

Long-Acting Reversible Contraception: Access, Barriers and Reimbursement

TEXAS COLLABORATIVE FOR HEALTHY MOTHERS AND BABIES SUMMIT

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Unintended Pregnancy in the United States

Most American families want 2 children

Family planning has benefits for mothers, newborns, families and communities

- Births resulting from unintended or closely spaced pregnancies are associated with adverse maternal and child health outcomes
 - Inadequate or delayed prenatal care
 - Tobacco and alcohol use during pregnancy
 - Decreased breastfeeding
 - Maternal depression
 - Increased risk of physical violence during pregnancy
 - Premature and low birth weight infants
 - Negative physical and mental health effects for children
- Delaying and spacing childbearing is crucial to social and economic advancement

Healthy People 2020 aims to reduce unintended pregnancy by 10%

The Alan Guttmacher Institute (AGI), *Fulfilling the Promise: Public Policy and U.S. Family Planning Clinics*, New York: AGI, 2000.

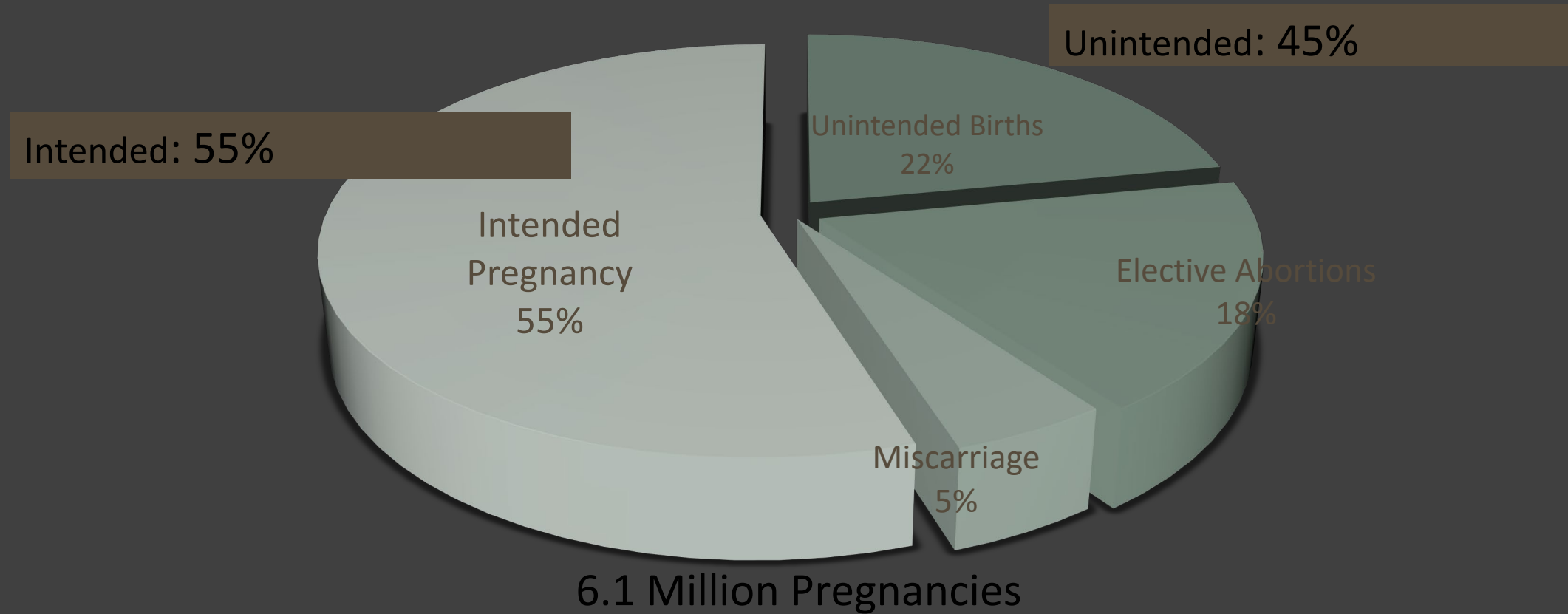
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Orr-ST et al., Unintended pregnancy and preterm birth, *Paediatric Perinatal Epidemiology*, 2000, 14(4):309–313.

Barber JS et al, Unwanted childbearing, health, and mother-child relationships, *Journal of Health and Social Behavior*, 1999, 40(3):231–257.

HealthyPeople.gov, Healthy People 2020, Family planning objectives, 2011, <http://healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=137>.

