

EXPLORING PATIENT EXPERIENCES WITH CONTRACEPTIVE IMPLANTS: A CROSS-SECTIONAL STUDY

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1844

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INTRODUCTION

- CECOEDECON, Jaipur: Leading civil society organization focused on economic justice, health, and gender sensitivity since 1982.
- Mission: Promote inclusion, resilience, and rights-based development, especially for marginalized communities.
- This cross-sectional qualitative study explores the experiences, concerns, and satisfaction levels of women using contraceptive implants in Rajasthan, India, following the MoHFW rollout of new long-acting reversible contraceptives (LARC).
- The study's primary objectives were to assess overall patient satisfaction, identify common challenges, evaluate accessibility, and provide recommendations for healthcare providers and policymakers.

SWOT ANALYSIS

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Strengths

- Long-standing experience (since 1982)
- Multi-sectoral, rights-based, and participatory approach

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Weaknesses

- Dependence on donor funding, vulnerable to funding shifts
- Resource constraints for scaling up successful models

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Opportunities

- Expanding collaborations with global and national networks
- Leveraging technology for outreach and impact

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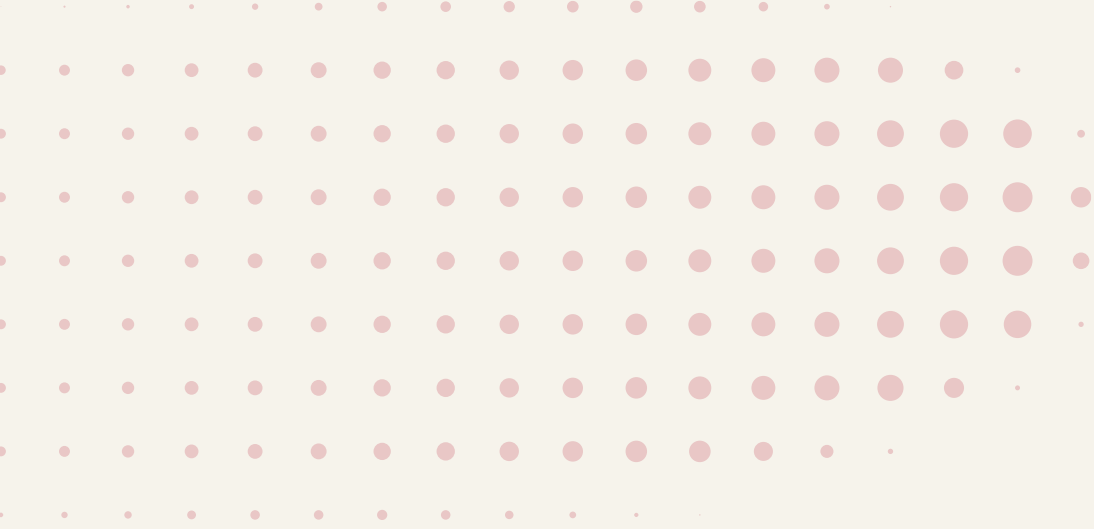
Threats

- Socio-political instability in operational areas
- Competition for resources among NGOs

RESEARCH QUESTION

1. What are the experiences and concerns of implant contraceptive users?





OBJECTIVES

- To identify common concerns and challenges faced by implant users.
- To assess the accessibility and ease of use of contraceptive implants from a patient perspective.
- To provide recommendations for healthcare providers and policymakers based on patient feedback.

REVIEW OF LITERATURE

Author	Origin	Year	Title	Salient Features
Morena Luigia Rocca, Anna Rita Palumbo, Federica Visconti and Costantino Di Carlo	Switzerland	2021	Safety and Benefits of Contraceptives Implants: A Systematic Review	Progestin-only implants are long-acting, effective, and reversible contraceptives. Etonogestrel (ENG) implants are widely used but often discontinued early due to irregular bleeding. Emerging evidence supports extending their use beyond three years. Proper counselling and skilled insertion are key to successful outcomes.
Luis Bahamondes, M.Valeria Bahamondes, Cassia R.T. Juliato	Brazil	2025	Subdermal contraceptive implants	Long-acting reversible contraceptives like subdermal implants (ENG and LNG) are highly effective in preventing unplanned pregnancies, with failure rates as low as 4 in 1000 over five years. They offer long-term protection after a single intervention with few side effects. While ENG is approved for three years, studies are exploring extended use. Care is needed for potential drug interactions.

Author	Origin	Year	Title	Salient Features
Verma, N. & Bajpai, P. K	India	2021	Knowledge, attitude and practices of contraception among the married women of reproductive age group in urban slums of Lucknow	Assessed KAP among 230 married women; found high awareness (98.6%) but lower practice (70.8%); highlighted the influence of education and counseling on contraceptive use.
Das, L., Shekhar, C	India	2024	Contraceptive behavior of women in India after induced abortion	Analyzed contraceptive choices post-abortion; found low uptake of long-acting methods; emphasized need for post-abortion counseling and services.

