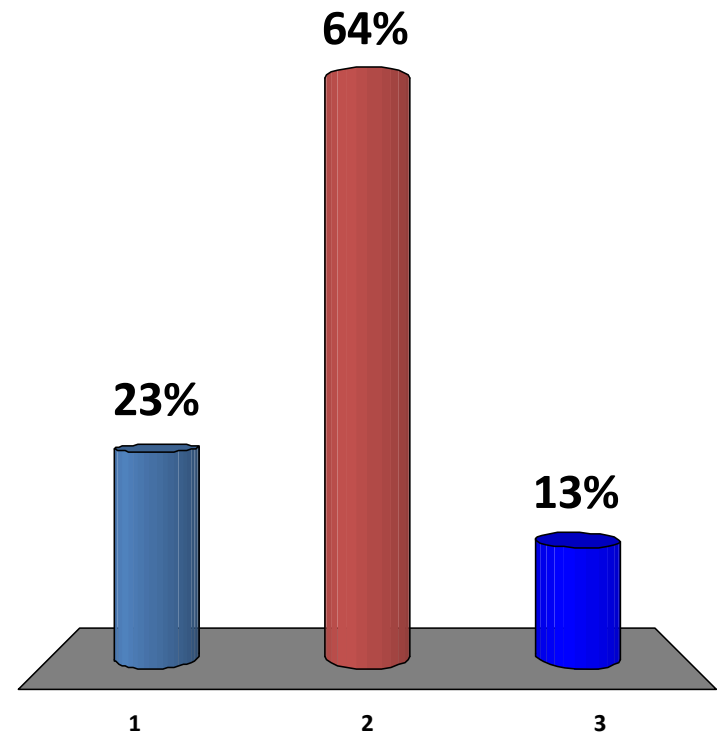
# What about FAITH ???

- 25 years old
- Working part time to earn enough to live alone
- 2 children
- No partner currently
- Lives with grandmother



Faith doesn't have a partner but she says she wants to start an effective method of birth control.  
What do you tell her?

1. She should wait until she is sexually active again to start a birth control
2. She should start a method now
3. Rely on emergency contraception

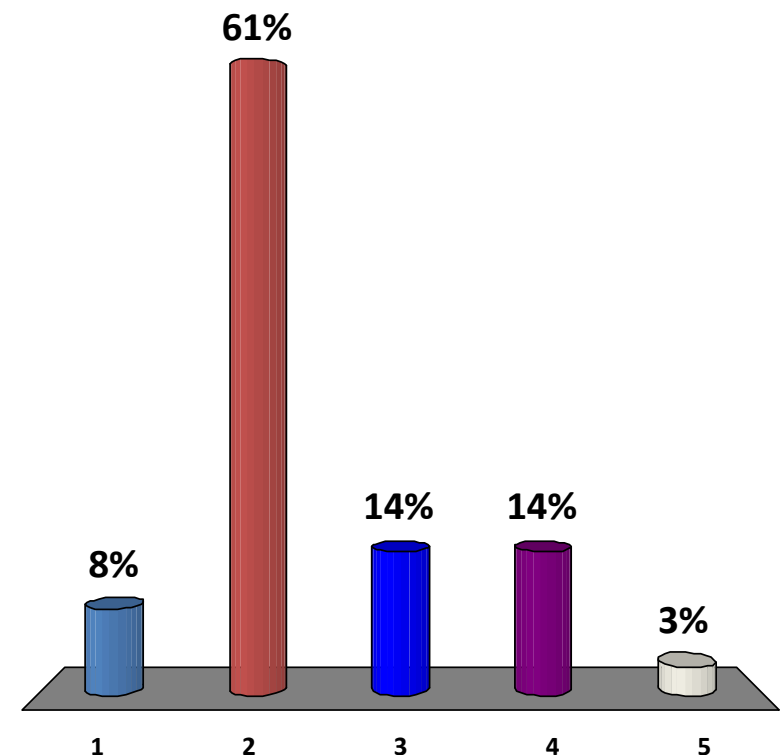


## Consider this situation:

- Your neighbor is 25 years old. Her husband is living abroad for the next year. When he returns she intends to start a family. Although she says she does not have a partner, she is nonetheless eager to start an effective method of contraception.

