



Contraceptive Choices among Women Participating in a HIV-infected Cohort: The US PEPFAR PROMOTE Study

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Background

- ▶ Demand for modern family planning methods in Africa is inadequately met
- ▶ Proportion of women using a modern method among women who have a need for family planning was lowest in Africa at 56 % and > 75% in all other regions
- ▶ Finding a suitable method of contraception is challenging in the context of HIV

Background

- ▶ Long acting reversible contraception (LARC) has the potential to curb maternal and infant mortality
- ▶ World Health Organization advises against concurrent use of progestogen subdermal implants and hepatic enzyme-inducing ART
- ▶ There are negative patient and health provider perceptions towards intrauterine devices (IUCD)
- ▶ Short/intermediate acting injectable and oral contraception (OCP) rely on user adherence
- ▶ The use of progestogen injectables is not recommended long term due to effects on bone mineral density (BMD)

Aims

- ▶ This study aims to describe current contraception choices among HIV-infected African women



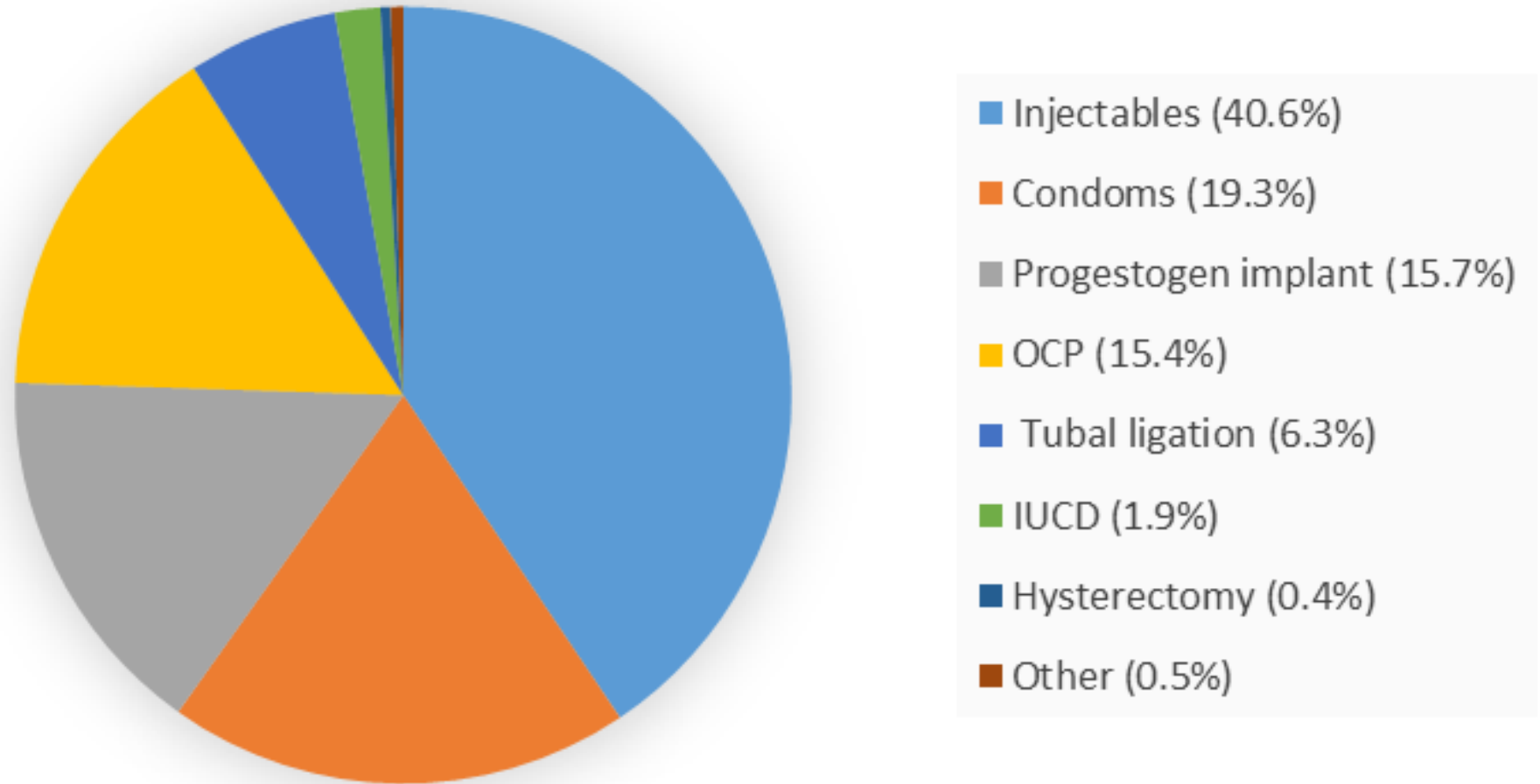
Methodology

- ▶ PROMISE clinical trial >> PEPFAR PROMOTE
- ▶ A prospective longitudinal cohort study across 8 sites in South Africa, Uganda, Zimbabwe and Malawi
- ▶ HIV- infected women enrolled between December 2016-June 2017
- ▶ Reported contraception use collected through structured enrolment interviewer-administered questionnaires
- ▶ Descriptive analyses of overall and country-specific methods, as well as categories of contraceptive choices are presented