GAP ANALYSIS

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- Limited India-Specific Research on Implants
- Insufficient Regional Studies on Patient Experience
- Gap in Counselling and Follow-Up Insights
- Underrepresentation of User Voices
- Lack of Evidence on Long-Term Acceptability and Continuation

This research bridges multiple gaps by:

- Providing India- and Rajasthan-specific primary data on contraceptive implant users.
- Documenting patient-centered experiences with a focus on counselling, follow-up, and side effects.
- Highlighting the importance of provider communication and health system responsiveness.

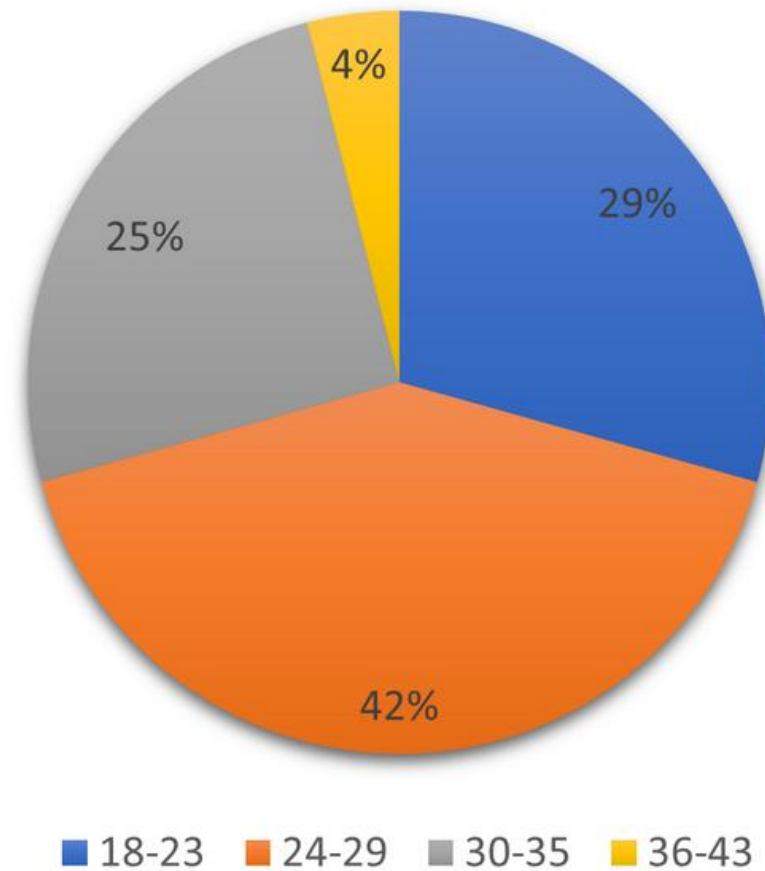
METHODOLOGY

- Study design: Cross-sectional qualitative study
- Setting: 4 government hospitals (2 in Udaipur, 2 in Jaipur, Rajasthan)
- Population: Current users of contraceptive implants in Jaipur & Udaipur
- Duration: 10 March – 31 May 2025
- Sample Size: 150 patients (10% of 1,500)
- Sampling: Convenient sampling method
- Data Collection: Structured telephonic interviews using open-ended questions; informed consent obtained; responses transcribed for qualitative analysis

RESULTS AND FINDINGS

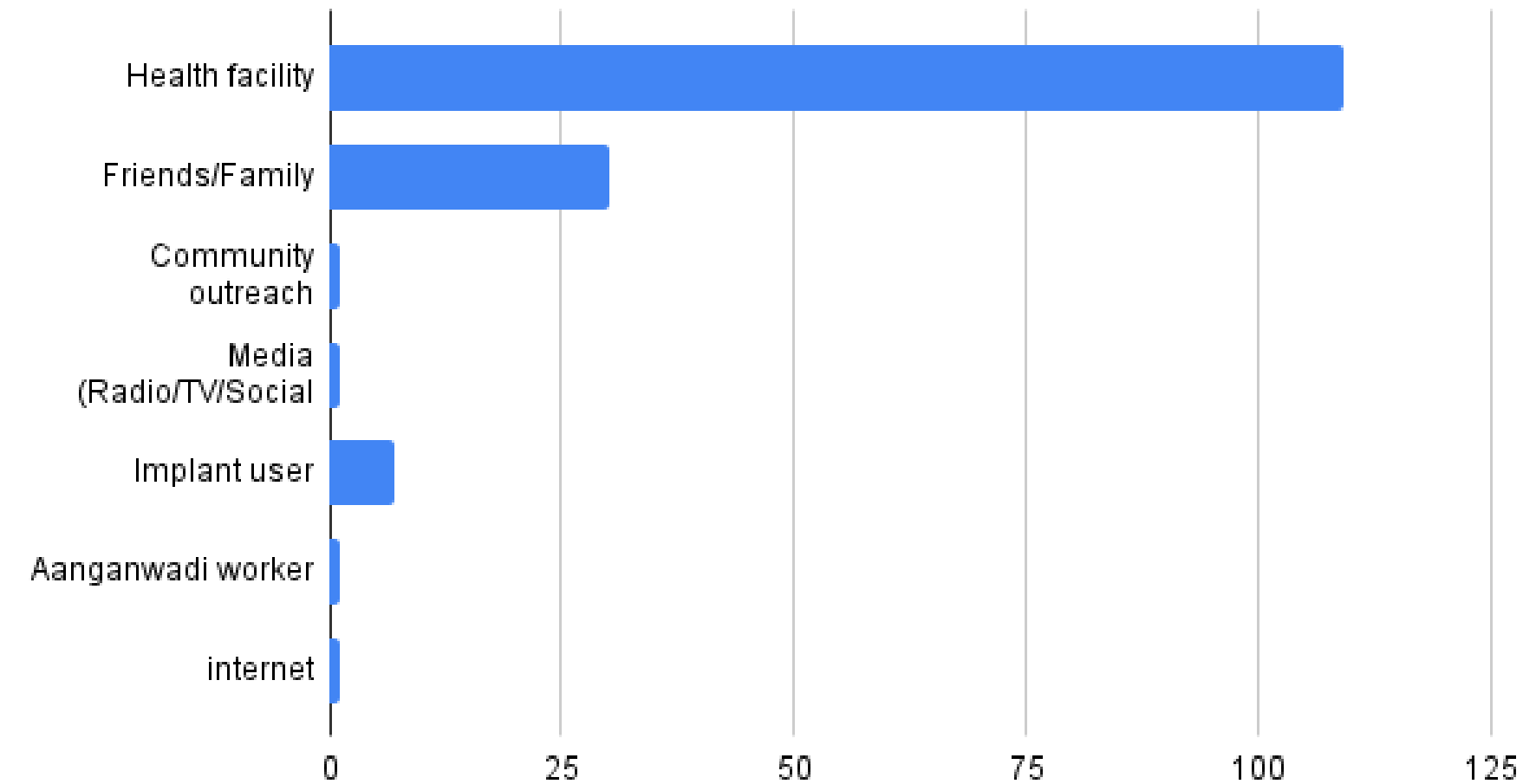
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Age of respondents



