Effect of Oral Contraceptive on Women's well-being and Its Relation to Discontinuation

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Abstract:

Oral contraceptive has side effects on well-being including physical and emotional well-being, premenstrual syndrome, sexual interest, enjoyment, the frequency of sexual activity and unplanned pregnancy and the continuation of women in using OCS was continued OCs and discontinued. Therefore, the aims were to evaluate the impact of oral woman's wellbeing through counseling. Methods: Descriptive, quasi-experimental design was used to conduct this research. This study was carried out at outpatient clinics of family planning at Sohag University Hospital. The sample consisted of Tools used in this study, tool I: Patient assessment sheet. Tool II: Premenstrual syndrome questionnaire. Tool III: Sexual Function questionnaire. Tool IV: - Counseling. Tool IV: - follow up sheet. Results: revealed that there is a statistically significant difference between pretest and post-test in studied women regarding premenstrual syndrome at p-value=0.000 regarding counseling done by the investigator. Also, a statistically significant difference at p-value=0.000. Conclusion: According to our study, the adverse effects on mood and sexuality are important factors causes the discontinuation of OCs and yet two potentially important factors emotional and sexual well-being have been virtually ignore in our locality. Therefore, counseling before any method of contraception is initial to improve compliance and continuation of women related OCs.

Keywords:

Keywords: Oral contraceptive, Counseling, Wellbeing & Discontinuation.

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