Oral Contraceptives: Knowledge, Awareness and Perception among Women Patients in Obstetrics & Gynaecology Clinic, Hospital Tengku Ampuan Rahimah (HTAR), Klang

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ABSTRACT

Objective: To study and evaluate the knowledge, awareness and perception of oral contraceptives among women. **Methodology:** A cross sectional survey was conducted among the women attending the Obstetrics & Gynaecology clinic in HTAR. Validated questionnaires were distributed from February to April 2018, which consist of four sections; demographic data including age, race, marital status, education level, professional status, knowledge, attitude, and perception towards contraception. The Data was analysed using SPSS programme version 23. **Results:** A total of 378 questionnaires from the respondents were analysed. The completed questionnaires were 352, hence the response rate was 93.1%. Malays (84.4%) were among the highest respondents. Most of them were between 20-30 years of age (45.5%). The mean of the knowledge score was 3.91±1.32. The results showed that 67.3% of them have poor knowledge of contraception (Score ≤ 4). There were good knowledge of contraception (Score ≥ 5) among the unmarried respondents (87.5%). Survey has also shown that among the lower education group (34%) have good knowledge of contraception (p=0.038). The professionals (70.6%) had poorer knowledge score (p<0.05). Overall only 44.7% of the respondents were aware about contraception and 42.9% have negative perception towards contraception. It is also interesting to know that only 34.9% of the professionals have awareness regarding contraception and 49.1% of them have negative perception towards contraception. **Conclusion:** The overall results showed that majority of the women attending the O&G clinic not only have poor knowledge of contraception but also lack of the awareness and negative perceptions towards contraception. Hence improving the knowledge, awareness and perception of various contraceptive methods may improve the quality of life by good practice of family planning thus enhancing maternal health. This needs serious consideration at National level and effective programmes to be implemented.

Improving Access to Fertility Care in a Low Resource Population: An Initial Experience with a Low-cost IVF Model

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ABSTRACT

Objectives: In view of limited public funding, a low-cost IVF (In-vitro Fertilisation) programme called IVFkasih was established to allow more couples to be treated at a younger age with less delay. This is a retrospective study to assess the outcome of this programme. **Methodology:** All 228 IVFkasih cycles that were performed in 2017 was included in this study. All patients regardless of existing ovarian reserve undergo the low stimulation antagonist protocol with a combination of oral letrozole and urinary gonadotrophins. The embryos were cultured to Day 2 stage with extended culture to Day 3 or 5 if necessary. Supernumerary embryos were vitrified. **Results:** The mean age of patients was 34.5 with the majority (83.1%) undergoing their index cycle. The main cause of subfertility was polycystic ovaries with anovulation (26.7%). 90.8% (n=207) of the cycles progressed to egg collection with a mean of 2.8 eggs collected. The average fertilisation rate was 68.4%. 66.2% (n= 137) had fresh embryo transfer, mostly Day 2 stage (65.7%) with a mean of 1.62 embryos transferred.15.5% (n= 32) had no suitable embryo to be utilised. The clinical pregnancy rate (CPR) was 31.4% with an implantation rate (IR) of 23.9 %. The majority of patients (54.6%) were below the age of 38 and this group has the highest CPR (32.7%) and IR (25.3%). **Conclusions:** The majority of patients in this cohort were young and trying IVF for the first time. Low-cost IVF programme is cost-effective and improves access to fertility care in a low resource population.