

Acceptance of Copper T 3008 A as Temporary Contraceptive Method

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Abstract: Introduction: In India Copper T 300A Is Given Free Of Cost Under The Ministry Of Health And Family Welfare. Copper T 300A Is Safe, Simple Reliable And Cost-Effective Method Of Contraceptive.

Purpose Of Study: The Objective Of The Present Study Was To Capture The Existing Practice In Use Of Copper T In Tertiary Set Up In North Eastern India. Methods And Materials: A Retrospective Study In Form Of Registrar Enquiry Was Done For The Period Of 2 Years Jan 2014 Till Dec 2015 At Postpartum Clinic Of RIMS. During The Period 277 Women Have Copper T Inserted. Information About Parity, Religion, Education Etc. Were Collected And Studied Result: Total 277 Had Copper T Insertion Done. Out Of Which Maximum Patients Were Having 2 Kids And 24 Were Copper Replacement Case Where Women Wants Copper T Reinsertion After Immediate Removal Due To Expiry Of The Previous Copper T. And In 2 Cases Copper T Was Inserted Just After MTP. Conclusion: Although Copper T Is More Common Among Parity 2 Women As Spacing Method, It Can Still Be Promoted As Temporary Contraceptive Methods For Grand Multiparas Who Don't Want Permanent Method. Copper T Knowledge Is Very Low Among The Illiterate Women So More Information Sharing Through Media And Camps Are Needed.

Keywords: Copper T, Parity, Tertiary, Contraceptives

I. Introduction

In India Copper T 300A Is Provided Free Of Cost under the Ministry Of Health And Family Welfare. Copper T Is Most Widely Used Reversible Methods Of Contraception. It Has Low Failure Rate < 1 Per 100 Women In First Year Of Use. Copper T Is Ideal Contraceptive Device. It Not Only Provides Long Lasting, Highly Effective Contraception, It Also Doesn't React With Any Medication And Is Immediately Reversible. There Is No Evidence Suggesting That Copper T 300A Is Associated With Weight Gain Or Mood Changes.^[1, 2] Complication Due To Copper T Includes Perforation And Risk Of Infection During Insertion. Common Reason For Discontinuation Includes Irregular Menstrual Bleeding And Dysmenorrhea. Other Reason For Discontinuation Includes Expiry Of The Copper T And Desire For Another Child.^[3, 4]

Purpose of Study

Firstly To Understand The Characteristics Of Copper T Acceptor In Tertiary Set Up In North Eastern State Of Manipur. Secondly To Identify The Population Segments Who Accepts The Device So That Greater Effort Could Be Add To Direct To Those Segment By Medical And Para Medical Persons.

II. Methods And Materials

The Study Is A Retrospective Study. Data Was Collected From The Records Maintained By The Postpartum Clinic Of RIMS Over 2 Years Period From Jan 2014 Till Dec 2015.

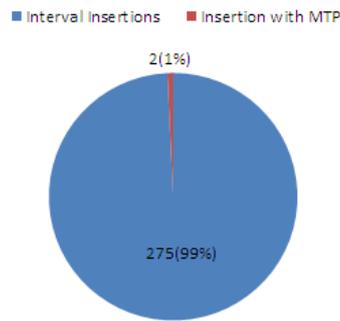
A Total Of 277 Copper T Insertion Cases Were Registered And Data Have Been Analyses With Respect To Socio Demographic Characteristic Of The Acceptors.

III. Result

Base On The Timing Of Insertion:

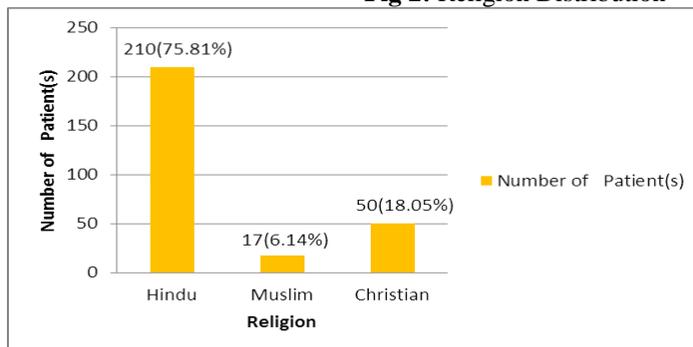
- Out Of The 277 Cases, 275(99%) Were Interval Insertion While 2(1%) Insertions Were Along With MTP.

