



**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

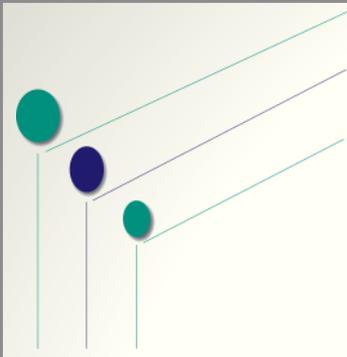
- **Family Planning Practices:**
 - Was your last pregnancy planned?
 - Are you with a partner at this time?
 - Have you spoken to your partner about birth control?
 - Ideally, when would you like to get pregnant again?
 - Are you intending to get pregnant again at this time?
 - If you do not wish to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



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