



# EXPERIENCES WITH CONTRACEPTIVE PROVISION IN ADOLESCENTS CHATSWORTH CRS

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24 Sep 2016



# BACKGROUND INFORMATION

- Chatsworth site has not had experience in provision of contraception to adolescents.
- Information about provision of contraception to adolescents was obtained from the local family planning clinic.

# BARRIERS CONTRACEPTIVE USE

- **Culture** - sex is a not topic of discussion in families.
- **Religion** – sex before marriage is not encouraged.
- **Staff attitude** – judgemental attitude towards adolescents using contraceptives.
- **Time** – Long waiting time to receive contraceptives from clinics.
- **Bleeding** - Some women who had Implants inserted requested removal due to bleeding.

# MYTHS AND MISCONCEPTIONS

- Use of contraceptives
  - encourages sexual activity
  - Implies that you are promiscuous
  - Discourages condom use
- Using IUCD is unsafe and it moves around inside the body.
- Contraception users gain weight.

(Contraception use myths and misconceptions, are not specific to adolescents but are general to all contraceptives users)

# CONTRACEPTIVE ADHERENCE

- Adherence in adolescents is poor due to:
  - Myths, misconceptions and barriers
  - Long waiting time at the clinics when collecting contraception
  - Stigma attached to use of contraception by adolescents:  
labelled by society as sluts or promiscuous girls

# MYTHS AND MISCONCEPTIONS ABOUT IUCD AND IMPLANT PROVISION IN ADOLESCENTS

- The IUCD might be lost inside one's body.
- The IUCD makes it difficult for one to enjoy sex.
- The IUCD strings can hurt my sexual partner.

Challenge: Some women who had Implants inserted requested removal due to bleeding

# CONTRACEPTIVE PROVISION IN ADOLESCENTS: CLINICAL GUIDANCE

- Obtain participant's medical history.
- Contraception counseling must be done.
- Effects and side effects of different types of contraception is explained.
- Advice on the use of dual protection within the initial 14 days of use of contraception.
- Importance of contraception adherence.
- Allowing the participant to choose the best contraceptive method for herself.

# SOP FOR CONTRACEPTION PROVISION IN ADOLESCENTS

- The SOP for contraception will be adapted to address the specific needs of the adolescents.



# LAW CONCERNING PROVISION OF CONTRACEPTIVES TO ADOLESCENTS

**Children's Act, No. 38 of 2005 (Amendment Children's Act No. 41 of 2007)**

- No person may refuse to sell or provide condoms to children over age of 12.
- Contraceptives may be provided to a child on request without parent consent if:
  - a) child is 12 years or older,
  - b) proper medical advice is given,
  - c) child's medical history is considered and proper examination is carried out.
- A child who obtains condoms or contraceptives in terms of this Act is entitled to confidentiality.

# ACKNOWLEDGEMENTS

- Sr Rose and Sr Naidoo ( In-charge at Chatsworth clinic)
- Dr Vimla Naicker (PI for MTN 034 Chatsworth Site)
- MRC CAT Sisters
- The Microbicide Trials Network is funded by the National Institute of Allergy and Infectious Diseases (UM1A1068633, UM1A1068615, UM1A1106707) with co-funding from the Eunice Kennedy Shriver National Institute of Child Health and Human Development and the National Institute of Mental Health, all components of the U.S National Institutes of Health