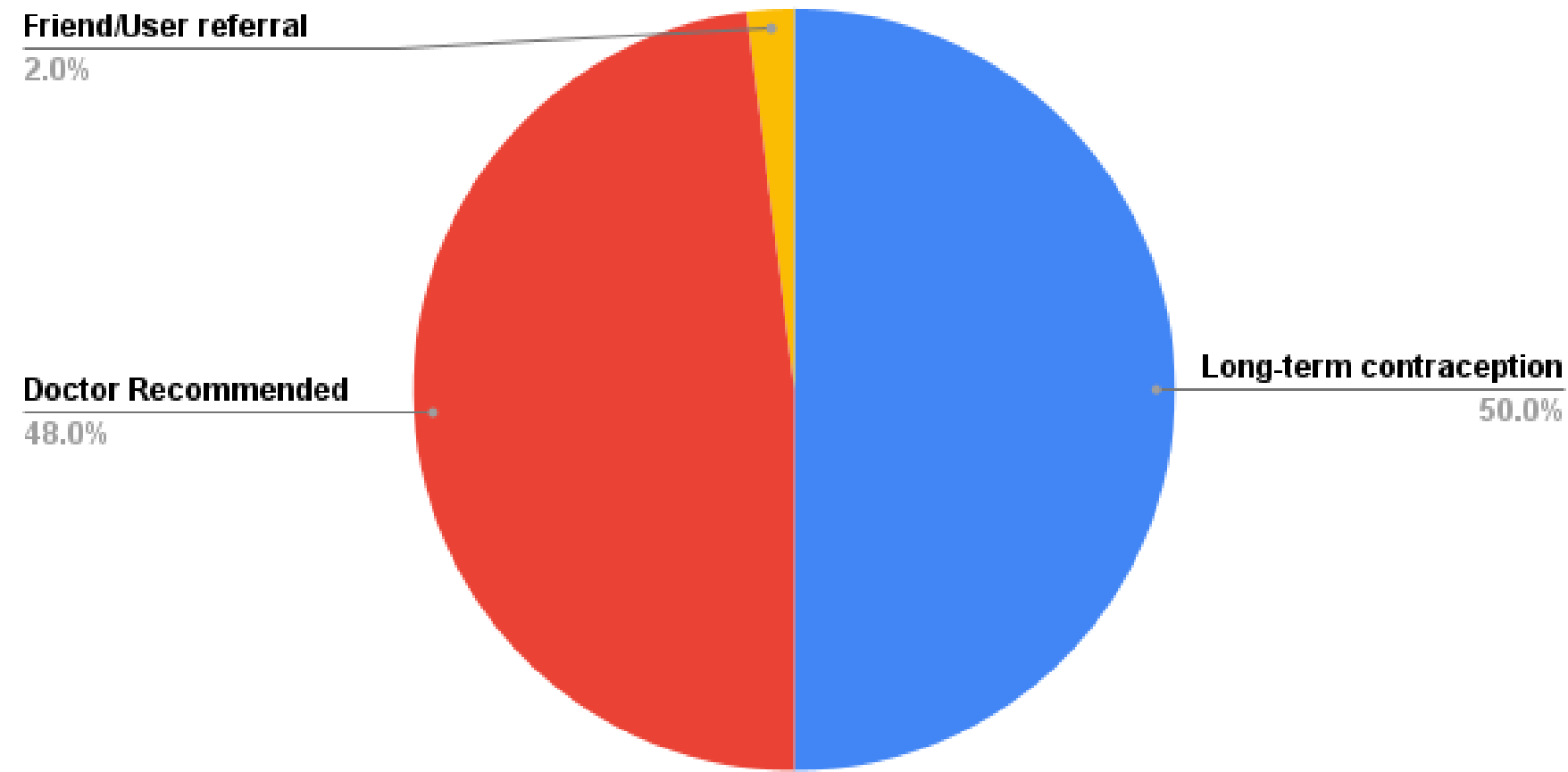
Graphical representation of the age of respondents, where 42% of the respondents are in the range of 24-29 years while 29% lie in the range of 18-23 years and 25% lie in the range of 30-35 years and only 4% lie in the range of 36-43 years.

