

# Does a Contraceptive Bridge Method Affect Rates of Postpartum IUD Placement in a Resident Urban Clinic?

Agatha Berger MD, Erica Hinz MD, Katherine Lackritz MD, and Elisabeth Woodhams MD, MSc  
Thomas Jefferson University Hospital, Philadelphia PA

## Background

- Short interval pregnancies are associated with poor neonatal outcomes.<sup>1</sup>
- The postpartum (PP) period is an ideal time for LARC prevention of short interval pregnancy.<sup>2</sup>
- 29% of patients at our clinic admitted not using contraception 4-6 months postpartum.<sup>3</sup>

### TJUH Postpartum IUD protocol

- IUDs placed in the office with a 2 visit protocol
- Interval to placement may be up to 3-4 months
- PP patients encouraged to use a “bridge” contraceptive method prior to leaving the hospital

## Hypothesis

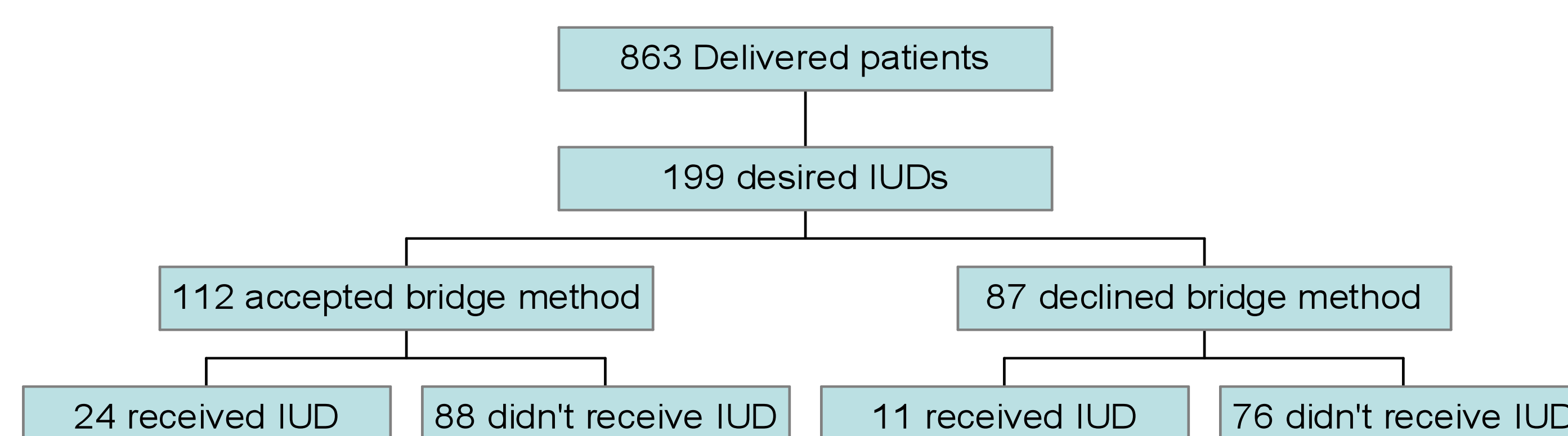
- Use of bridge method is associated with decreased odds of postpartum IUD placement

## Methods

- Retrospective chart review
- Inclusion criteria:
  - delivered at TJUH 1/1/2011-12/31/2011
  - registered patient of resident clinic
  - IUD was desired contraception at time of PP discharge
- Primary outcome: placement of IUD with 6m of delivery
- Data: discharge summaries and outpatient records
- Analysis:
  - Descriptive data: means and frequencies
  - Odds ratios: multivariable logistic regression

## Results

### Distribution of Bridge and IUD Use



## Demographic Descriptors of Patients Who Desired an IUD

Variable	Bridge (n=112)	No Bridge (n=87)	p
Age (yrs), mean (± SE)	26.6	27 ± 6	0.2
Gravidity, mean	3.8 ± 2.3	3.2 ± 1.6	0.03
Parity, mean	2.7 ± 1.8	2.3 ± 1.1	0.05
Race, n(%)			
Black	74 (69)	54 (63)	0.03
White	25 (23)	11 (13)	
Asian	5 (5)	9 (10)	
Hispanic	2 (2)	8 (9)	
Other	2 (2)	3 (3)	
Marital Status, n(%)			
Single	95 (89)	78 (93)	0.3
Delivery Route, n(%)			
Vaginal	94 (84)	77 (87)	0.6
Postpartum Visit, n(%)			
Yes	70 (64)	47 (54)	0.3

