

# **Counseling and Installation of Contraception Implant Devices in Women of Childbearing Age**

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## **Abstract**

One effort to reduce the rate of population growth is through a family planning program for couples of childbearing age. Implants are a long-term contraceptive method that is highly effective in preventing pregnancy. However, in its implementation, the use of implants is still far from the target. The public's low interest in using implants is partly due to the fear and anxiety of potential acceptors about installing the contraceptive device. One effort to increase interest in using implants can be done through outreach. In this counseling, the method used is providing educational material about implants and continuing with implant installation. This program will be implemented in Sawangan District, Depok City, West Java. It is hoped that this activity can increase knowledge and awareness of women of childbearing age about the importance of long-term contraception such as implants.

**Keywords:** contraception, implant, women of childbearing age

## **Introduction**

Family Planning is one of the main preventive health services for women. The use of hormonal or non-hormonal contraceptive methods that aim to regulate the spacing or number of births is a family planning program. This effort can be temporary or permanent, although each type of contraception has a different and almost the same level of effectiveness. <sup>1</sup> Indonesia is the largest country that uses Norplant. KB implants have been introduced in Indonesia since 1982, introducing a family planning method

using KB implants, in 1982 Norplant was installed in 11 hospitals for 10,000 women. The extended field trial program increased the number of KB implants in 1987 with a total of 30,000 women. Simple installation, five-year use, and not too high complications are the reasons for the increasing installation of Norplant. Expected or unexpected side effects or problems can arise due to surgery during the installation and removal of AKBK.<sup>2</sup>

Based on the results of previous studies, it is known that the incidence of side effects of implant installation includes menstrual disorders in the form of spotting (47.7%), metrorrhagia (45.5%), amenorrhea (22.7%), experiencing migraines/dizziness (18.2%), infection of the incision wound (9.1%), implant expulsion (9.1%), weight gain (13.6%), changes in libido (2.3%), breast tenderness (4.5%), and abdominal pain (4.5%) in the uterus and subcutaneous contraceptives as mandated by the doctor where the midwife works.<sup>3</sup>

One effort to reduce the rate of population growth is through a family planning program for couples of childbearing age. Implants are a long-term contraceptive method that is highly effective in preventing pregnancy. Implants are an effective, non-permanent hormonal contraceptive method that can prevent pregnancy for three to five years, this method was developed by The Population Council, an international organization founded in 1952 to develop contraceptive methods. Implant is a contraceptive device that is placed under the skin of the upper arm in the form of a flexible silastic capsule where each capsule contains the hormone levonorgestrel which can prevent pregnancy. This contraceptive implant works by inhibiting ovulation, causing the endometrial mucous membrane to be unprepared to receive fertilization (nidation), thickening the mucus and thinning the endometrial layer with an effective success rate of 97-99% for implant contraception.<sup>4</sup>

The way the implant works and its effectiveness is by thickening the cervical mucus which can interfere with the endometrium formation process so that implantation occurs, reducing sperm transport, suppressing ovulation, and being effective in preventing pregnancy, namely with a failure rate of 0.3 per 100 years.<sup>5</sup>

However, in its implementation, the use of implants is still far from the target. The low interest of the public in using implants is partly due to the fear and anxiety of prospective acceptors to install the contraceptive device. One effort to increase interest

in using implants can be done through counseling. In this counseling, the method used is in the form of providing counseling material about implants and continued with the installation of implants. This program will be implemented in Sawangan District, Depok City, West Java. This activity is expected to increase knowledge and awareness of women of childbearing age about the importance of long-term contraception such as implants.

## **Method**

The location of community service is in Sawangan District, Depok City, West Java. The target is women of childbearing age, there were 17 participants. The instruments used in this service are laptops, leaflets, cameras, tensiometers, and implants. The way community service works is by preparing counseling materials, then conducting direct counseling, measuring the participants' blood pressure and then installing the implant.

## **Results**

Based on the results of the implementation of community service counseling on the installation of contraceptives in the form of implants, there were 17 participants who were willing to have implants installed. Before the counseling, my team and I gave direct questions about the benefits and side effects of using contraceptive implants, the results were that many participants were able to answer the questions. However, after being given counseling materials, all participants were able to understand well about the use of contraceptive implants. This activity was carried out together with the team.

## **Discussion**

Implant is a contraceptive device that is placed under the skin of the upper arm in the form of a flexible silastic capsule where each capsule contains the hormone levonorgestrel which can prevent pregnancy.<sup>4</sup> The advantages of implant contraception are that it has high efficacy, long-term protection, rapid return of fertility after removal, does not require internal examination, is free from the influence of estrogen, does not

interfere with sexual activity, does not interfere with breast milk production, clients only need to return for control if there are complaints during the use of contraception, can be removed at any time according to need. The use of this implant contraception also has non-contraceptive advantages including protecting against endometrial cancer, reducing the incidence of benign breast cancer, protecting against several causes of pelvic inflammatory disease, reducing the incidence of endometritis.<sup>6</sup> Clients who may use implant contraception are of reproductive age, want contraception that has high effectiveness and want long-term pregnancy prevention, breastfeeding and need contraception. The side effects of using implants are amenorrhea, light spotting, expulsion, infection in the insertion area, weight gain or loss.<sup>2</sup>

Based on the results of questions and answers to community service participants, many participants are afraid of pain when using contraceptive implants, because during the installation process, a small incision will be made on the skin of the upper arm of the participant to insert the implant. They prefer to use a 1-month or 3-month injection contraceptive. In fact, before a small incision is made on the skin of the upper arm, an anesthetic injection is first given, so that the participant does not feel pain. This was proven when the participant had finished installing the implant, the participant said that she did not feel pain.

Based on the results of the implementation of community service counseling, the participants, namely women of childbearing age (WUS), have received an explanation about the importance of regulating the spacing of their pregnancies. Regulating the spacing of pregnancies is an important part of the family planning program, because it can affect the health of the child and the mother herself. Short pregnancy spacing, especially under 6 months, can have a negative impact on the fetus and womb including premature birth, fetal death in the womb and premature rupture of membranes. By installing a contraceptive device, one of which is an implant, it is hoped that these negative impacts can be avoided.

## Conclusion

Based on the results of the implementation of community service counseling, the participants, namely women of childbearing age (WUS), have received an explanation about the importance of regulating the spacing of their pregnancies. Regulating the spacing of pregnancies is an important part of the family planning program, because it can affect the health of the child and the mother herself. Short pregnancy spacing, especially under 6 months, can have a negative impact on the fetus and pregnancy, including premature birth, fetal death in the womb and premature rupture of membranes. By installing a contraceptive device, one of which is an implant, it is hoped that these negative impacts can be avoided.

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