Primary Information Sources on Contraceptive Implants



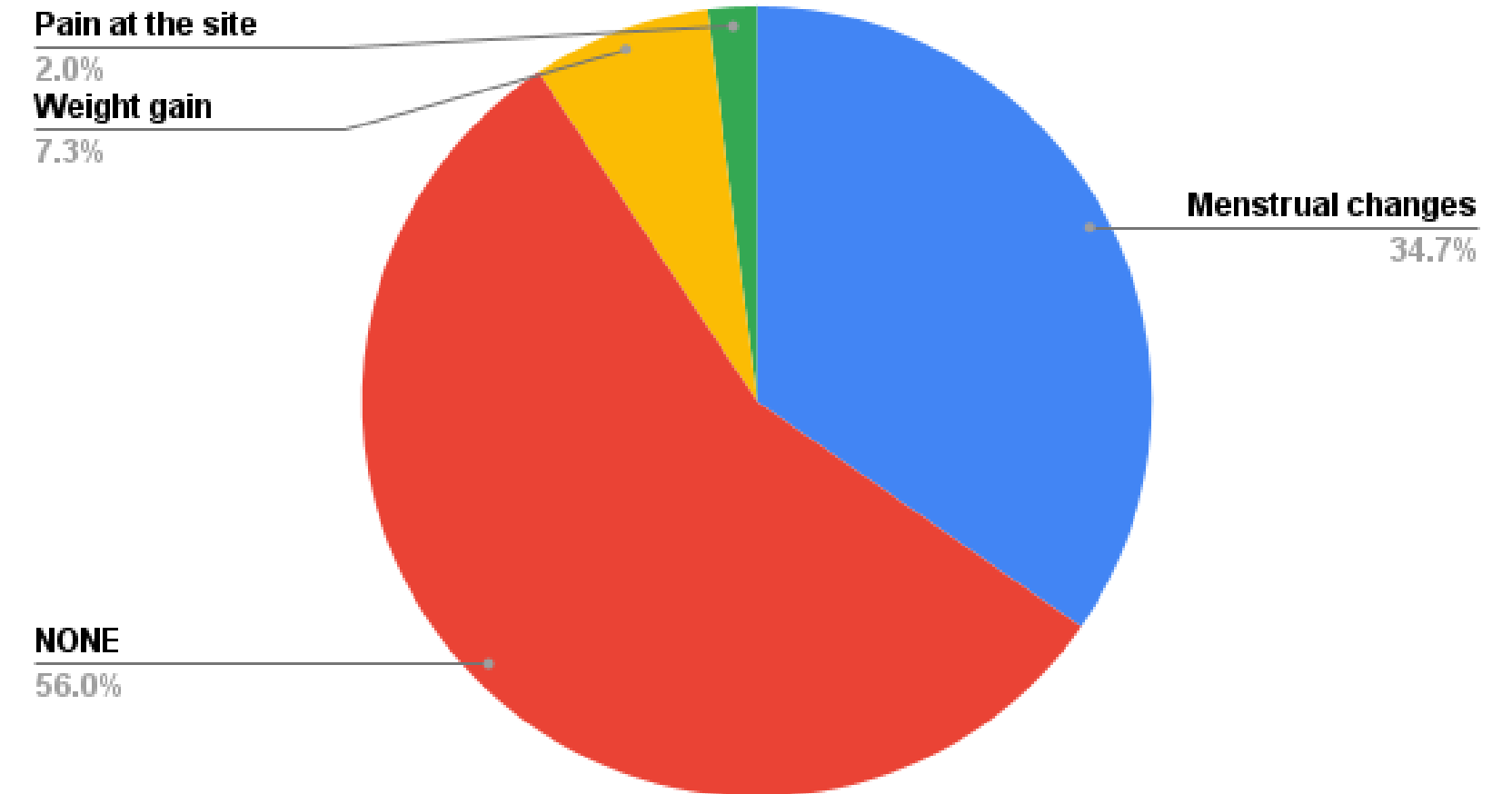
- Health facility: 72.7%
- Friends/family: 20%
- Other implant users: 4.7%
- Other sources (outreach, media, Anganwadi, internet): remaining respondents