Fig 1: Copper T Insertions



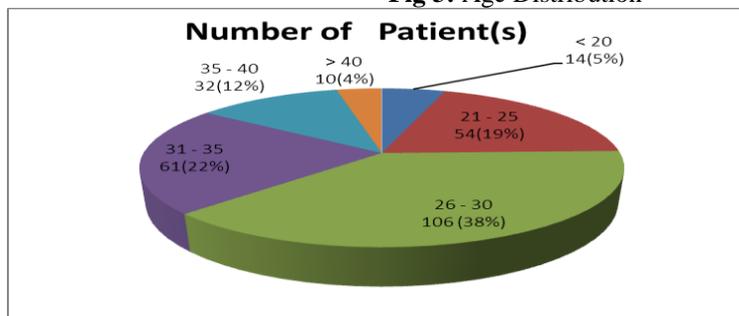
- Religions Out Of 277 Cases, 210(75.81%) Were Hindu, 50(18.05%) Were Christians And Only 17(6.14%) Were Muslims.

Fig 2: Religion Distribution



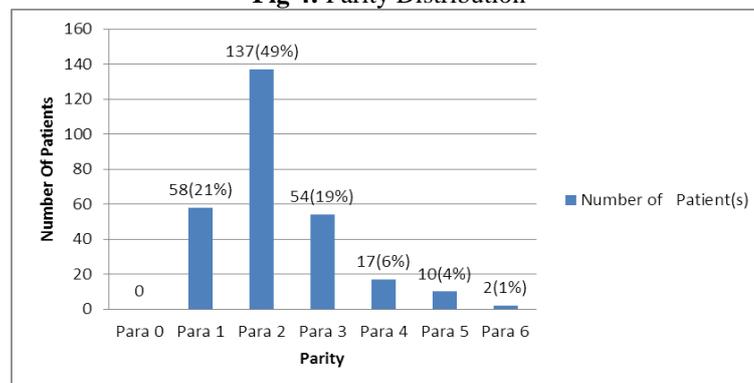
- Age Out Of 277, Cases 106(38%) Were In Age Group 26 To 30 Years Of Age, Only 10(4%) Were In Age Group > 40 Years Of Age And 14(5%) Cases Were < 20 Years Of Age.

Fig 3: Age Distribution



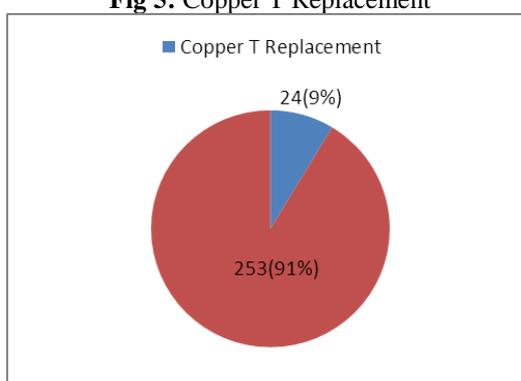
- Parity Out Of 277 Cases, 137(49%) Were Having 2 Kids While 2 Cases Were Having 6 Kids.

Fig 4: Parity Distribution



- Replacement Cases Out Of The 277 Cases, 24(9%) Cases Were Copper T Replacement Cases Where Copper T Was Removed Due To Expiry Of The Previous Copper T And New Copper T Were Put Immediately.

Fig 5: Copper T Replacement



IV. Discussion

275/277 (99%) Was Interval Insertion And 2/277 (1%) Was Along With MTP As Contrast To Sarbajna's Study Where Concomitant With MTP Is 2.17% [5] And Patel's Study Where Concomitant With MTP Is 6% [6]. Showing Women Prefer To Have Contraceptive Device More In Between Rather Than Immediately After Delivery Or MTP.

Majority Of The Cases 210/277 (75.8%) Were Hindu And 50/277 (18.05%) Were Christian In Contrast To Kamalajayaram's Study Where Only 6.7% Of Christian Accepted Copper T [7] And Only 17/277 (6.14%) Were Muslim In Contrast To Kamalajayaram's Study Where Only 15.3% Of Muslim Accepted Copper T [7] Showing Religion Too Plays A Major Role In Usage Of Birth Control Methods.

137/277 (49%) Were Having 2 Kids Showing That After Attaining The Family Size Of 2 Kids Couples Tends To Think Of Some Form Of Birth Control Method. Only 2 /277 (1%) Were Having 6 Kids Showing That Only Few Women Wait Till They Have 6 Kids To Decide About The Contraceptive Methods.

24/277 (9%) Were Copper T Replacement Cases Showing That There Are Women Who Are Very Satisfied With Copper T And Wants To Continue Usage Of Copper T After Using Copper T For 10 Yrs.

V. Conclusion

The Study Showed That Copper T 3008 A Is Most Widely Accepted Temporary Contraceptive Method And Women's In Manipur Are Desirous Of Small Family Norm And This Study Also Provide Us With The Information Where Greater Efforts And Focus Is Necessary To Obtain More Acceptor Of Copper T And Small Family Norm.

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