

Introduction of a postpartum contraception decision aid: Prospective pre- and post-intervention study

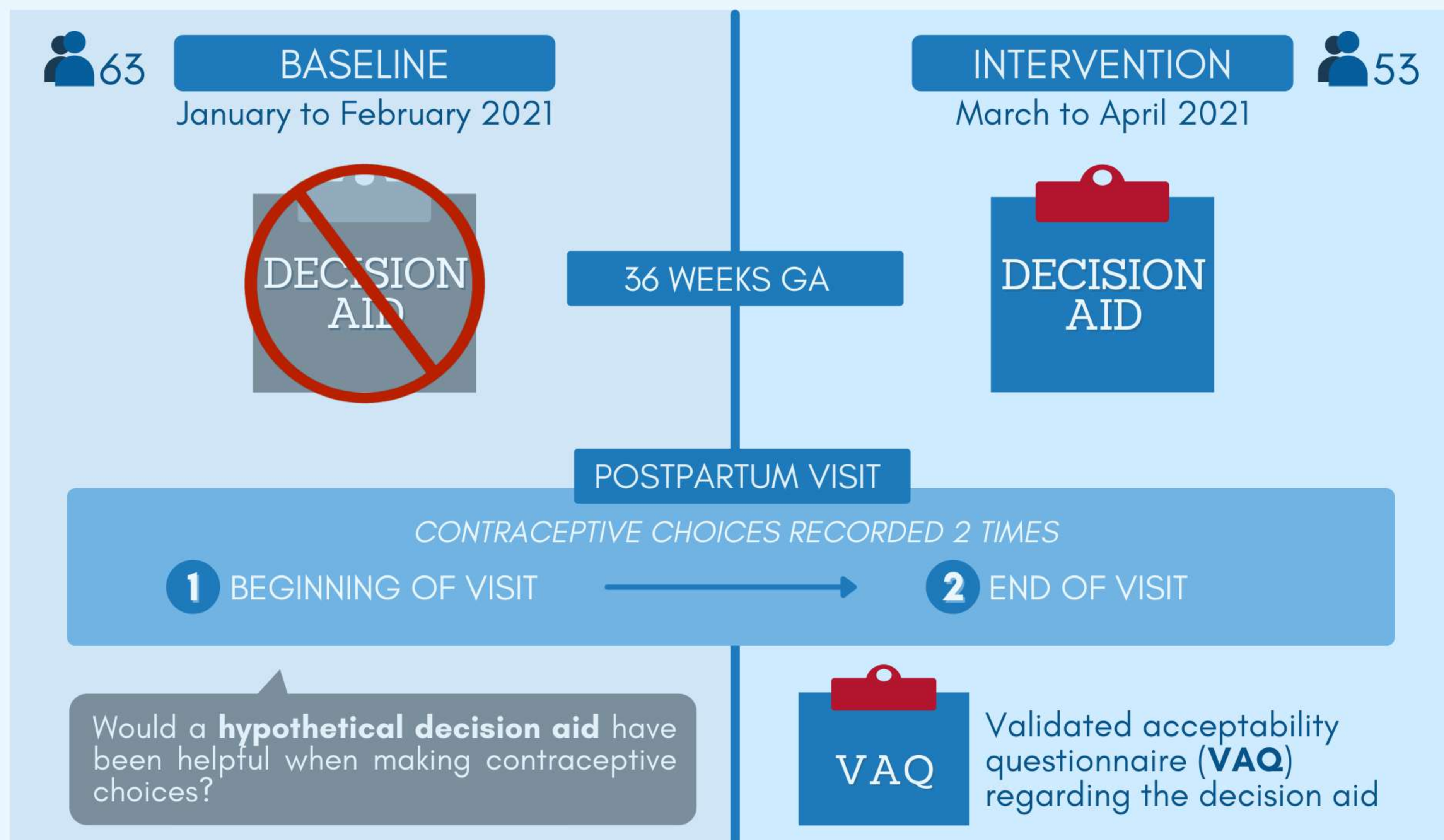
Rachel A. Gladstone, Irakli Dzeladze, Amanda Selk, Shannon E. Brent, Hamad Al Harbi, Dalia Karol, Sara Hojabri, Lindsay Shirreff

Objectives

- 1 Develop a postpartum contraception decision aid
- 2 Evaluate the aid's acceptability and impact on postpartum contraception choices when distributed antenatally at an urban, tertiary care hospital

Methods

Prospective pre- and post-intervention study of postpartum patients in two obstetrical practices



Results

Compared with the baseline group, intervention participants had:

Less indecision at the beginning of postpartum visit
24.5% (n=13) vs. 55.6% (n=33) $p=0.001$

Of those who had decided, fewer people in the intervention group changed their choice
5% (n=2) vs. 21.4% (n=6) $p=0.06$

Less indecision at the end of postpartum visit
7.5% (n=4) vs. 25.4% (n=16) $p=0.01$

76.2% (n=48) of baseline participants would have found a decision aid helpful

85.7% (n=48) intervention participants found the decision aid helpful

Take Home Message

The postpartum contraception decision aid was acceptable to patients and decreased rate of contraception indecision among postpartum people