Main reasons for choosing a contraceptive implant



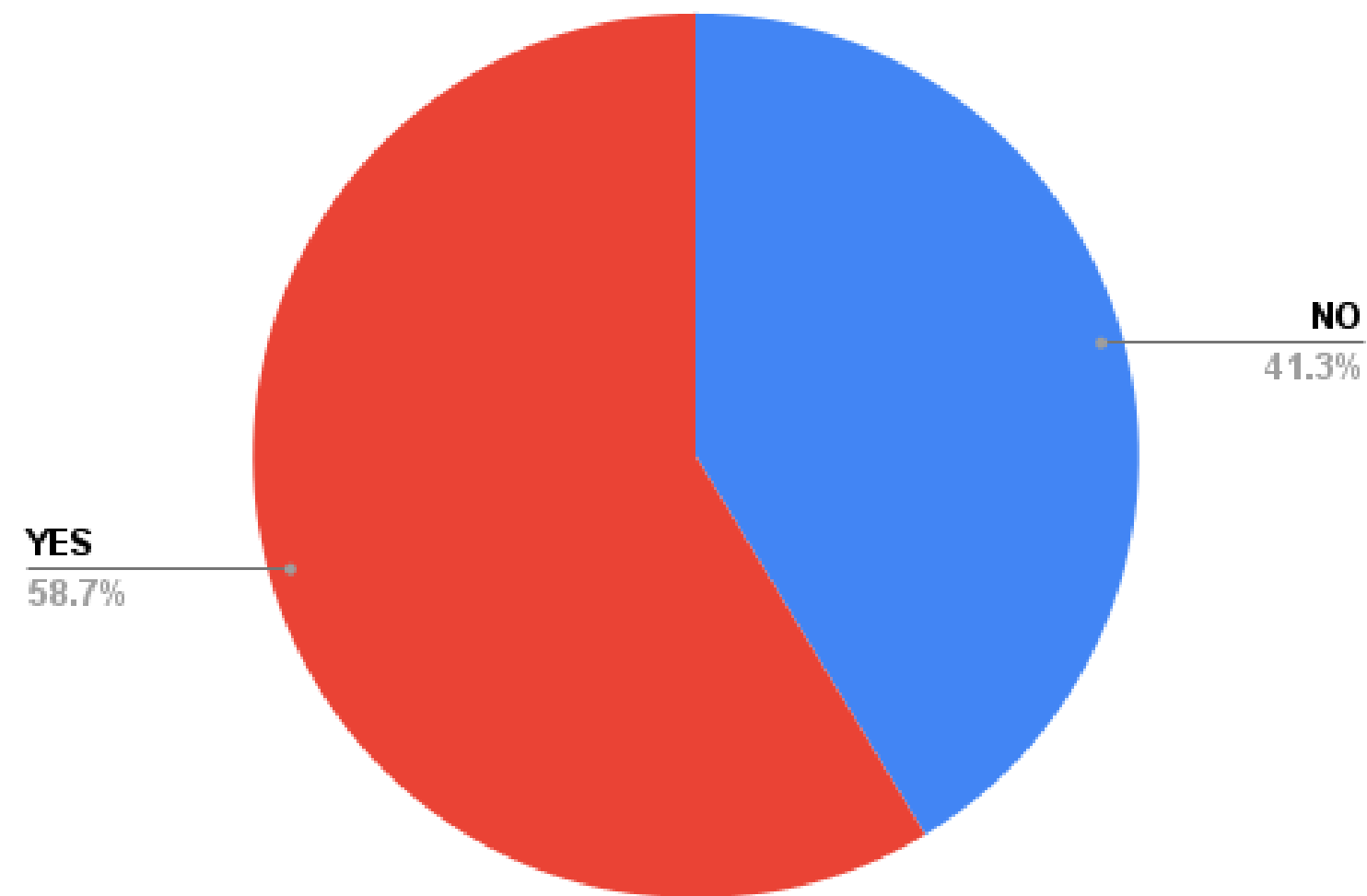
Pie-chart representing the main reasons described by the respondents for using contraceptive implants, where 50% of the respondents cited the reason to be long-term contraception, while for 48% implant was recommended by the doctor in-charge and 2% were referred through a friend/implant user.