## Placement of IUD Stratified by Use or No Use of Bridge Method (n=199)

	Bridge (n=112)	No Bridge (n=87)	p
IUD	21%	12%	0.1
No IUD	79%	88%	

## OR and Adjusted odds of using a bridge method among those who received an IUD

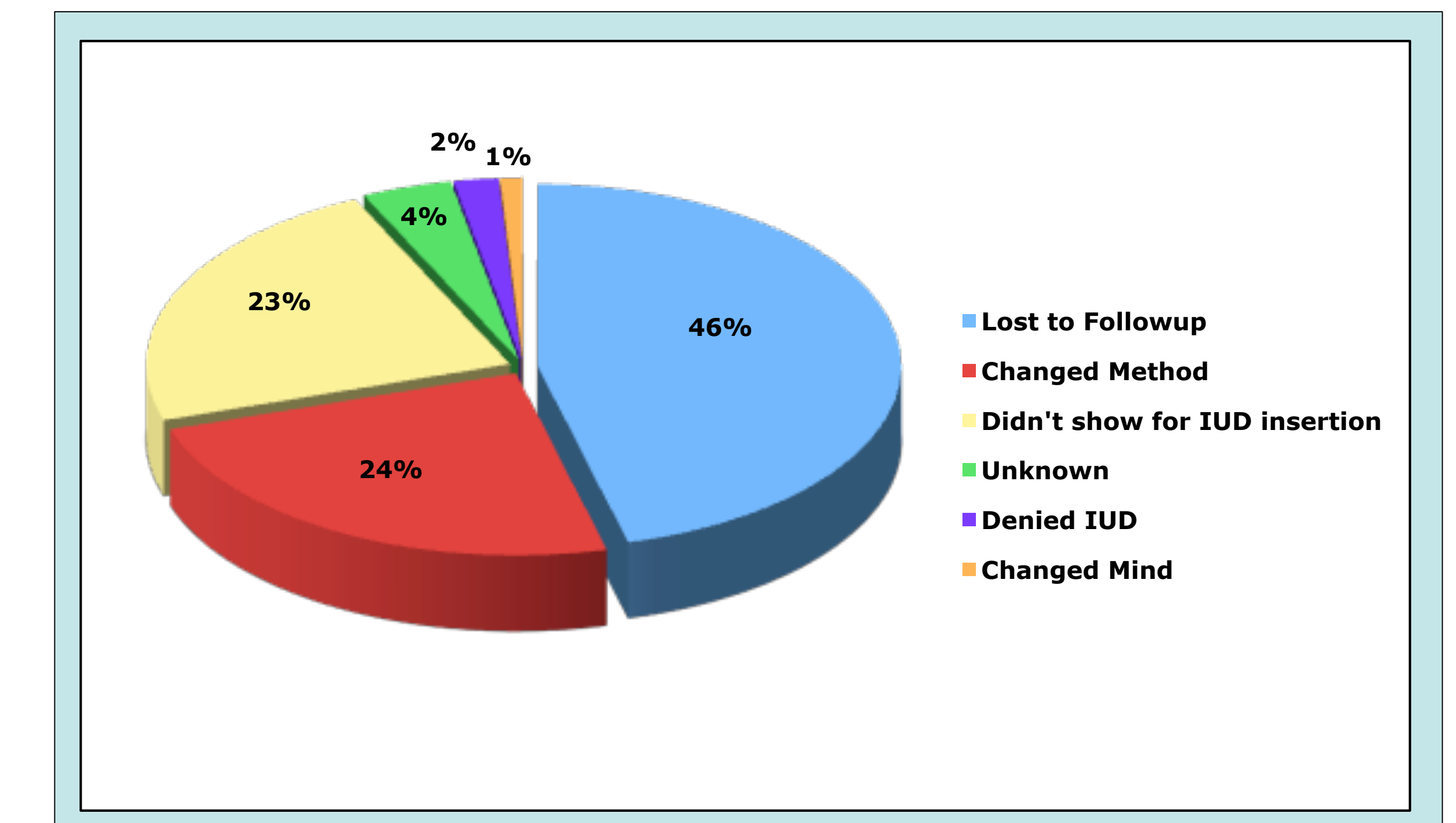
	OR (95% CI)	aOR *(95%CI)
Bridge Method	1.8 (CI 0.83-3.9)	2.0 (CI 0.88-4.6)

\*Relationship adjusted for Age, Gravidity, Parity, Delivery Route, Race and Marital Status

### Key Results

- Total IUD uptake among patients requesting IUDs: 17%
- Total IUD uptake among all deliveries in our cohort: 4%
- Post partum visit show rate: 59%
- Gravidity and Race appeared to be statistically significant factors in choosing or declining a bridge method

## Reasons for Not Receiving an IUD



## Conclusions

- In this sample of data, use of a bridge method doesn't decrease the odds of receiving an interval postpartum IUD.
- Among women who requested an IUD, only 17% returned for insertion.
- Possible points of intervention are to place IUDs at the post partum visit and increase overall post partum follow up.

## Future Research

- Proportion of short interval pregnancy within same group of delivered patients.
- Cost analysis of immediate vs. PP visit IUD placement vs current institutional protocol.

## References

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5. Stanek, AM, Bednarek PH, Nichols MD, et al. Barriers associated with the failure to return for intrauterine device insertion following first-trimester abortion. Contraception 2004; 70: 216-220
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