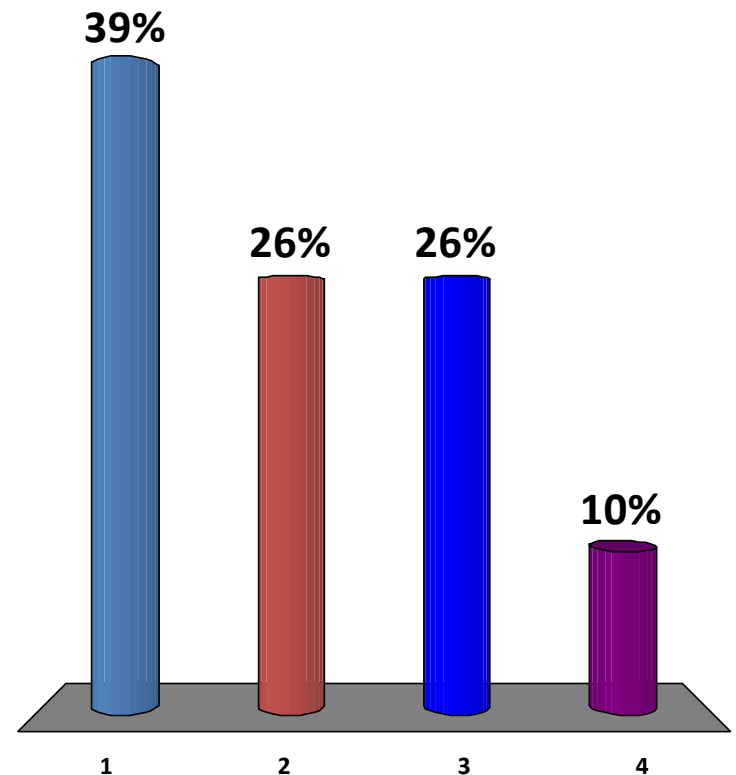
# Which method is best for her knowing that she wants to get pregnant in a year?

1. None. Her partner is living abroad
2. LARC - IUD or implant
3. Oral contraceptive pill
4. Injectable DMPA (Depo)
5. Other



When considering whether a woman should use a LARC for birth control, this is the most important question:

1. How many children does she have?
2. How old is she?
3. Would it be ok if she fell pregnant right now?
4. How much pain can she tolerate?