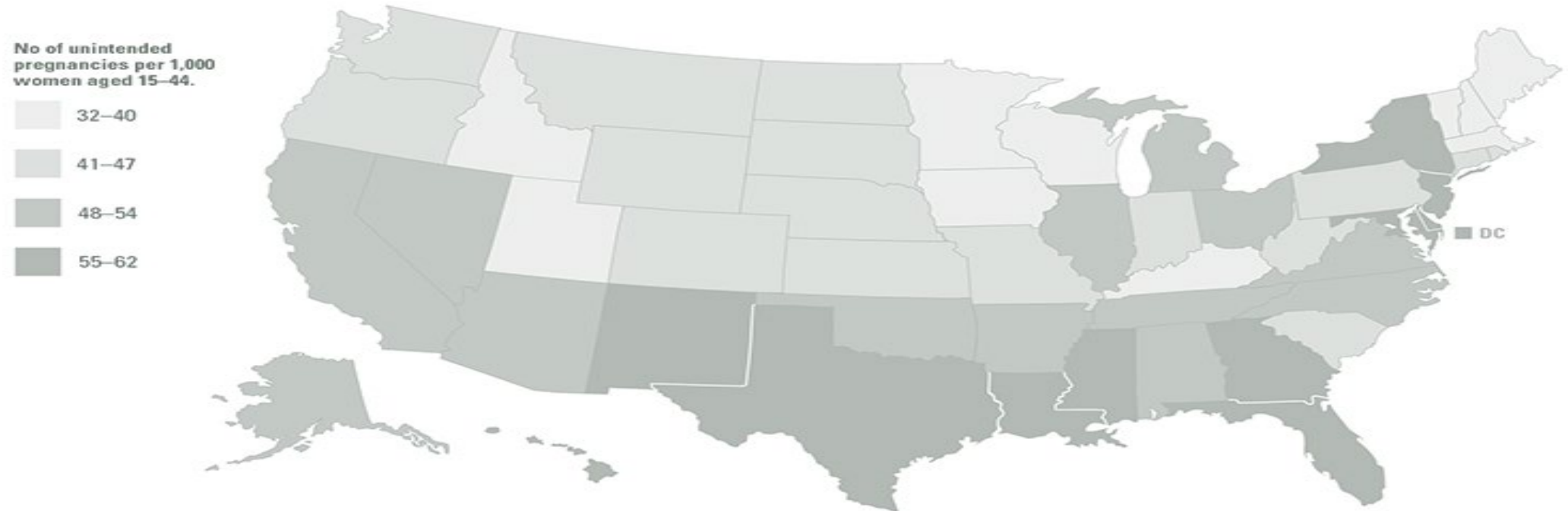
Unintended Pregnancy in the United States



Unintended Pregnancy in the United States

State Unintended Pregnancy Rates

Unintended pregnancy rates varied widely in 2010.



