



Pain during medical abortion in early pregnancy - Teenaged compared to adult women

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No conflicts of interest to declare



Background

- The method of abortion is rapidly changing from surgical to medical in several countries.
 - In Finland 95% of abortions are medical
- Almost every woman experiences pain during medical abortion
- Predictors of severe pain:
 - Young age
 - Low parity
 - Dysmenorrhea



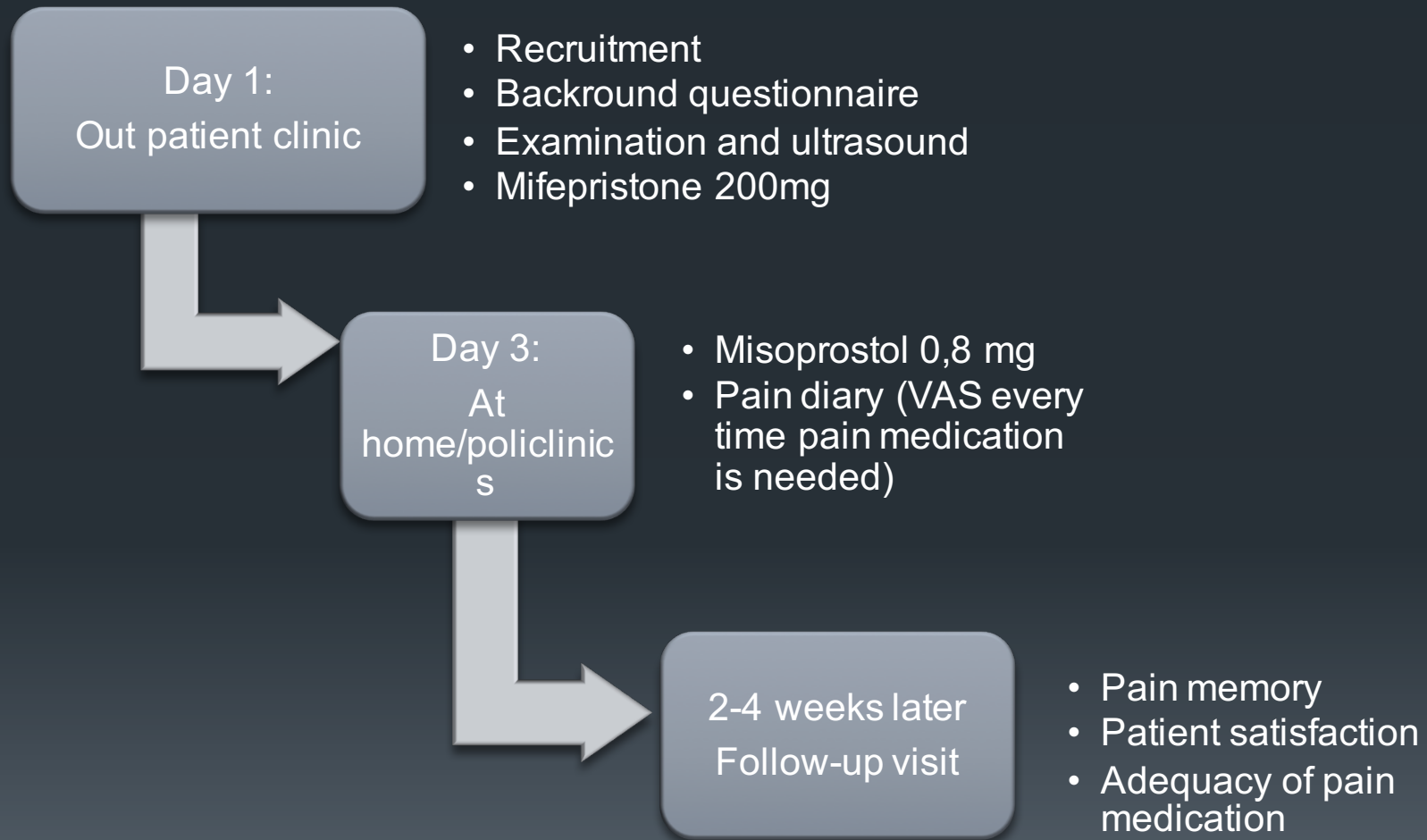
Outline of the present study

- Patients were recruited in Helsinki between april 2016 and august 2018
- 140 patients were recruited, 123 came to follow-up visit and 109 returned all the questionnaires
 - 47 women : 15-19 years old
 - 62 women: 25-35 years old
- Womans first pregnancy
- Duration of the pregnancy up to 63 days of gestation