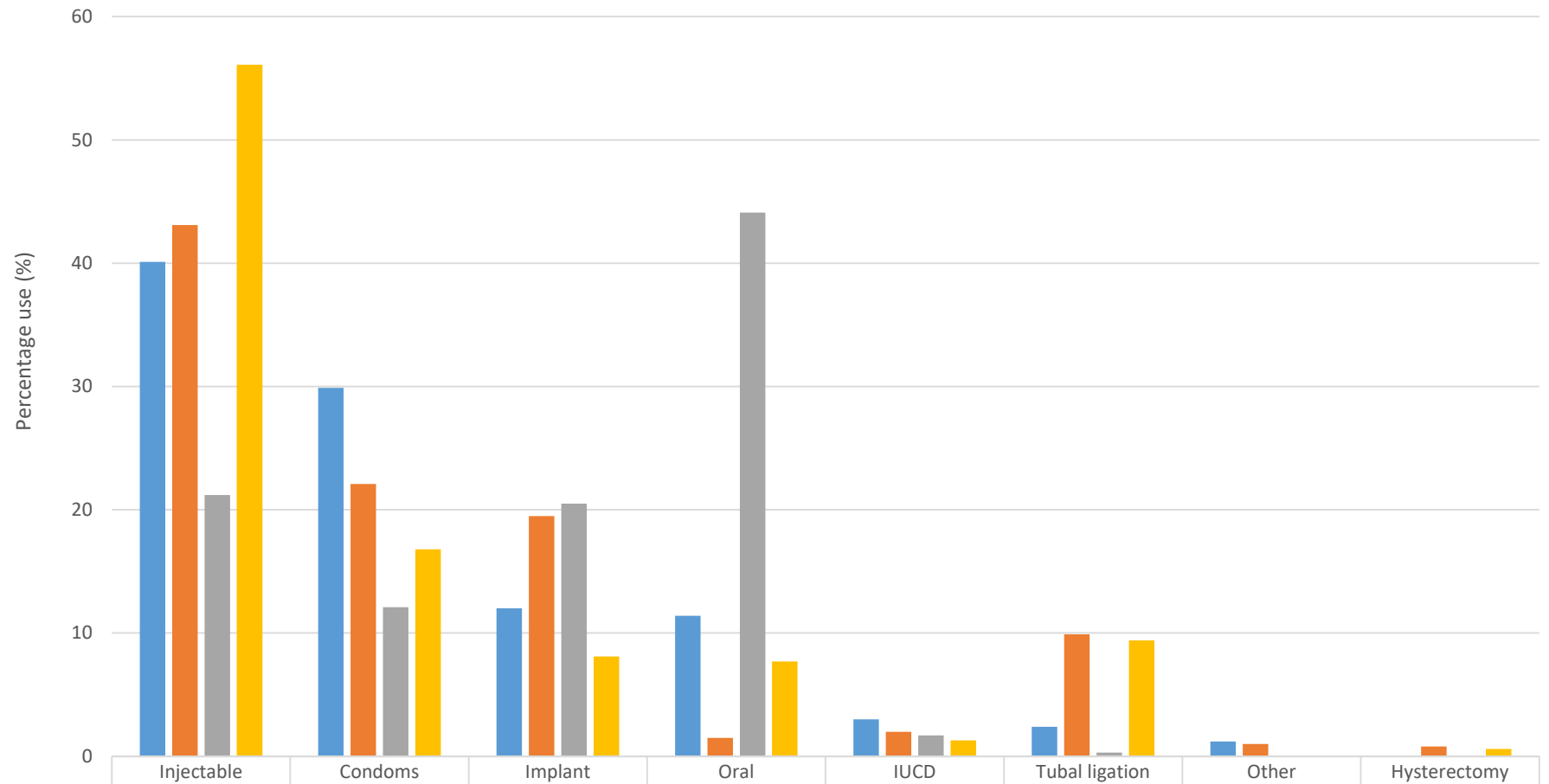
Results

- ▶ Total **1987** HIV-infected women enrolled
- ▶ Mean age **31** years and **98.7%** were on ART (including Efavirenz)
- ▶ Excluding pregnancy, contraceptive data was available on **1356** women currently sexually active
- ▶ The prevalence of modern contraception use in all women was **85.8 %** (1163/1356); **13.8%** of women were not receiving any form of contraception

Choice of Contraception Method

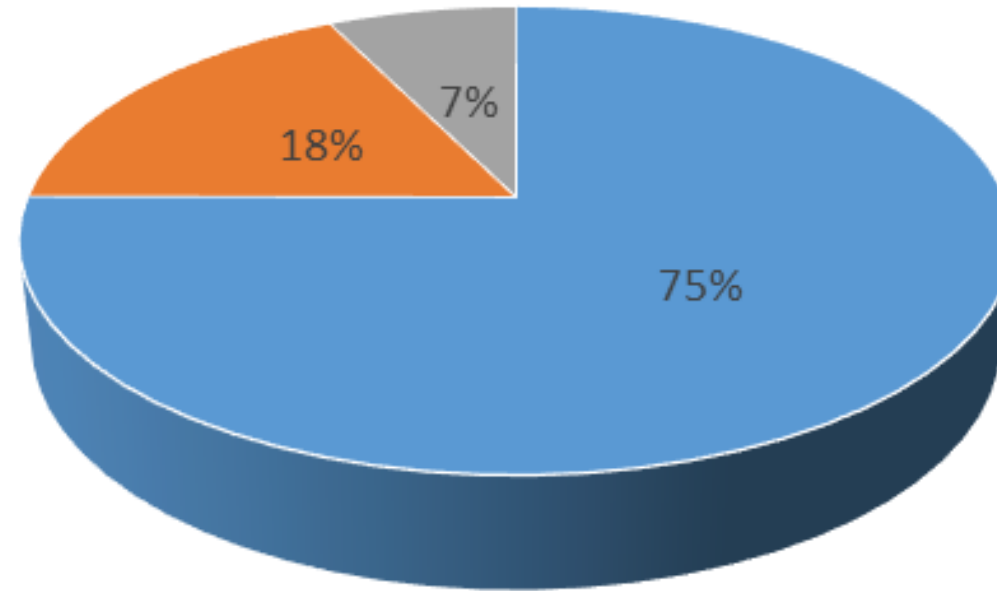


Contraception use by country



■ Uganda	40,1	29,9	12	11,4	3	2,4	1,2	0
■ Malawi	43,1	22,1	19,5	1,5	2	9,9	1	0,8
■ Zimbabwe	21,2	12,1	20,5	44,1	1,7	0,3	0	0
■ South Africa	56,1	16,8	8,1	7,7	1,3	9,4	0	0,6

Categories of Contraception



- 879 (74.6%) short/intermediate acting (Injectable/OCP/Condoms)
- 205 (17.5%) LARC (Implant/IUD)
- 78 (7.3%) permanent (TL/Hysterectomy).

Other Results

- ▶ Regular condom use was reported in **38.8% (569)** and infrequent condom use in **39.8% (583)** in combination with other contraception
- ▶ There were **1603** women on Efavirenz-based regimen; of whom **10.4% (166)** received Implants

Conclusion/Recommendations

- ▶ Injectable contraceptives remain a popular choice in African women followed by implants and OCP
- ▶ Long-term effects of injectable contraception in combination with ART on BMD and potential interactions with ART require additional evaluation
- ▶ Further education of health professionals/providers on LARC especially IUCD
- ▶ Concurrent use of progesterone implants and EFV should be an informed decision made by women who are made aware of the risk of contraceptive failure, other pros and cons

Authorship

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