www.guttmacher.org

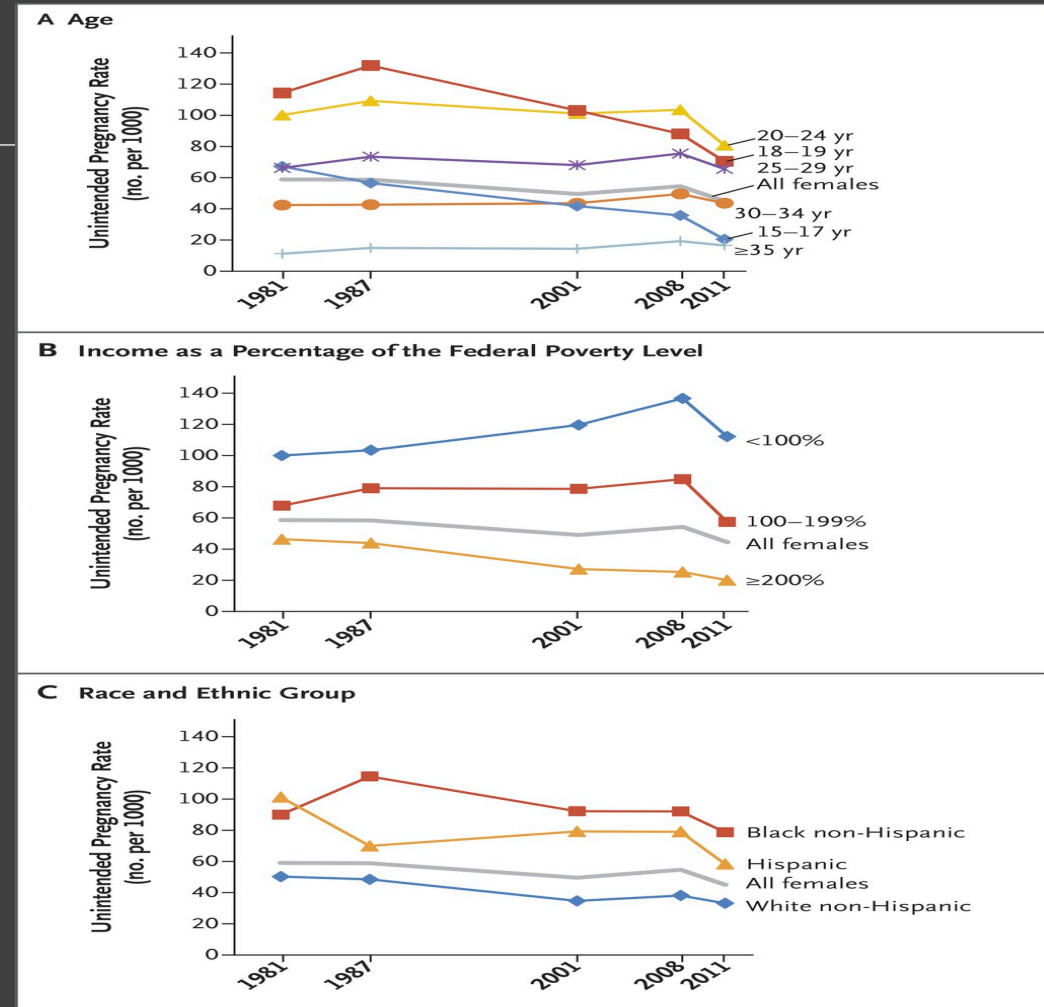
Unintended Pregnancy in the United States

The highest unintended pregnancy rate was among women aged 20–24

Unintended pregnancy rate among the poor was more than 5x the rate among women at the highest income level

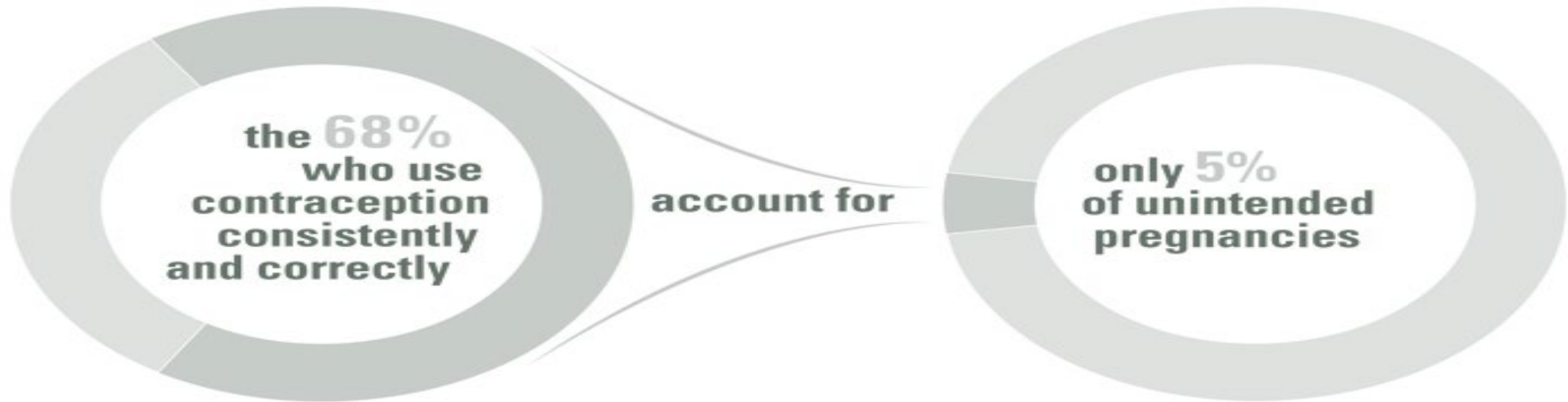
Black women had the highest unintended pregnancy rate of any racial or ethnic group – more than double that of non-Hispanic white women

Women without a high school degree had the highest unintended pregnancy rate among all educational levels



Unintended Pregnancy in the United States

Among U.S. women at risk of unintended pregnancy...



The Postpartum Period: Return to Intercourse and Fertility

Most American couples resume sexual intercourse within several weeks of delivery.