Pain management

- Pain medication:
 - Ibuprofen 600mg
 - Paracetamol 1g
- First dose simultaneously with misoprostol and then both 3 times a day if needed
- Pain is measured by visual analogue scale VAS

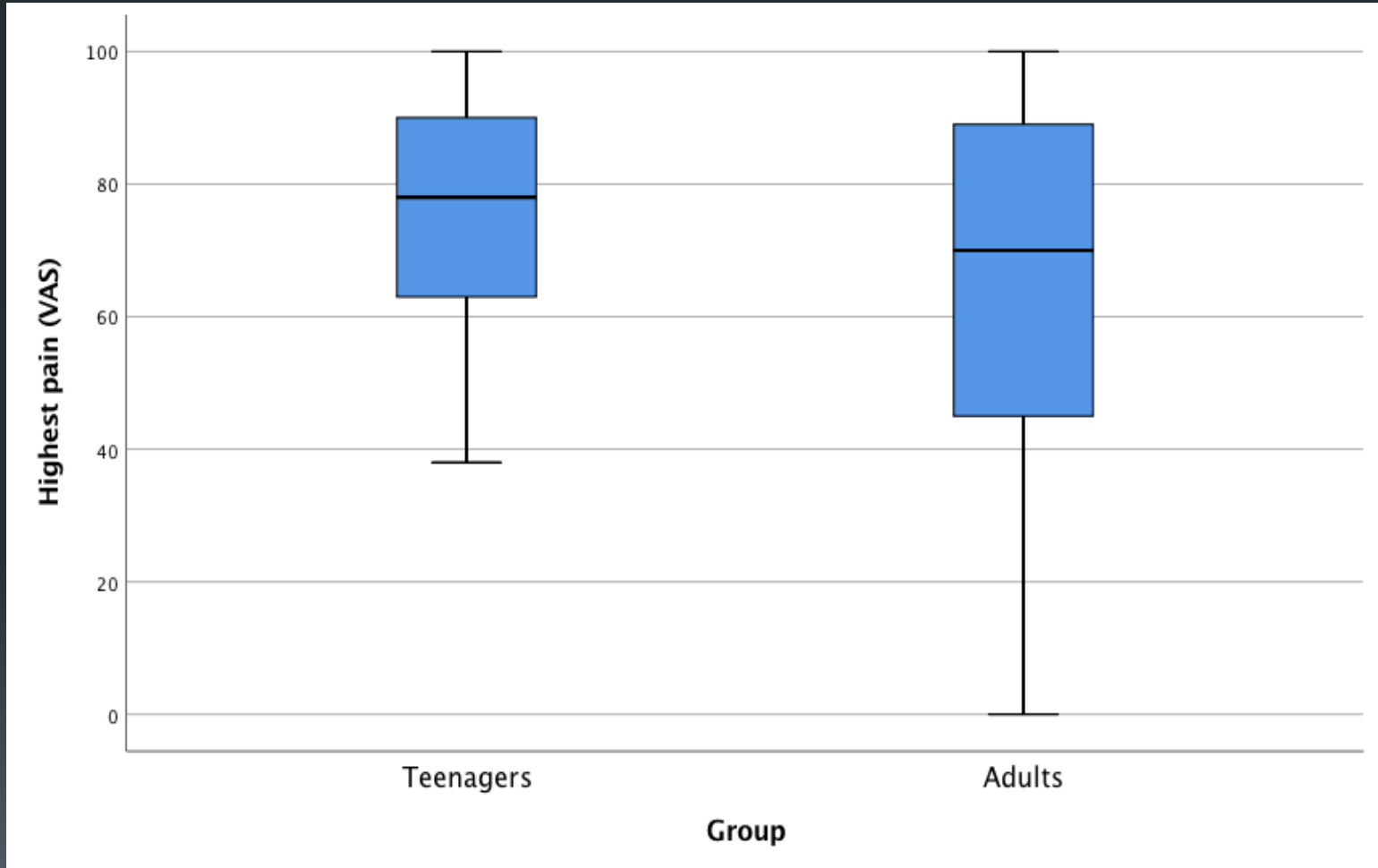
Study protocol



Demographics

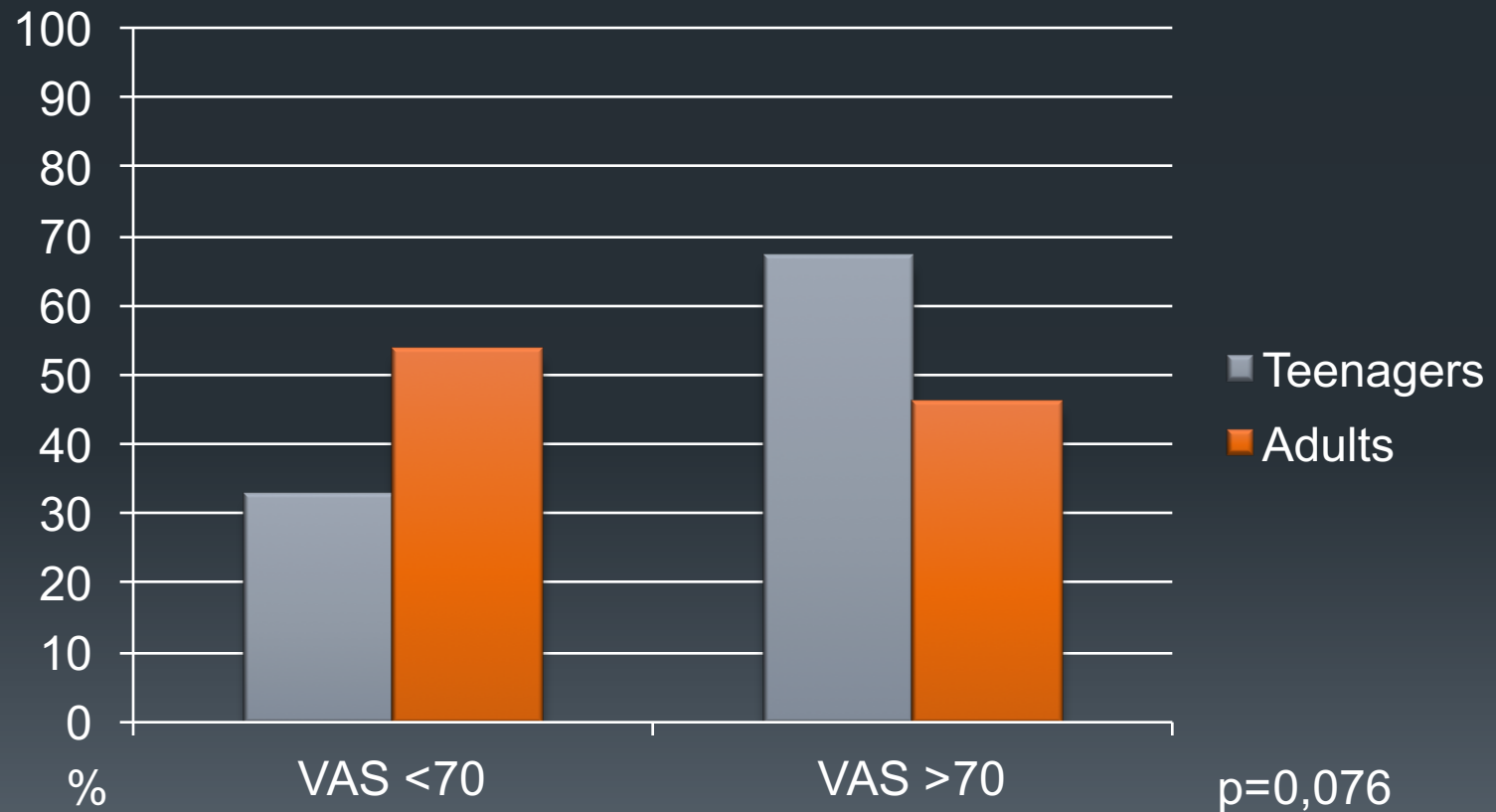
	Teenagers N=47 Median (IQR)	Adults N=62 Median (IQR)	P-value
Age (years)	18 (2,0)	28 (5,0)	<0,001
BMI (kg/m ²)	21,5(4,5)	22,0 (2,7)	0,267
Duration of gestation	50,0 (12,0)	48,6 (9,0)	0,129
Nausea during pregnancy (VAS, 0-100 mm)	40 (53)	26 (57)	0,087
Reported menstrual pain (VAS)	44 (44)	31 (55)	0,257