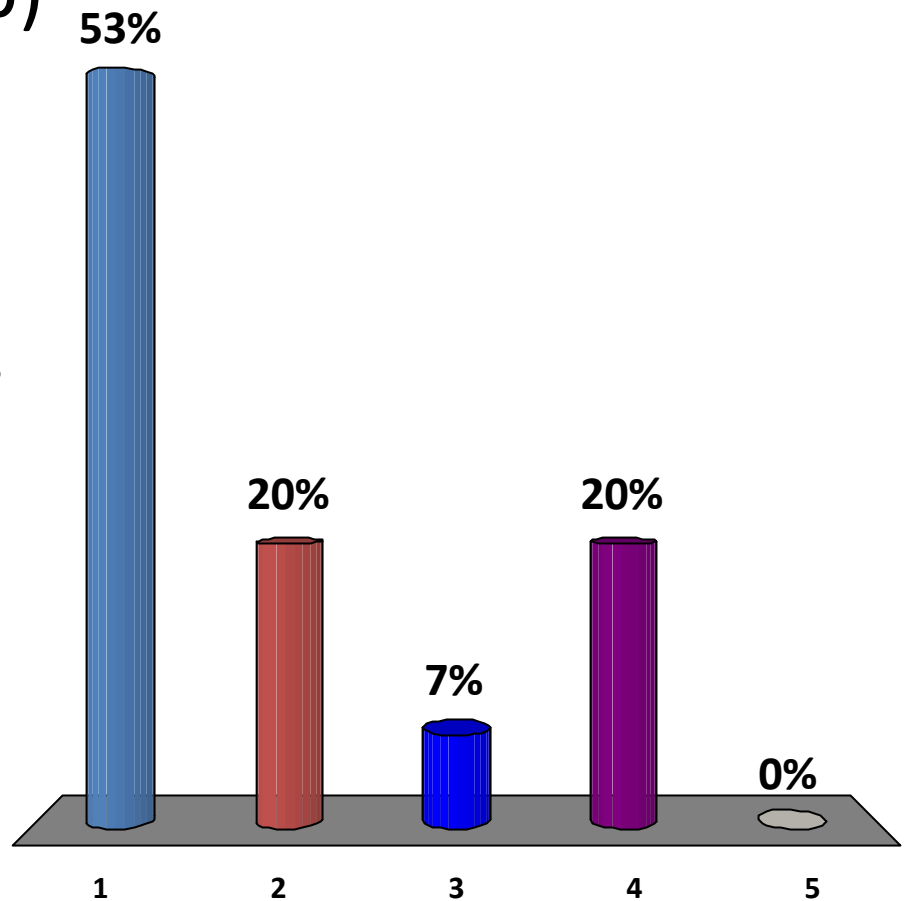


Let's hear from the young  
women!!

ONLY ANSWER IF YOU ARE 25 YEARS  
OLD OR YOUNGER

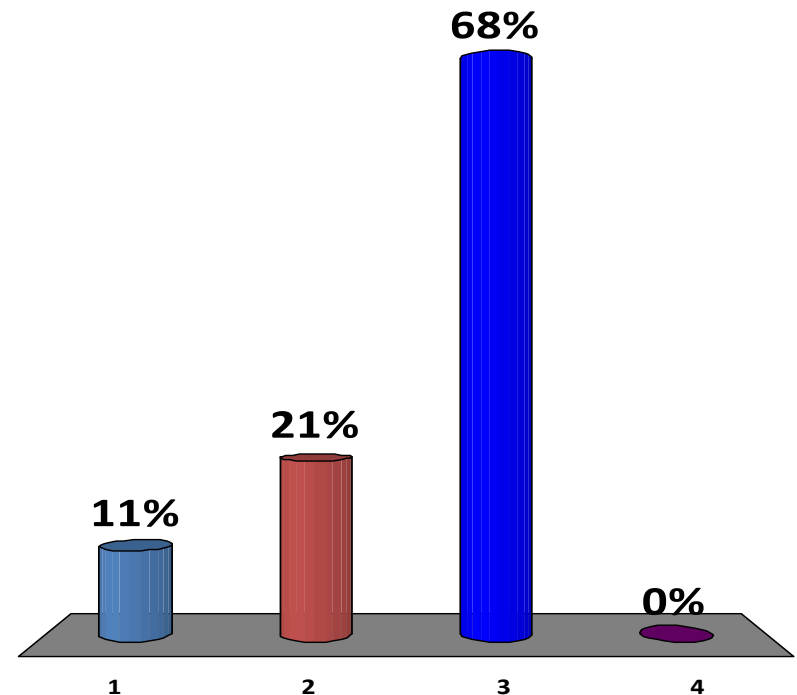
# Where do you currently get most of your information about birth control?

1. Media (TV, radio, web)
2. School
3. Friends
4. Health care providers
5. Other



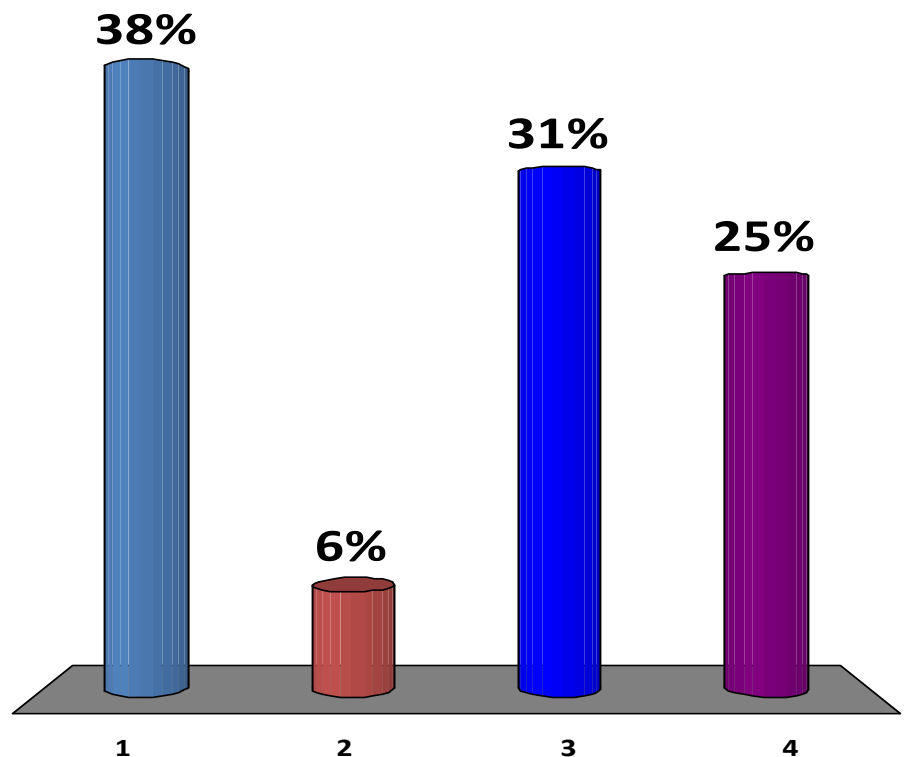
# What, in your opinion, is the most important aspect of contraceptive counselling?