Discomfort or side effects experienced



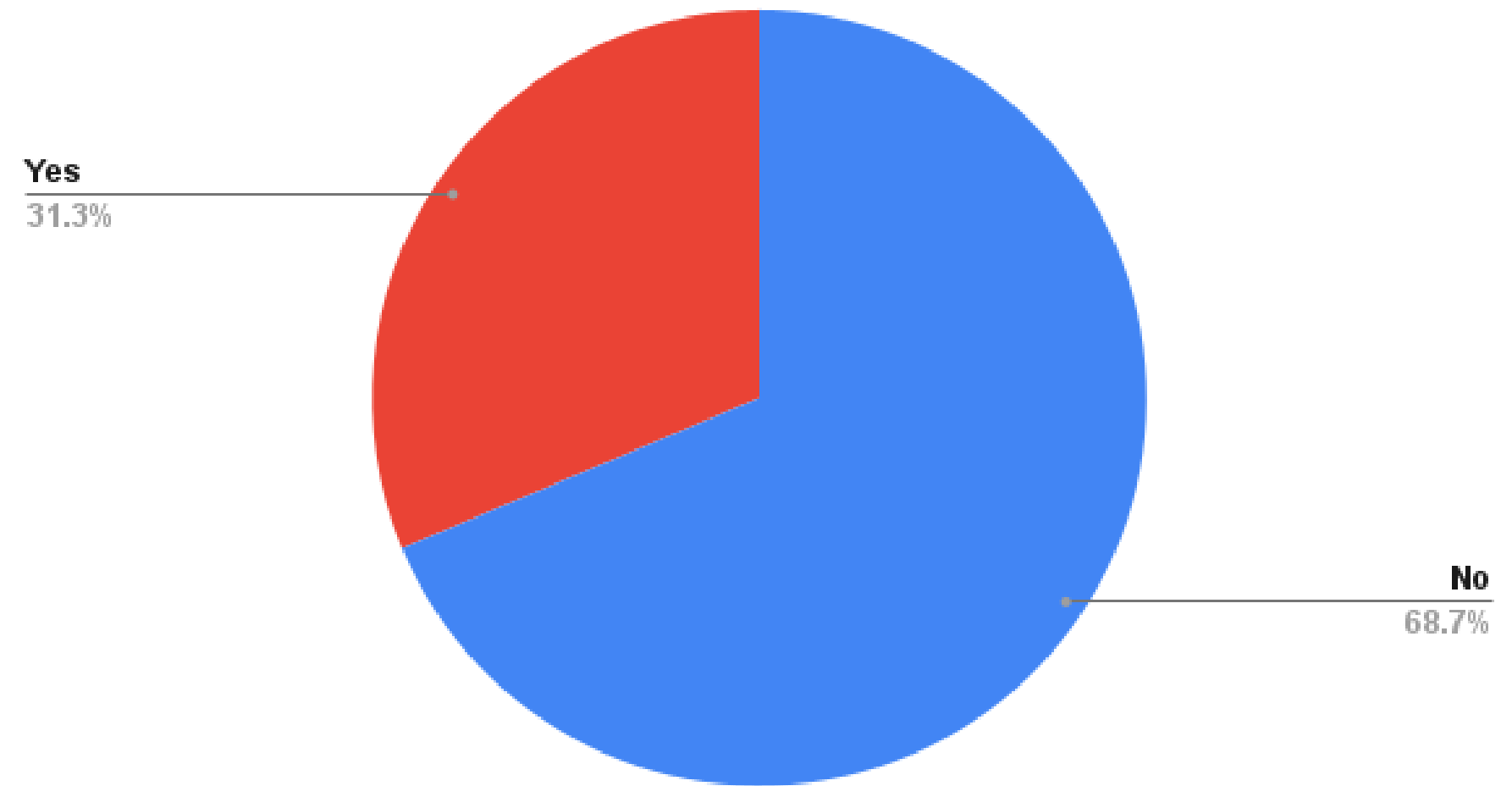
Pie-chart representing if the respondents faced any discomfort or side-effects after implant insertion, where 56% did not face any side effects while 34.7% experienced menstrual changes, whereas 7.3% experienced weight gain and only 2% suffered with pain at the site of insertion.

Guidance Offered for Managing Side Effects



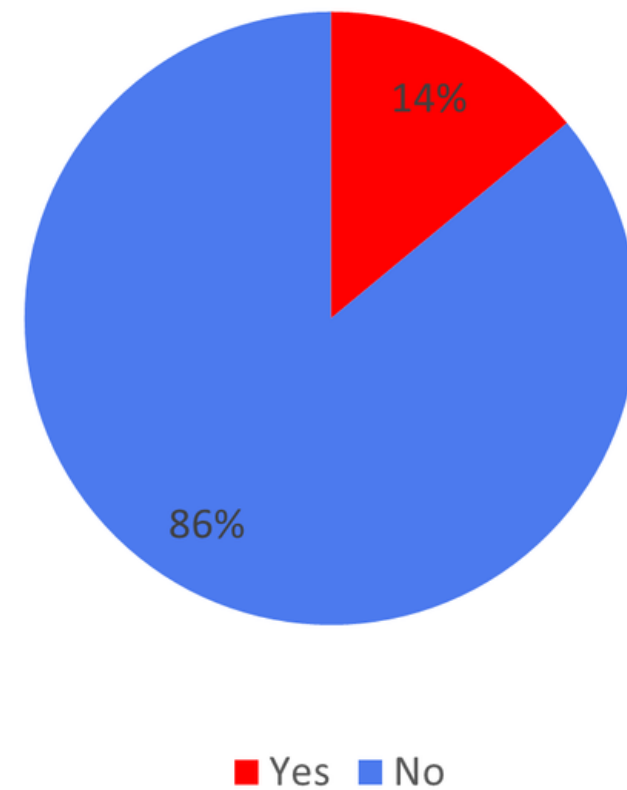
Pie- chart representing whether guidance was offered by the doctor in charge regarding what to do if the patient suffers from any side effect where 58.7% responded that they were offered guidance but 41.3% did not receive any guidance.

