Family Planning Practices and the role of Pediatricians in increasing inter-pregnancy intervals in Latino women served by AltaMed.

Nicole Coppage
AltaMed, Los Angeles, CA
Introduction

• **Observation**: Though parents bringing their children in for a 0-12 month well baby check up may not be planning for or desiring another child at this time, they aren’t utilizing effective birth control methods either.

• **Impact**: This presents a problem as it has been shown that short intervals between repeat pregnancies can have negative biological and psychosocial outcomes for both mother and child.

• **Goal**: evaluate
  
  1. The extent of family planning practices, attitudes, and active birth control use in mothers with children 0-12 months old
  2. If pediatric family planning educational intervention provided to parents at 0-12 month well child checkups can prevent or decrease likelihood of unplanned pregnancies in mothers.
Background

- 23% of Latino births are preceded by a short (<12 month) Inter-pregnancy interval. (1998 Khoshnood et al)

- Controlling for ethnicity, age, education, birthplace, parity, tobacco use, obstetric and medical complications, prenatal care, and infant sex, women with a short IPI were 43 to 71 percent more likely to have VLBW and MLBW infants than women with an intermediate IPI. (1998 Abstract Fuentes-Afflick et al)
Background

Among adolescent mothers, studies have found that although mothers did not intend to get pregnant, they also did not intend to prevent pregnancy. (J. Herrman 2007)

Among adolescent mothers, birth control usage increases postpartum, but rates of discontinuation are high. (E. Wilson et al 2011)

- Lack of education,
- Lack of parental support
- Loss of continuity of care.

Care for new mothers ends at 40 days postpartum
- Opportunities for pediatricians to discuss family planning during 0-12 month well baby visits.

Ultimately, While this has been well documented amongst adolescent mothers, it is unclear how pervasive this phenomenon and these factors are among all mothers in a low-income Latino community.
Methodology

- Through a survey to all age groups, we propose to evaluate the relationship between attitudes towards birth control and family planning practices in the low-income Latino community and explore the role of pediatricians in family planning to increase inter-pregnancy intervals.
Methodology: Survey

- **Family Planning Practices:**
  - Was your last pregnancy planned?
  - Are you with a partner at this time?
  - Have you spoken to your partner about birth control?
  - Ideally, when would you like to get pregnant again?
  - Are you intending to get pregnant again at this time?
  - If you do not wish to get pregnant at this time, what Birth Control methods are you using?
Methodology: Survey

**Birth Control Attitudes:**

- If you do not wish to get pregnant at this time, what Birth Control methods are you using?
- Not including condoms, how satisfied are you with your Birth Control method?
- Not Including condoms, have you switched using a birth control method since giving birth? How many times?
- Not Including condoms, did you start taking birth control but then stop since giving birth? Why?
- If you are not using birth control other than condoms, what has prevented you from taking it thus far?
- Have you ever felt pressured to use birth control medication?
- Would you like your Pediatrician to discuss family planning with you?
Current Status

• Administer 10 surveys to identify any issues
• IRB Approval

• Issues:
  • Patient Literacy
  • Staff administration of Survey
Future Direction

• Using the survey results, we hope to develop a short, culturally competent, Family Planning intervention conversation for pediatricians to implement with new mothers.

• Then ask a group of Pediatricians to implement this intervention and compare the Inter-Pregnancy Interval of their patients with that of Pediatricians not participating.

• Determine if simple Family planning interventions by pediatricians during 0-12mo well child check-ups can increase the Inter-pregnancy Interval among Latino women.
Acknowledgements

- Dr. Puri
- Dr. Hochman
- AltaMed
- GE-NMF PCLP
- The 2013 PCLP Scholars