Research Article

Study of pattern related to side effects and removal of IUCD usage

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Received: 17 March 2015
Accepted: 16 April 2015

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ABSTRACT

Background: An effective contraception is the only way to stop this population explosion. There are too many advantages and side effects associated with the IUCD, But most of side effects are effectively controlled by proper selection of clients and counseling process. Objective: To know the pattern of side effects and reason for removal among beneficiaries.

Methods: A cross sectional study was conducted in 400 beneficiaries selected using systematic random sampling. Study sites included both urban and rural area. Data was entered and analyzed using MS excel sheet.

Results: In this study maximum client 348 (87%) belonged to age group of 21 to 30 years. 47 (11.8%) clients were illiterate and 285 (71.3%) clients were unemployed/housewife. Most common side effect was pain with heavy bleeding in 30.6% clients, pain in 23.8% clients and pain with light spotting in 18.4% clients. Most common reasons for removal were pain with heavy bleeding in 42.6% clients while 10 (12.8%) clients removed due to husband’s insistence.

Conclusions: After ICUD insertion 36.8% clients had side effect. Pain with heavy bleeding, pain with light spotting and only pain are the most common type of side effects. Removal of ICUD was 19.25%. Most common reason for removal was pain with heavy bleeding.

Keywords: IUCD, Contraception, Side effects, Removal, Family planning

INTRODUCTION

The population problem has gained prominence both in the developed as well as developing countries. The only way to stop population explosion is family Planning. The current approach in Family Planning emphasizes on offering high quality contraceptive services among eligible clients on a voluntary basis. The intrauterine device (IUCD) is the world’s most widely used spacing method of reversible birth control, currently used by nearly 120 million women (about 10-15% of women in reproductive life).

There are many advantages associated with the IUCD use as it a long-acting and safe contraceptive, does not interfere with intercourse, immediately reversible and can be used during lactation. Main advantage with the IUCD is that it can be inserted by trained providers at any clinic or peripheral centre without requirement of trained professional. This is especially attractive for those couples who need terminal methods but do not want to adopt a permanent surgical methods.

Still IUCD is not free from adverse effects. Most commonly associated adverse effects that leads to early removal are bleeding, pain, discomfort during sexual intercourse, Pelvic Inflammatory Disease (PID), vaginal discharge, expulsion etc. It was seen that most of side effects occurred within a month of IUCD insertion. Also most of women had previous history of menstruation irregularity or vaginal discharge.
It is often found that the advantages are understated, the disadvantages tend to be exaggerated and many myths and misconceptions are prevalent in the community and among the providers too. This study principally aims to assess pattern of side effects and reasons for removal among beneficiaries.

METHODS

A cross sectional study was conducted in Indore district of Madhya Pradesh in between November 2013 to October 2014. All the beneficiaries who had undergone IUCD insertion in past 5 years before the onset of study and at least 3 months prior to data collection were included in study irrespective of their history of the IUCD removal. The sample size was calculated using formula \( N = Z^2 \cdot \frac{P \cdot (1-P)}{d^2}, \) \( Z = Z \) value (e.g. 1.96 for 95% confidence level and 5% precision) \( P = \) percentage of occurrence of event, expressed as decimal (0.5 used for sample size needed) \( d = \) confidence interval (error), expressed as decimal = 0.05. With considering the fact that 50% clients were experienced the event sample size comes out to be 384 rounded as 400.

Pre-designed, pre-tested, semi-structured questionnaire was used as study tool for assessment of side effect and removal of Intra uterine device. The study was approved by Institutional review board and informed consent was obtained from all the participants.

Data was analyzed using appropriate statistical software (Microsoft office excel sheets).

RESULTS

In this study total 400 beneficiaries were participated. 253 (63.3%) were belong to rural area and 147 (36.8%) belong to urban area. Maximum clients 348 (87%) belonged to 21 to 30 years age group, 47 (11.8%) clients were illiterate, 285 (71.3%) clients were unemployed/housewife, and 53.5% belonged to lower socioeconomic class (Table 1). 234 (58.5%) had regular menstruation, 219 (54.8%) had moderate bleeding and 210 (52.5%) had menstruation associated with pain. 364 (90%) female participants had two children or less. 102 (25.5%) had regular menstruation and at least 3 months prior to data collection were included in study irrespective of their history of the IUCD removal in past 5 years before the onset of study. This study principally aims to assess pattern of side effects and reasons for removal among beneficiaries.

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### Table 1: Demographic variable distribution among the clients.

| Variables                  | No. of clients (n=400) | %       |
|----------------------------|------------------------|---------|
| **Age group**              |                        |         |
| Less than 20 years         | 28                     | 7       |
| 21 to 30 years             | 348                    | 87      |
| 31 to 40 years             | 24                     | 6       |
| **Education status**       |                        |         |
| Illiterate                 | 47                     | 11.8    |
| Primary                    | 64                     | 16      |
| Secondary (8th)            | 102                    | 25.5    |
| High school                | 89                     | 22.2    |
| Higher secondary           | 56                     | 14      |
| Graduate                   | 34                     | 8.5     |
| Postgraduate               | 8                      | 2       |
| **Occupation status**      |                        |         |
| Professional               | 5                      | 1.3     |
| Semi-professional          | 22                     | 5.5     |
| Clerical shop owner farmer | 20                     | 5.0     |
| Skilled worker             | 13                     | 3.3     |
| Semi-skilled worker        | 14                     | 3.5     |
| Unskilled worker           | 41                     | 10.2    |
| Unemployed housewife       | 285                    | 71.2    |
| **Socio economic status**  |                        |         |
| Lower socioeconomic        | 12                     | 3       |
| Upper lower socioeconomic  | 202                    | 50.5    |
| Lower middle socioeconomic | 109                    | 27.2    |
| Upper middle socioeconomic | 72                     | 18      |
| Upper socioeconomic        | 5                      | 1.3     |