Patient counselling on implant benefits, risks, and removal



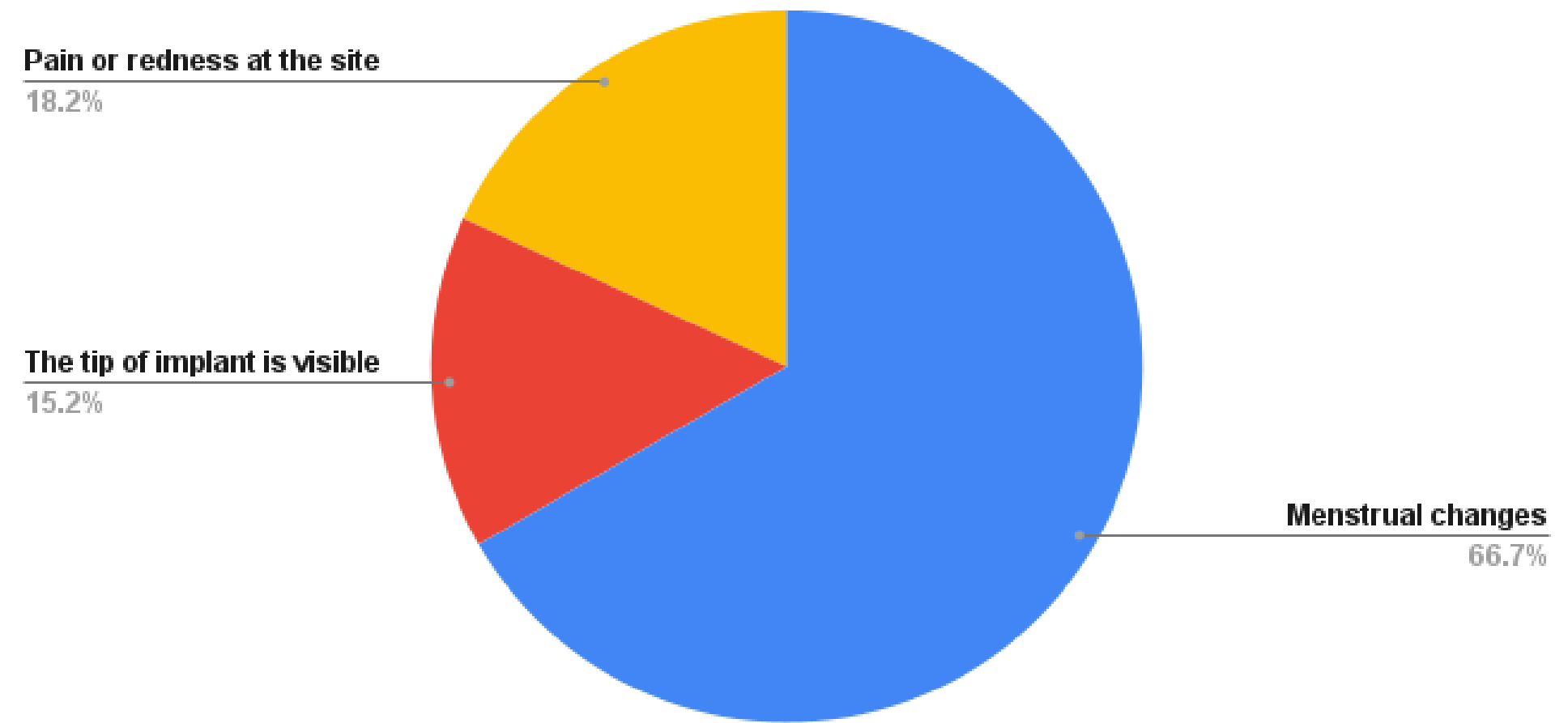
Pie- chart representing whether the patients were given proper counselling regarding the implant's benefits, risks and removal process where majority (68.7%) did not receive any counselling and 31.3% did receive counselling.