- 66% are sexually active within the first month postpartum and 88% are sexually active within the second month

Most non-breastfeeding women resume menses within 4-6 weeks of delivery

- On average, the first ovulation occurs 45 days postpartum
- Return to ovulation can occur as early as the third postpartum week
- Duration of postpartum infertility is variable and unpredictable

As many as 40% of women do not attend a postpartum visit

The Postpartum Period: Thromboembolism

Venous stasis, local trauma to the vessel wall, and hypercoagulability increase the risk for venous thrombosis

- The risk for each increases during normal pregnancy

Pregnancy is marked by increased clotting potential, decreased anticoagulant activity, and decreased fibrinolysis

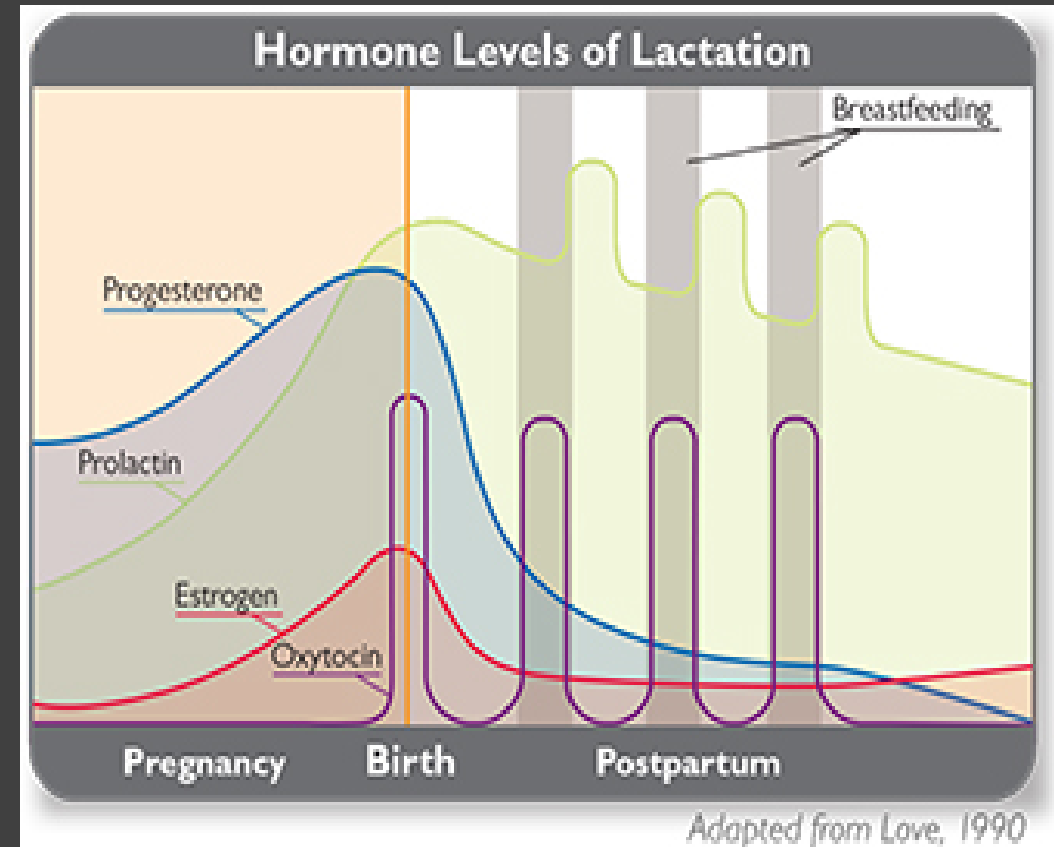
The risk of thromboembolism in the postpartum period is 22x higher than in non-pregnancy

The Postpartum Period: Lactation

Progesterone, estrogen, HPL, prolactin, cortisol, and insulin act to stimulate the growth and development of the milk-secreting apparatus during pregnancy

