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Background: Women with uncontrolled diabetes should practice effective contraception to avoid unplanned pregnancy.⁽¹⁾ This study aimed to determine the prevalence of the effective contraceptive practice and its associated factors among women with uncontrolled diabetes.

Results: A total of 305 women with uncontrolled diabetes (HbA1c > 6.5%) aged 19 to 49 participated in this study. The proportion of effective contraceptive practice was 36.4% (95% CI: 42.2, 53.5). The effective contraceptive practice was significantly associated with unemployment (Adj.OR: 2.05; 95% CI:1.22, 3.44), poor knowledge on preconception care (Adj.OR: 0.6; 95% CI:0.37, 0.99), and poor attitude on preconception care (Adj.OR: 0.44; 95% CI; 0.23, 0.87).

Methodology: A cross-sectional study was conducted among women of reproductive age with uncontrolled diabetes. Subjects were recruited among diabetic women attending governments health clinics in Terengganu using a multistage random sampling method. Effective contraception was defined as either hormonal contraception (oral, injection, implant), intrauterine contraceptive device, or bilateral tubal ligation. Data were collected using a self-administered questionnaire and medical record review. Multiple logistic regression was used to determine the associated factors for effective contraception practice.

Table 1: Socio-demographic characteristics of 305 respondents

Characteristics	Median (IQR)	Frequency (%)
Age:	43 (8)	
< 40 years		85 (27.9)
≥ 40 years		220 (72.1)
Race:		
Malays		298 (97.7)
Non-Malays		7 (2.3)
Marital status:		
Married		294 (96.4)
Single		5 (1.6)
Divorced / widower		6 (2.0)
Educational level:		
Primary		23 (7.5)
Secondary		213 (69.8)
Tertiary		69 (22.6)
Occupational status:		
Employed		112 (36.7)
Unemployed		193 (63.3)
Monthly household income (RM)	1500 (1500)	
High (>RM3000)		41(13.4)
Low (≤ RM3000)		205 (67.2)
Missing data		59 (19.3)

Table 2: Family planning characteristics of 305 respondents

Characteristics	Frequency (%)
Are you planning to get pregnant in 6 months?	
No	259 (84.9)
Yes	44 (14.4)
Not related	1 (0.3)
Missing data	1 (0.3)
Did you use any family planning methods in the last six months?	
No	194 (63.6)
Yes	111 (36.4)
Types of contraception used (n=111)	
Estrogen OCP	35 (31.5)
Depoprovera injection	52 (46.8)
IUCD	9 (8.1)
Progesterone OCP	10 (9.0)
Implanon	3 (2.7)
BTL	2 (1.8)

Discussion and conclusion: Similar with other studies,^(2,3) the prevalence of effective contraceptive practice was unsatisfactory. Effective contraception practice should be emphasized on all women with uncontrolled diabetes.⁽¹⁾ Preconception counselling focusing on glucose control and suitable contraception should be compulsory for this population to improve their knowledge and attitude towards preconception care.

References:

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