

## **PS1.090**

### **Characterization of contraception in women in perimenopause from two Family Health Units**

*Ana Margarida Ferreira(1), AM Correia(2), M Rocha(3), T Tavares(1)*

*(1) USF Viseu-Cidade, Viseu, Portugal*

*(2) USF Grão Vasco, Viseu, Portugal*

*(3) USF Infante D. Henrique, Portugal*

*Corresponding author: Dr Ana Margarida Ferreira, USF Viseu-Cidade, USF Viseu-Cidade, Viseu, Portugal. E-mail: amargaridaccferreira@gmail.com*

**Background:** Perimenopause is a stage of transition in the reproductive life of women which begins around age 45 and goes until one year after the last menstruation. Although there is a progressive reduction of fertility until menopause, while ovulation occurs there is still a risk of pregnancy. Hence contraception advice is essential during this phase.

**Aim:** Characterize the contraception of women in perimenopause from two Family Health Units (FHU), according to the last registered contraceptive method.

**Methods:** Study: observational, descriptive, cross-sectional Population: women aging between 45 and 60 years old, from two Portuguese FHU Sample: women from two FHU, aging between 45 and 60 years old, with a Family Planning appointment in 2014 and a registered contraceptive method Exclusion criteria: women in menopause, hysterectomized or without records in the medical files Variables: age, registered contraceptive method (CM) Source: digitally available medical files (SAM®, MedicineOne®) Statistical Analysis: Microsoft Excel 2010®.

**Results:** A total of 941 women in perimenopause were evaluated. Subjects were aged between 45 and 60 years old (mean of 51.2 years). Subjects used the following CMs: 21.9% combined oral contraception (COC), 12.8% barrier method, 12.4% tubectomy, 5.5% oral progestin-only pills, 5.4% intrauterine device (IUD) without specification of the subtype, 6.1% hormonal IUD, 1.9% copper IUD, 2.2% subcutaneous implant, 0.3% contraceptive patch and 0.1% injectable birth control. Furthermore, 1.9% used natural methods and 29.6% did not use CMs.

**Conclusions:** Despite the risk of getting pregnant, almost a third of the women studied used no CM. Moreover, from the ones who used CMs, most preferred COC. The family doctor has a privileged position to advise about the most suitable contraception for women in perimenopause. Thus, the results of this study emphasize the importance of health education made at Primary Health Care.

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