Early Medical Abortion at Home

Can we predict which women choose this method?

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Abortion Services in Scotland

• Abortion services based within NHS hospital or community settings
• 12,212 abortions in 2017¹ (11.8 /1000 women age 15-44)
  • More in women aged 20-24 (28.6%) than other age groups
• Majority performed before 9 weeks gestation (72%)
• 84% of all abortions are by medical methods
  • 90% of all under 9 weeks gestation are medical abortion
• NHS Greater Glasgow and Clyde (GGC)
  • 22% of all abortions in Scotland in 2017 (11.4 / 1000 women)
  • 88% of all abortions by medical methods

¹. Termination of Pregnancy. Information Services Division Scotland
May 2018
Early Medical Abortion at Home (EMAH)

• Previously all women required to attend a hospital setting

• October 2017 – Scottish Government approved a patient’s home address as a place where treatment could be carried out
  • Pregnant women attends a clinic where she is prescribed mifepristone and misoprostol, takes mifepristone in clinic and wishes to carry out the treatment at home
  • Women must be eligible
  • Will then be prescribed and discharged with misoprostol to self-administer at home (24-48 hours later)
EMAH in NHS GGC

• TOPAR service at Sandyford

• Began offering EMAH to eligible women from 3rd April 2018
  • 16 years or over / 9 weeks gestation or less / adult available to be at home with them / no language problems / no medical contra-indications

• Under 9 weeks gestation options;
  • EMAH (Only available Mon-Fri during introduction of service)
  • Medical abortion in hospital (available Mon-Fri)
  • Surgical abortion under general anaesthetic (from 7+weeks)
Aim and Methods

• To determine the proportion of women who choose EMAH, and identify any predictive characteristics for choosing this method

• Prospective review of all women attending April – June 2018
  • 9 weeks gestation or less
  • Choosing a medical method

• Identified women not eligible for EMAH

• Comparative analysis of the demographics of women who had EMAH and eligible women who chose a medical abortion in hospital
Method Chosen

<table>
<thead>
<tr>
<th>Method of Abortion</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMAH</td>
<td>34%</td>
</tr>
<tr>
<td>Early Medical Discharge</td>
<td>1%</td>
</tr>
<tr>
<td>Medical abortion &lt;9wks gest in hospital</td>
<td>33%</td>
</tr>
<tr>
<td>Medical abortion &gt;9wks gest in hospital</td>
<td>20%</td>
</tr>
<tr>
<td>STOP</td>
<td>12%</td>
</tr>
</tbody>
</table>

Medical abortion <9 weeks in hospital (n=261)
- Patient preference (n=165 (63%))
- Not eligible for EMAH (n=96 (34%))

Reason not eligible for EMAH

- No adult with them: 31
- Language: 27
- Medical reason: 18
- <16 years: 6
- Live in remote area: 6
- Social Reason: 5
- Presented before weekend: 3
Comparison of women choosing EMAH vs. In hospital medical abortion <9 weeks

<table>
<thead>
<tr>
<th></th>
<th>EMAH (N=266)</th>
<th>In hospital medical abortion (N=165)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age range (yrs.)</td>
<td>16-44</td>
<td>16-42</td>
<td></td>
</tr>
<tr>
<td>Mean age (yrs.)</td>
<td>28</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Mean gestation (days)</td>
<td>48</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Previously given birth (N (%))</td>
<td>153 (57%)</td>
<td>61 (37%)</td>
<td>0.0001</td>
</tr>
<tr>
<td>Previous medical abortion (N%)</td>
<td>81 (30%)</td>
<td>31 (19%)</td>
<td>0.0093</td>
</tr>
<tr>
<td>SIMD¹ 1&amp;2 (N(%)</td>
<td>165 (62%)</td>
<td>95 (57%)</td>
<td></td>
</tr>
</tbody>
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1. Introduction to The Scottish Index of Multiple Deprivation (SIMD) 2016. The Scottish Government. 2016
Limitations

- Small numbers of women over first 3 months
- Can’t account for variation in consultation between different healthcare professionals
- Service limited to weekdays may have affected women’s choice
- No information of level of education
Conclusions

• A third of all women assessed for abortion proceeded to EMAH
• 62% of all women eligible for EMAH choose this method
• Women are more likely to opt for EMAH if previously given birth or previous medical abortion
• More women are likely to choose this option with an anticipated move to provide a 7 day EMAH service
Thank you

Questions?