With delivery, there is an abrupt decrease in progesterone, estrogen, and HPL

The abrupt decrease in progesterone cues lactogenesis

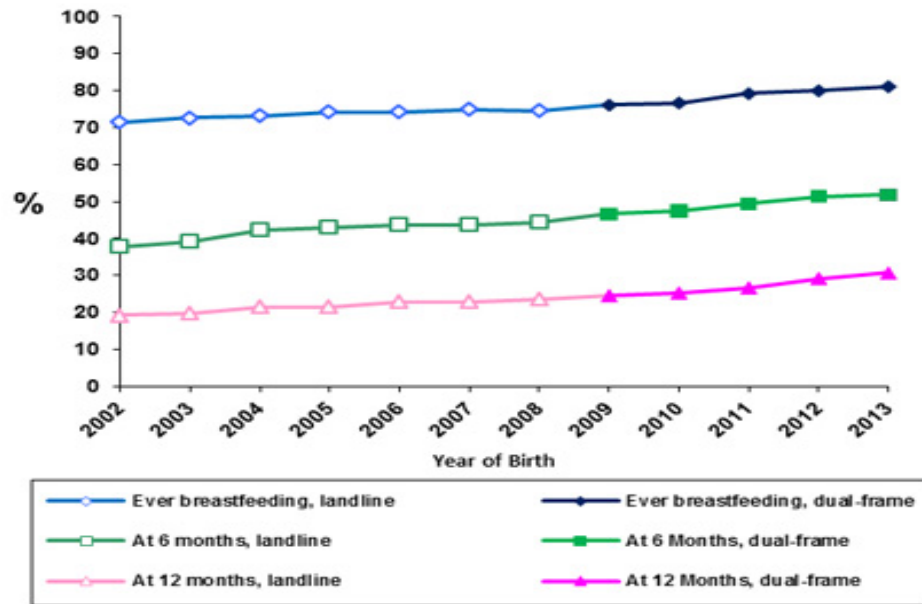


The Postpartum Period: Breastfeeding

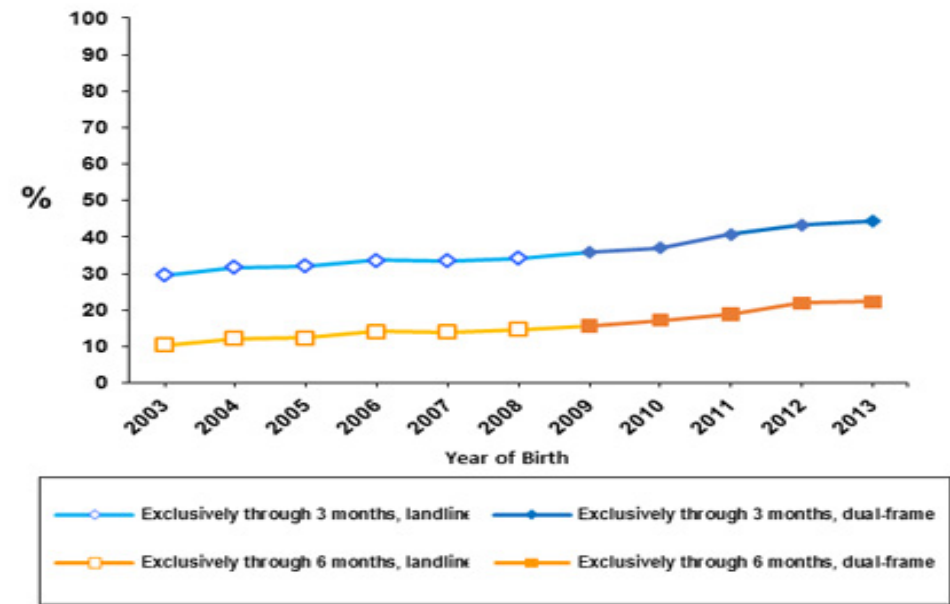
Breastfeeding among U.S. Children Born 2002–2013, CDC National Immunization Survey

Percentage of U.S. Children Who Were Breastfed, by Birth Year^{a,b}

Any Breastfeeding



Exclusive Breastfeeding^c



Postpartum LARC Use

Condition	Qualifier for condition	LNG IUS	Copper T IUD	Implant
Postpartum IUD insertion (breastfeeding or not breastfeeding)	<10 minutes after placenta delivery	2/1	1	--
	10 minutes after placenta delivery to 4 weeks postpartum	2	2	--
	>4 weeks postpartum	1	1	--
Postpartum & breastfeeding	< 30 days postpartum	--	--	2
Postpartum & breastfeeding	≥ 30 days postpartum	--	--	1
Postpartum	≥ 30 days postpartum	--	--	1
Post-abortion	First trimester	1	1	1
	Second trimester	2	2	1

Texas Medicaid and Postpartum LARC

In January 2016, Texas Medicaid revised its reimbursement policies to enable hospitals and providers to receive full reimbursement – outside of the global fee – for the LARC device and the provider insertion fee

