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Unplanned pregnancy and contraception choice in women living with HIV: a 12 year case review in a large urban centre

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HIV prevalence 2010

Region	Prevalence (Millions)
North America	1.3 million (770 000 - 2.1 million)
Caribbean	330 000 (240 000 - 420 000)
Latin America	1.6 million (1.2 - 2.4 million)
Western & Central Europe	720 000 (550 000 - 900 000)
North Africa & Middle East	440 000 (250 000 - 720 000)
Sub-Saharan Africa	24.5 million (21.8 - 27.4 million)
Eastern Europe & Central Asia	1.5 million (1.0 - 2.3 million)
East Asia	680 000 (420 000 - 1.1 million)
South & South-East Asia	7.6 million (5.1 - 11.7 million)
Oceania	78 000 (48 000 - 170 000)

Total: 38.6 (33.4–46.0) million¹

UNAIDS

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Women Living with HIV

- **52%** worldwide and **34%** UK cohort
- Complex contraceptive needs
 - Transmission
 - Drug interactions
 - Vulnerability
 - Gender based violence (GBV)
 - WHO estimated worldwide rates 30-70%²
 - UK rates 52%³

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Current evidence

- **Unmet need 26%**⁵
- Contraceptive uptake⁶
 - Barrier methods <40%
 - Hormonal methods < 10%
 - No contraception >30%
- Unplanned pregnancy 52-81%⁷
- TOP rates in comparable to local population^{8,9}
 - No evidence to suggest HIV diagnosis increases TOP rate in post HAART era
- Partner discordance⁷
 - 50% HIV negative, 20% untested

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Objectives

Assess the rate of unplanned pregnancy and pre and post conception contraception in women living with HIV (WLWH)

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Brownlee Centre

- 1323 HIV patients
- 30% female
 - Low socio-economic status
 - High rates of mental illness and GBV

- Integrated with sexual health and dedicated clinic onsite offering all forms of free contraception
- Sexual and reproductive health reviewed at each HIV clinic visit

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Methods

- Retrospective case note review of pregnancies from 2000 till 2012
- Data collection
 - Baseline demographics
 - Unplanned pregnancy
 - Pre-pregnancy contraception
 - Partner documentation and HIV status
 - Pregnancy outcome
 - Postpartum contraception

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Results

- **156** pregnancies in **117** women
- **41** pregnancies (**26%**) occurred in women diagnosed HIV+ at antenatal screening
- **115** pregnancies (**74%**) in women with an existing HIV diagnosis

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Baseline demographics

- Mean age at conception 30 years (18-42)
- Country of birth

Country	Percentage
Africa	74%
Britain	24%
Eastern Europe	2%

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Partner status

- Partner disclosure and documentation **79%**
 - Antenatal HIV diagnosis 86%
 - Existing HIV diagnosis 77%
 - $p = 0.3$

	Partner HIV+	Partner HIV-	Refused testing/unknown
Antenatal HIV diagnosis	46%	43%	10%
Existing HIV diagnosis	36%	38%	26%

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Unplanned pregnancy

- Antenatal HIV diagnosis **22%**
- Existing HIV diagnosis **48%**
- $p < 0.05$

Pre-conception contraception choice in women with existing HIV diagnosis

Choice	Percentage
Declined	72%
Barrier methods	20%
Discontinued LARC	6%
COCP	2%

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Pregnancy outcome

- Termination of pregnancy **19%**
 - Antenatal diagnosis group **2%**
 - Existing HIV diagnosis **24%**
- Continued pregnancy outcome
 - Antenatal diagnosis group: **100%** Live birth
 - Existing HIV diagnosis group: **83%** Live birth
 - 12% Miscarriage
 - 3% Still birth
 - 1% Ectopic
 - 1% Premature delivery

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Post pregnancy contraception

	Declined	LARC	COCP/POP	Barrier methods
Antenatal diagnosis group	24%	44%	17%	15%
Existing HIV diagnosis group	32%	50%	1%	14%

- No significant difference between unplanned and planned post conception contraceptive choices

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Post TOP contraception

- Declined 32%
- LARC 46%
- Barrier 18%
- Oral contraceptive 4%
- Local HIV- population immediate post-TOP contraceptive uptake is >90%

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Conclusions

- High rates of unplanned pregnancy and TOP and low contraceptive uptake despite free, integrated service and support
- Further qualitative studies are required to assess the barriers to contraception in WLWH

Will this issue only be tackled when WLWH's vulnerabilities are addressed?

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