IMPACT OF CONTRACEPTIVE COUNSELING IN A THIRD WORLD COUNTRY: PIENSA PROJECT IN VENEZUELA.

Although several effective contraceptive options are available in most countries, almost one half of pregnancies in the world are unplanned and these are even more frequent in developing countries. Despite increasing the use of contraceptives is one of the main priorities in Latin America, there is a lack of studies designed to understand contraceptive choice, acceptability and satisfaction with contraceptive methods and the influence of contraceptive counseling in the Venezuelan population.

Objective:
To determine the influence of counseling in contraceptive choice and identify the main reasons for accept or reject the different auto-administered hormonal contraceptives (Combined Pill, Patch or Ring)

Materials and method:
Multicentric, transversal study based in pre-defined questionnaire applied before and after contraceptive counseling in women who attend to health care professional (Gynecologists) office seeking for combined hormonal contraception.

Results:
There were 919 women >=18 and <=40 years of age (Mean age 26 +/- 5.82 years) included in the study. Before contraceptive counseling, 61.8% requested the pill, 15.9% the ring and 7.6% the patch. After counseling, 46.7% requested the pill (p<0.005), 34.6% the ring (p<0.005) and 12.1% the patch (p<0.005). The main reasons for choosing the pill were: ease of use, regular bleeding pattern and being a well investigated method. The main reasons for choosing the ring were: monthly use, ease of use and discretion. The main reasons for choosing the path: ease of use, weekly use and not easy to forget.

Conclusion: In Venezuela, contraceptive counseling is determinant for the contraceptive choice.