1. The sister should share her experience with different methods
2. The sister should ask me about my goals
3. The sister should tell me about how each method works
4. Other



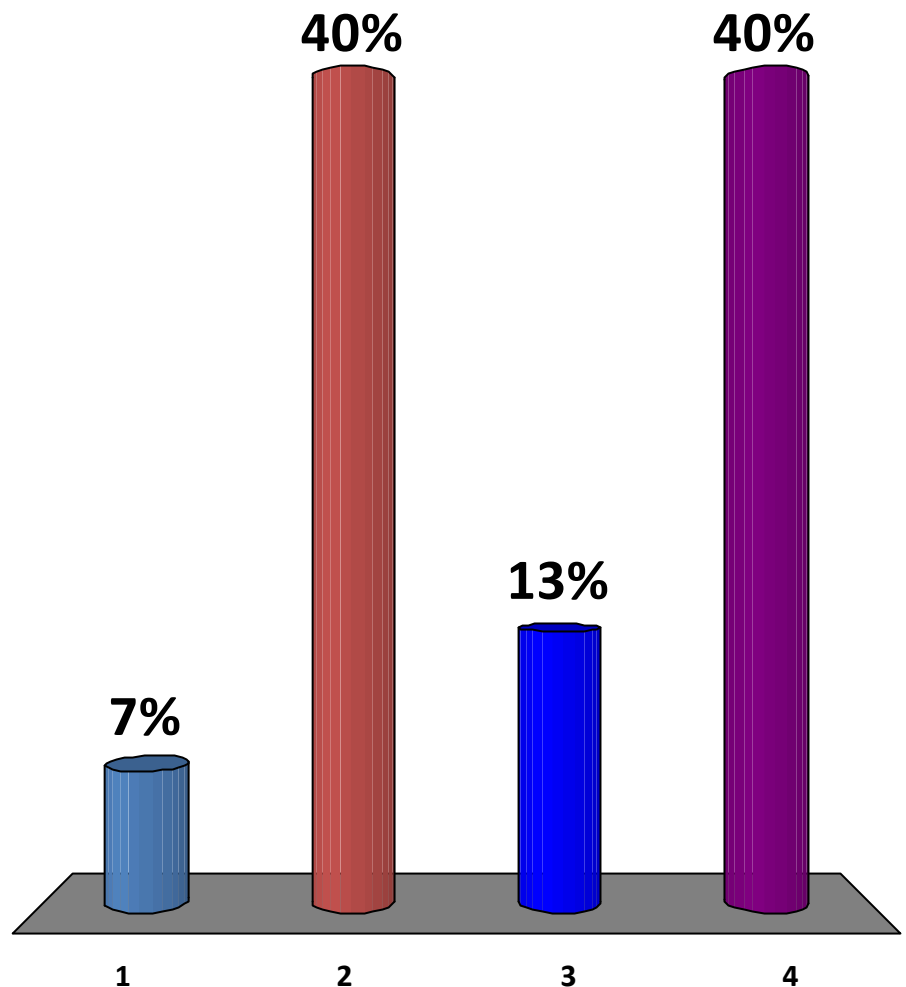
Suppose you went to your nearest family planning clinic and requested an IUCD. What do you anticipate the response would be?