Percentage of users Wishing to Remove Implant



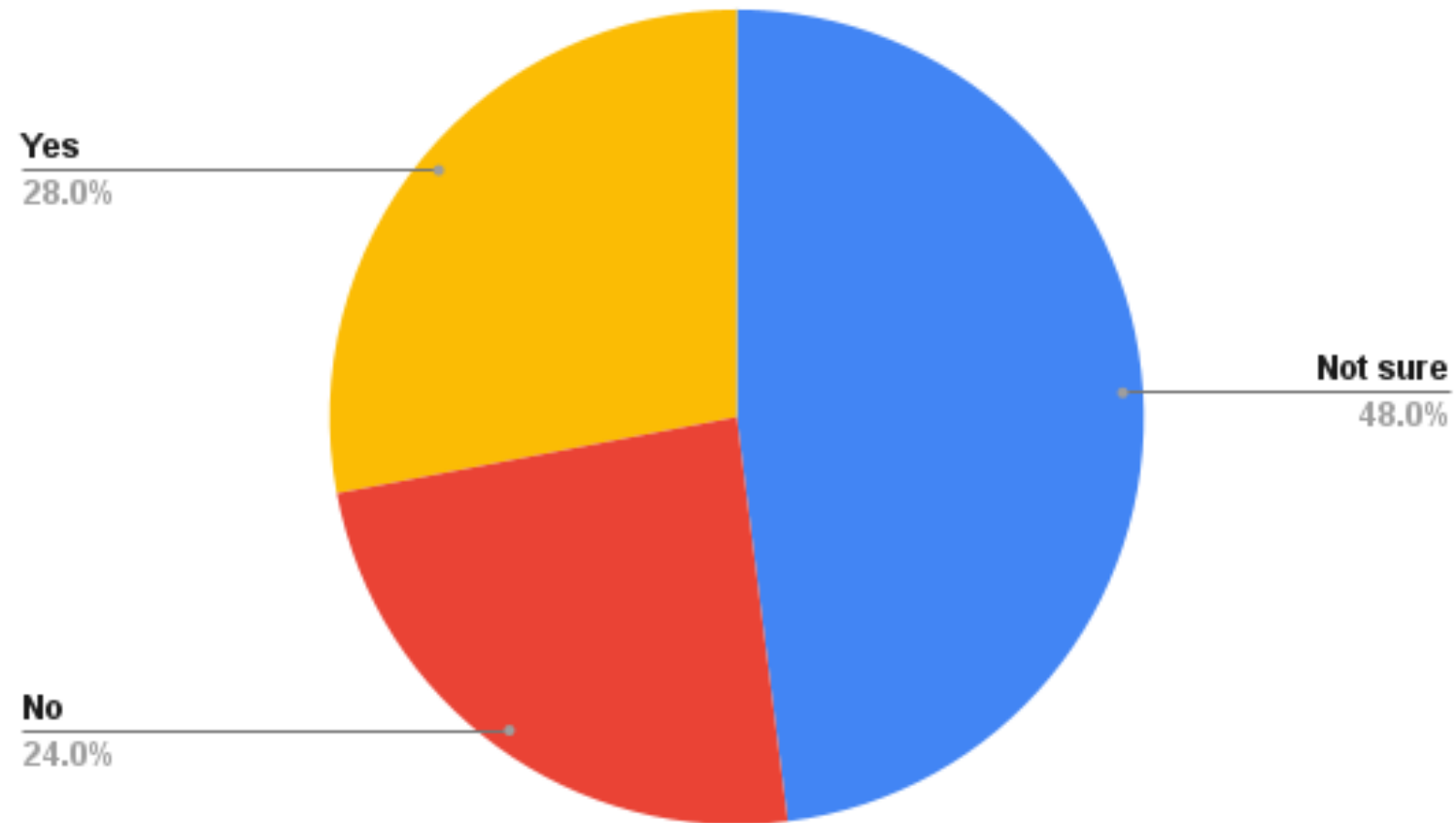
Pie-chart representing the percentage of users wishing to remove the implant where majority (86%) are not willing to remove the implant and are comfortable with it while 14% wanted to remove the implant.

Reason for the implant removal



Pie- chart representing reason for implant removal which is expressed by the respondents where majority (66.7%) cited the reason to be menstrual changes while 18.2% experienced pain/redness at the site of insertion and 15.2% expressed that the tip of the implant was visible so they wanted to remove it.

Patient Plans for Implant Replacement After Expiration



Pie- chart representing whether the patient plans on continuing the implant after the current one expires where 48% of the respondents were not sure about it while 28% of the respondents wanted to continue using the implant and 24% denied using the implant further.

Patient Willingness to Recommend Contraceptive Implants



Pie- chart representing whether the patient is willing to recommend the contraceptive implant to others where 53.3% agreed to recommending the implant to others but 46.7% replied that they will not recommend anyone to use implant based on their own bad experience and they did not want to feel accountable if anyone experiences any side effects.



CONCLUSION

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- Study highlights real-world experiences of 150 women using contraceptive implants in Rajasthan's first-phase rollout.
- Most users were satisfied and learned about implants from trusted health professionals, but gaps remain in counselling, follow-up, and side effect management.
- Menstrual irregularities were the main reason for early removal; many users lacked adequate information on side effects.
- Good counselling and empathetic communication are key to patient satisfaction and continued use.
- Ongoing provider training and patient feedback are essential to improve service quality and support successful implant adoption.



SUGGESTIONS

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Patient-Centered Care Suggestions

- Doctors should actively listen to patient needs and concerns.
- Maintain politeness and empathy during all interactions.
- Clearly explain side effects, complications, and the removal process.
- Respect patient decisions regarding implant use or removal.
- Provide comprehensive pre-insertion counselling.
- Use visual aids (leaflets/videos) in local languages for better understanding.

SUGGESTIONS

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Service Improvement Recommendations

- Implement standard follow-up schedules post-insertion.
- Offer telephonic/SMS reminders for follow-up appointments.
- Develop protocols for managing common side effects (e.g., menstrual irregularities).
- Regularly train healthcare staff on clinical skills, soft skills, and confidentiality.
- Conduct community outreach via ASHA/Anganwadi workers to dispel myths and raise awareness.
- Routinely collect patient feedback and use data to improve service delivery.

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The background features three vertical stripes on the left: a wide pink stripe, a narrower blue stripe, and a medium-width beige stripe. The right side of the image is a light cream color, decorated with two rectangular areas of a pink dot pattern. The top area is a solid grid of dots, while the bottom area has a gradient where the dots fade out towards the right.

THANK YOU