Highest pain during abortion

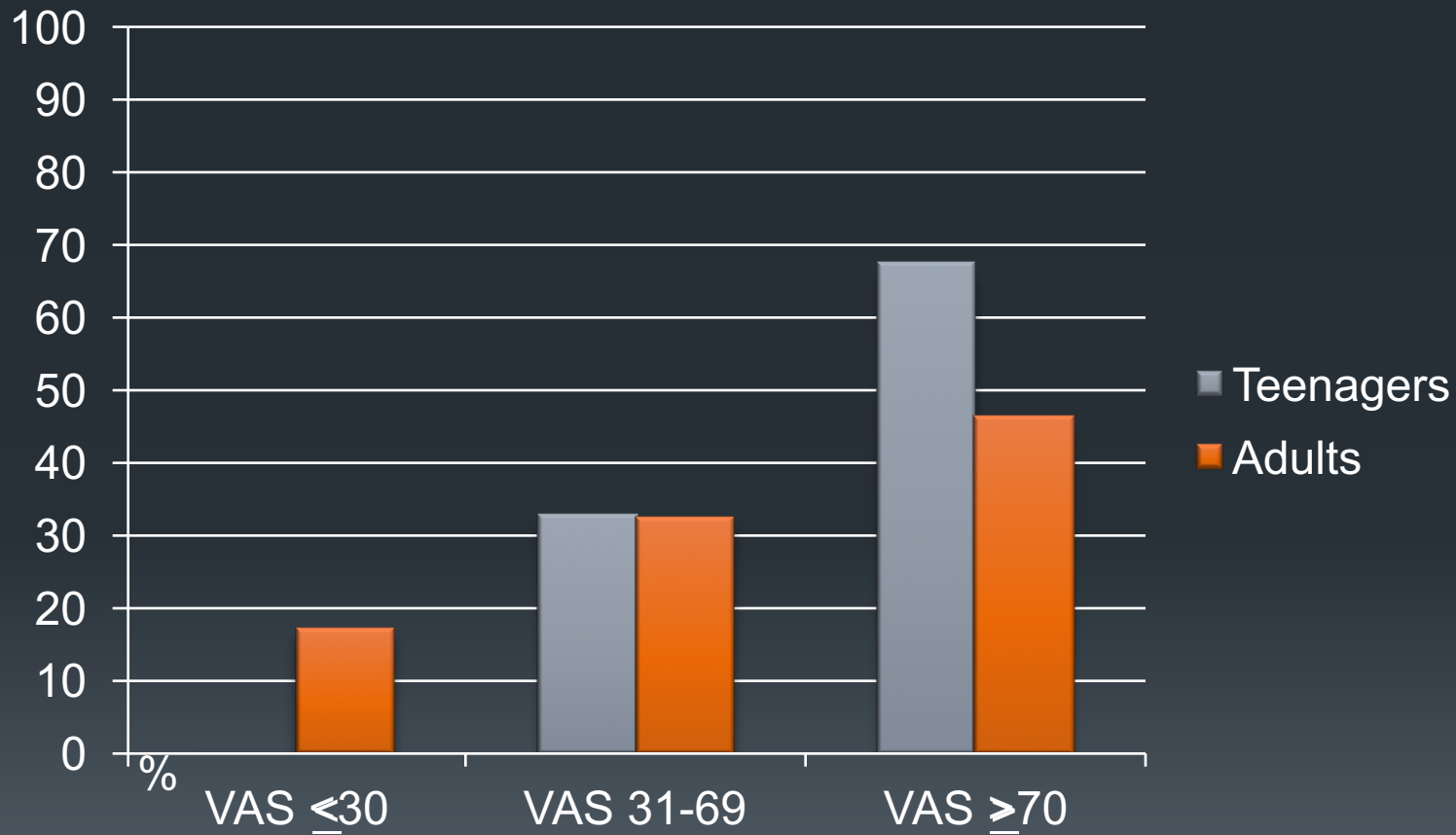


P-value 0,066

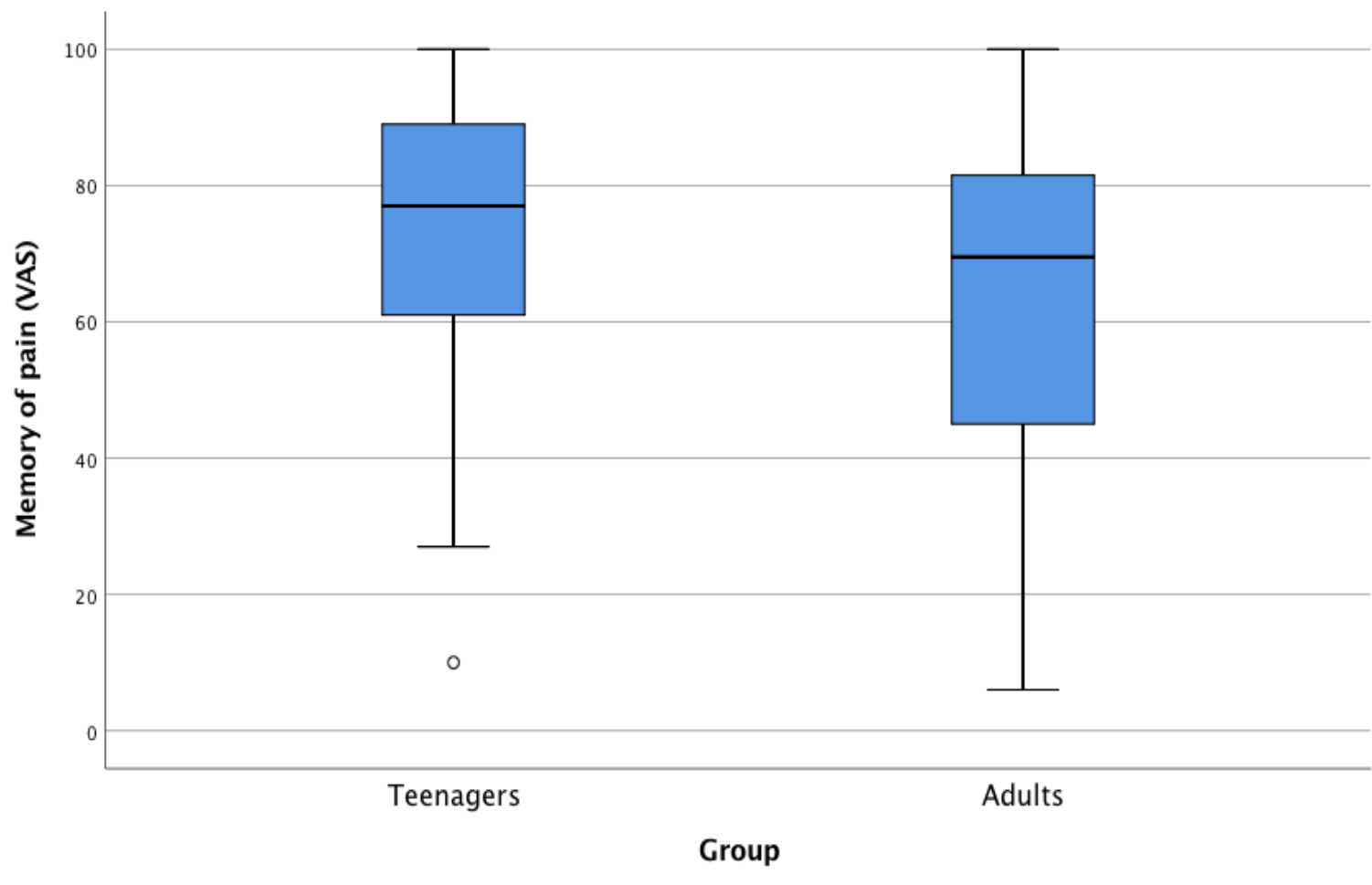
Likelihood of severe pain



Distribution of maximal pain

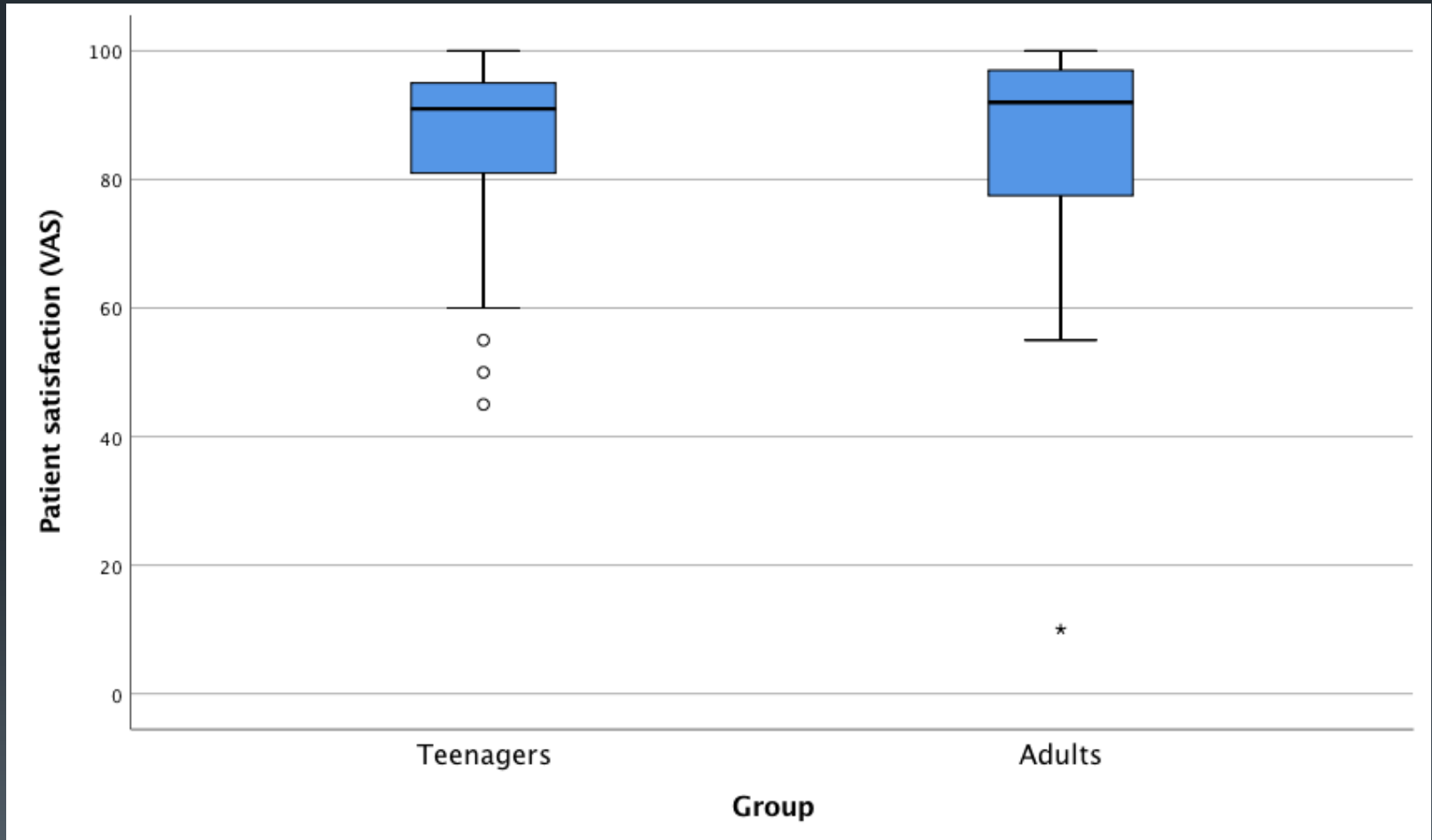


Memory of pain



p=0,051

Patient satisfaction (VAS)



$p=0,743$



- Was the pain medication adequate?

- Yes: teenagers: 82,7% vs adults: 65,7%

- $p = 0,084$

- Furthermore adequacy of pain medication by groups

- VAS <70 91,7%

- VAS \geq 70 56,9%

- Would you choose the medical method again in case on subsequent abortion?

- Yes: 88,5% vs 93,1%

- $p = 0,091$



Conclusion

- Half of the patients experience severe pain during medical abortion despite of recommended pain medication.
- Patients are satisfied with the pain medication given even though pain is often severe
 - Should pain medication be more efficient?
- Most of patients would choose medical method again if needed

Thank you

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- Jouni Ahonen, MD, docent
- Vilja Palkama, MD
- Pirjo Ikonen



Highest pain during abortion