1. No. You are too young for contraception
2. No. You are too young for an IUCD
3. Sure!
4. Are you certain? Insertion will be painful.



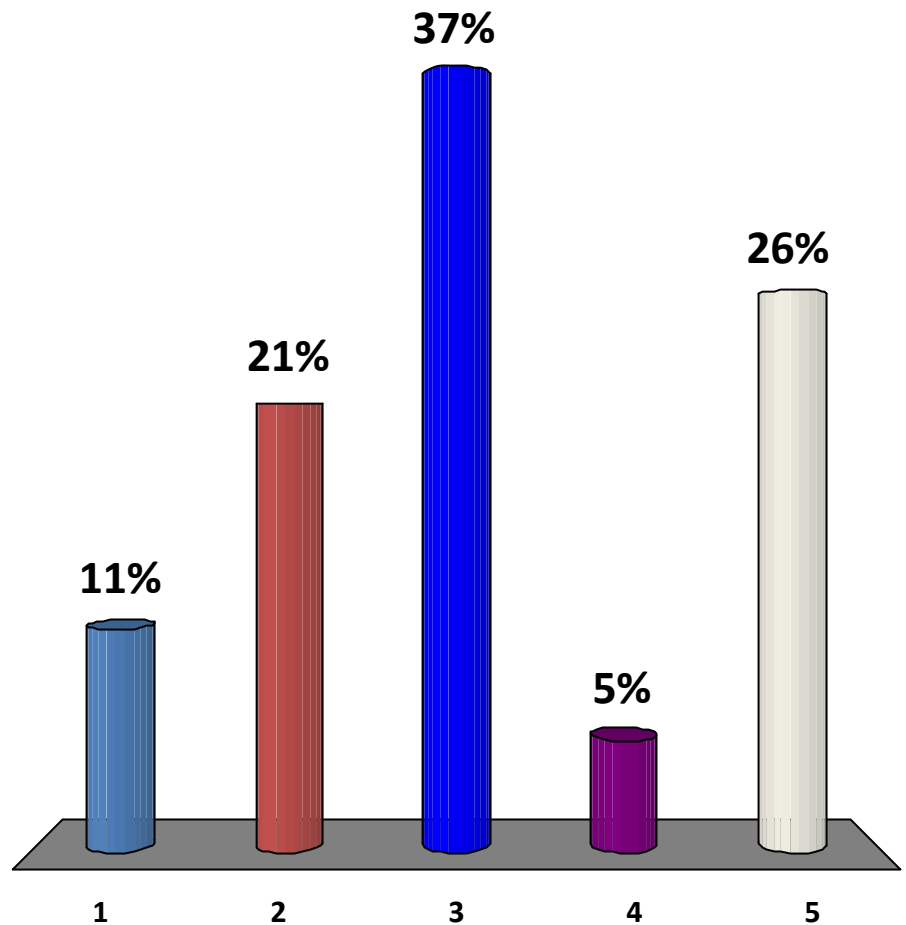
# What do you think adolescents in your community fear most about the IUCD?

1. The IUCD getting to the heart, lungs, or brain
2. The pain with insertion
3. Infertility
4. They probably don't know what an IUCD is



# What do you think their biggest fear is concerning the implant?

1. Arm weakness
2. Irregular bleeding
3. Weight gain
4. The implant moving to the heart
5. I don't think they know what one is



In your experience, how easy is it to discuss birth control with your health care provider? (and why...)

1. Easy
2. Moderately easy
3. Somewhat difficult
4. Very difficult

# This next question is for everyone!

- Precious is a 17 year old who broke up with her boyfriend 2 months ago. She was on the pill but stopped taking it after she broke up. She just heard about the REACH study and wants to join, but she does not want to have to take birth control pills again because they made her nauseous. She tells you that her plan is to tell the clinic staff that she is taking the pill but she won't really take it.



# What advice do you give Precious?

1. The dapivirine ring is an investigational product, so we don't know if it is safe to use if a woman falls pregnant. It is for her own safety that she uses contraception.
2. It is best to be honest with study staff about her plans.
3. Other non-hormonal types of family planning like the IUCD are available which do not cause nausea.
4. All of the above.