### Table 2: Menstruation and gravid history of clients.

| History of menstruation | No. of clients (n=400) | %       |
|-------------------------|------------------------|---------|
| **Age of menarche**     |                        |         |
| <12 years               | 56                     | 14.0    |
| 12-15 years             | 273                    | 68.3    |
| >15 years               | 71                     | 17.7    |
| **Regularity**          |                        |         |
| Regular                 | 234                    | 58.5    |
| Irregular               | 166                    | 41.5    |
| **Bleeding**            |                        |         |
| Light/Spotting          | 156                    | 39.0    |
| Moderate                | 219                    | 54.7    |
| Heavy                   | 25                     | 6.3     |
| **Pain**                |                        |         |
| With pain               | 210                    | 52.5    |
| Without pain            | 190                    | 47.5    |
| **Number of pregnancies** |                    |         |
| <2                      | 312                    | 78      |
| >2                      | 88                     | 22      |
| **Number of living children** |                |         |
| <2                      | 364                    | 91      |
| >2                      | 36                     | 9       |
| **Age of youngest living child** |                  |         |
| Less than 1 year        | 225                    | 56.3    |
| 1-2 years               | 127                    | 31.7    |
| 2-5 years               | 34                     | 8.5     |
| More than 5 years       | 14                     | 3.5     |
| **History of abortion** |                        |         |
| Yes                     | 102                    | 25.5    |
| No                      | 298                    | 74.5    |
Main reason for IUCD removal was pain with heavy bleeding (42.6%), pain with light bleeding (12.8%) and due to husband insist (12.8%). Mean duration of IUCD usage was 11.53 months. Most (63.6%) of removal was within one year of usage. Only 4 (5.2%) participants had problem during IUCD removal. After IUCD removal 63 (81.8%) participants choose alternative contraceptive. Oral pills (55.5%) and Condom (28.6%) was most common choice as alternative contraceptive after IUCD removal (Table 5).

**DISCUSSION**

In this study out of 400 voluntarily participants, maximum clients 87% belonged to 21 to 30 years age group. These finding denotes that IUCD was contraceptive of choice for women for most potential reproductive age group. Most of the clients were illiterite or educated up to primary, housewife and belonged to lower socioeconomic class according to modified Kuppuswamy scale. These findings were in concurrent with study of Van Zijl et al. (2010) done in South Africa.

In this study 59% clients had interval IUCD insertion, 23.4% clients had post abortive and 17.5% postpartum/post puerperal insertion. This finding states that scenario was changed now interval mode of contraceptive selection is increases. According to Ceylan A et al. (2009), contraceptive usage was increased in post abortive females if they received proper post abortive counseling and IUCD was the most preferred choice in them. As finding of this study suggested that most of the clients (52.8%) choose IUCD after their first child as spacing method While 38.3% clients were planned for baby. 5.1% clients were chose permanent sterilization. These were in contrast to finding of Muzammil K. et al. (2011) stated that 21% respondents had one child, 34% had two children.

In this study, 147 (36.8%) clients experienced side effect after the insertion. Most common side effect was pain with heavy bleeding in 30.6% clients, pain in 23.8% clients and pain with light spotting in 18.4% clients. 2 clients experienced uterine perforation and 1 client became pregnant after IUCD insertion. These were slightly more than finding of Azmat K. Syed et al. (2012) (22.7%) in the Pakistan but less than Alam ME et al. (2007) (46.4%) done in Bangladesh.

Overall removal rate among study population was 19.25%. Most common reasons for removal were pain with heavy bleeding in 42.6% clients while 12.8% clients removed due to husband insist. 11.5% were planned for baby. 5.1% clients were chose permanent sterilization. These were in comparable to study of Azmat K. Syed et al. (2012), Nguyen TH et al. (2011) and Muzammil K. et al. (2011).
Observation of this study reiterates that high discontinuation rate is due to problems related to health provider’s knowledge and skills leading to improper selection of clients, poor counseling and lack of follow up, all resulting in poor quality of services. There is an urgent need to address these programmatic concerns. Newer modern IUCDs made available at each and every center, which required less skills and also had more compliance of beneficiaries. IEC material should be made available in each and every center in the form of pamphlets, flex, booklets for creating awareness among women of reproductive age group about the Intra uterine devices.

The finding of this study revealed that trend of interval IUCD insertion was increasing. But along with it, need for proper counseling and selection of the appropriate candidate also increases. Some clients chose IUCD after second child as terminal method. In the study most of the insertion was done by health worker female (ANM). This finding showed that implementation of effective contraceptive measure solely depends on basic level workers so there is strong need of strengthening of knowledge and skills of basic level workers. In this study, 36.8% clients had side effect and 19.25% had removal. Pain with heavy bleeding, pain with light spotting and only pain are the most common type of side effects and also commonest reason for removal.

ACKNOWLEDGEMENTS

We are especially thanks to ANMs and ASHAs who accompany the investigator during their field visit and also thankful to the participants without them this study could not be completed.

Funding: The study was self-funded
Conflict of interest: None declared
Ethical approval: The study was approved by the institutional ethics committee

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DOI: 10.5455/2394-6040.i Jama 20150520
Cite this article as: Pandey D, Tiwari S. Study of pattern related to side effects and removal of IUCD usage. Int J Community Med Public Health 2015;2:172-5.