



## AN EPIDEMIOLOGICAL STUDY OF MEDICAL TERMINATION OF PREGNANCY PROFILE IN A TERTIARY CARE CENTER

### Gynaecology

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### ABSTRACT

**Background:** The Medical Termination of Pregnancy Act (MTP Act) came into force from 01 April 1972 and again revised in 1975. The objective was to study demographic profile, period of gestation, various indications of the Medical Termination of Pregnancy performed in our institution.

**Methods:** This was a hospital based prospective observational study carried out from 1 Jan 2018 to 31 Dec 2018 for period of 1 year in Umaid Hospital, Department of Obstetrics and Gynecology, SNMC Jodhpur, India. Age, residence, religion, period of gestation, reason of MTP of 138 women who came for MTP during the study period is recorded.

**Results:** 138 women underwent MTP in this study. Contraceptive failure was the most common reason for MTP contributing 123 women (89.13%), followed by anomalous fetus having 14 women (10.14%).

**Conclusions:** Contraceptive failure is the most common reason for MTP. Either they are using contraceptive practice infrequently or in wrong way, which leads to unwanted pregnancy.

### KEYWORDS

Contraceptive failure, MTP, unwanted pregnancy

### INTRODUCTION

Abortion is defined as termination of pregnancy before the foetus becomes viable (28 weeks of gestation), or termination of pregnancy when the foetus weighs approximately 1000 gm. In many countries in the world, abortion is not legalized, but in India, it is legalized by "medical termination of pregnancy act" of 1971 and this act came into force from April 1972. The law allows abortion to be conducted from public and certified private facilities, and only by gynecologists or certified doctors who have received training for it.

Many doctors provide abortion services only on the condition that women adopt either sterilization or copper IUD after the procedure. Repeated abortion is harmful to health of the mother. It has to be ensured that abortion does not replace the traditional method of birth control. Because of greater safety nowadays, MTP has gained popularity to get rid of unwanted child. To avoid the misuse of induced abortions, the Medical Termination of Pregnancy Act (MTP Act) was enacted.

Although abortion has been greatly liberalized, the annual number of legal abortions are about 0.6 million, which contribute hardly 10 percent of the abortions done in the country.<sup>1</sup>

This study was conducted to review the demographic profile and indications of Medical Termination of Pregnancy in present era.

Objectives of present study were

- To evaluate the demographic profile of women undergoing Medical Termination of Pregnancy.
- To evaluate the number of Medical Termination of Pregnancy performed over a period of 1 year.
- To know the indications for Medical Termination of Pregnancy performed in 1st trimester and mid-trimester of pregnancy.

### METHODS

The present study was carried out in the Department of Obstetrics and Gynecology, Jodhpur, India from Jan 2018 to Dec 2018. It was a hospital based prospective observational study. About 522 women fulfilling inclusion criteria were included in the study and underwent Medical Termination of Pregnancy (MTP) in our tertiary care hospital. Inclusion criteria

All Women of reproductive age coming for medical termination of pregnancy in Out-Patient Department and giving consent.

### Exclusion criteria

- abortion women who were lost to follow up.
- Patient undergone MTP at other center and then referred to this institute.

Women who came to Department of Obstetrics and Gynecology Outpatient Department (OPD) willing for MTP on valid grounds were included in this study after taking informed consent. Detailed history and reasons for the abortion noted. About 138 women who underwent Medical Termination of Pregnancy were studied. Post abortal contraceptive method OC pills, DMPA, Cu T were offered and provided to them according to their choice. All the results were plotted in a master chart and data analysis was done.

### RESULTS

In present study, total 138 women were studied. Maximum number (57.25%) of women were in age group 25-34 years. 21.01% women were in age group 15-24 yrs. while 21.74% were in age group 35-45 yrs. Youngest was 19 year old and oldest was 45 year old.

Out of 138 women, 103 women (74.64%) were from urban area and 35 women (25.36%) were from rural area.

Out of 138 women, 118 (85.51%) women were Hindus while 20 women (14.49%) were Muslims. These were due to religion wise distribution of public in our state. Majority of public is Hindu in our state. This is also due to religious restrictions on abortion in Muslim community.

Out of 138 women, only one woman (0.72%) was unmarried, rest all 137 women (99.28%) were married women. 83.33% women of MTP were in first trimester and 16.67% women were in second trimester. Most common indication of MTP was contraceptive failure which included 123 women (89.13%). While second common indication was anomalous fetus 14 women (10.14%). One woman of MTP was humanitarian (rape).

### DISCUSSION

This study was conducted at a tertiary care center, Department of Obstetrics and Gynecology, Dr SN Medical College, Jodhpur, India. Demographic profile, indications of MTP were studied.

In this study, maximum number of women (57.25%) were in age group 25-34 years. Renu Kumari et al<sup>2</sup> & Shrivastava et al<sup>3</sup> also found that 55% and 53.33% women were in this same age group.

In this study, 74.64% of women were from urban area and 25.36% women were from rural area. This distribution may be due to reason that this institute is located in urban area. Bamniya A et al<sup>4</sup> found 75% of women from urban area and 25% women from rural area. Shrivastava et al<sup>3</sup> also found 74.76% women urban area and 25.24% women from rural area.

1 woman (0.72%) was married in our study and remaining all 137

women (99.28 %) were married in our study. Bamniya A et al<sup>1</sup> and Shrivastava et al<sup>2</sup> found 99 % women & 97.62% women respectively were married. This difference was due to the fact that unmarried women do not like to get documented the abortion of illegitimate child.

83.33 % women were in first trimester and 16.67% women were in second trimester. In a study by Veena L. et al<sup>3</sup>, period of gestation of 78.88 % women were up to 12 weeks and 21.2 % women were more than 12 weeks.

### CONCLUSION

Contraceptive failure is the most common reason for MTP. Either they are using contraceptive practice infrequently or in wrong way, which leads to unwanted pregnancy. Majority of women who underwent MTP procedure are in first trimester and living in urban area. There is need for increase the awareness for abortion services especially in rural area where illegal abortion practices is more common. Religious difference is also noted. Awareness should be created in all sections of the community regarding MTP. So that quality of people should not be affected due to religious misconceptions. Sexual education, family planning, and the provision of legal induced abortion is necessary in present era.

Due to lack of knowledge about family planning methods and safe abortion services along with lack of qualified doctors in rural areas leads to unsafe and illegal abortion being opted by women. So safe abortion services should be readily available and affordable to all women. These services should be available at primary-care level, with referral systems for high risk women.

**Table - 1 Socio demographic features**

			No.	%
1	Age (years)	15-24	29	21.01 %
		25-34	79	57.25 %
		35-45	30	21.74 %
2	Residence	Rural	35	25.36 %
		Urban	103	74.64 %
3	Religion	Hindu	118	85.51 %
		Muslim	20	14.49 %
4	Marital status	unMarried	1	0.72 %
		married	137	99.28 %
5	Trimester	1 <sup>st</sup> trimester	115	83.33 %
		Mid trimester	23	16.67%

**Table – 2 Indications of MTP**

	Indications	No.	%
1	To save life of pregnant women	0	0
2	To prevent grave injury to physical and mental Health	0	0
3	Eugenic (Anomalous Fetus)	14	10.14 %
4	Humanitarian (Rape)	2	10.72 %
5	contraceptive failure	123	89.13 %

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