



The Open
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Women's informal knowledge and understandings of IUC

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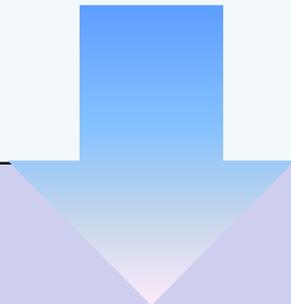
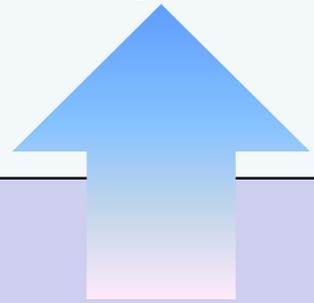


Anglia Ruskin
University

The Project

A mixed method investigation into the acceptability of intrauterine contraception in General Practice from the perspectives of women, GPs and Practice Nurses.

Four strands to the study – mixed method approach

	1. Practitioners	2. Patients
Quantitative	Survey x 208 	Survey x 1244 
Qualitative	Interviews x 14	Interviews x 30

Who took part?

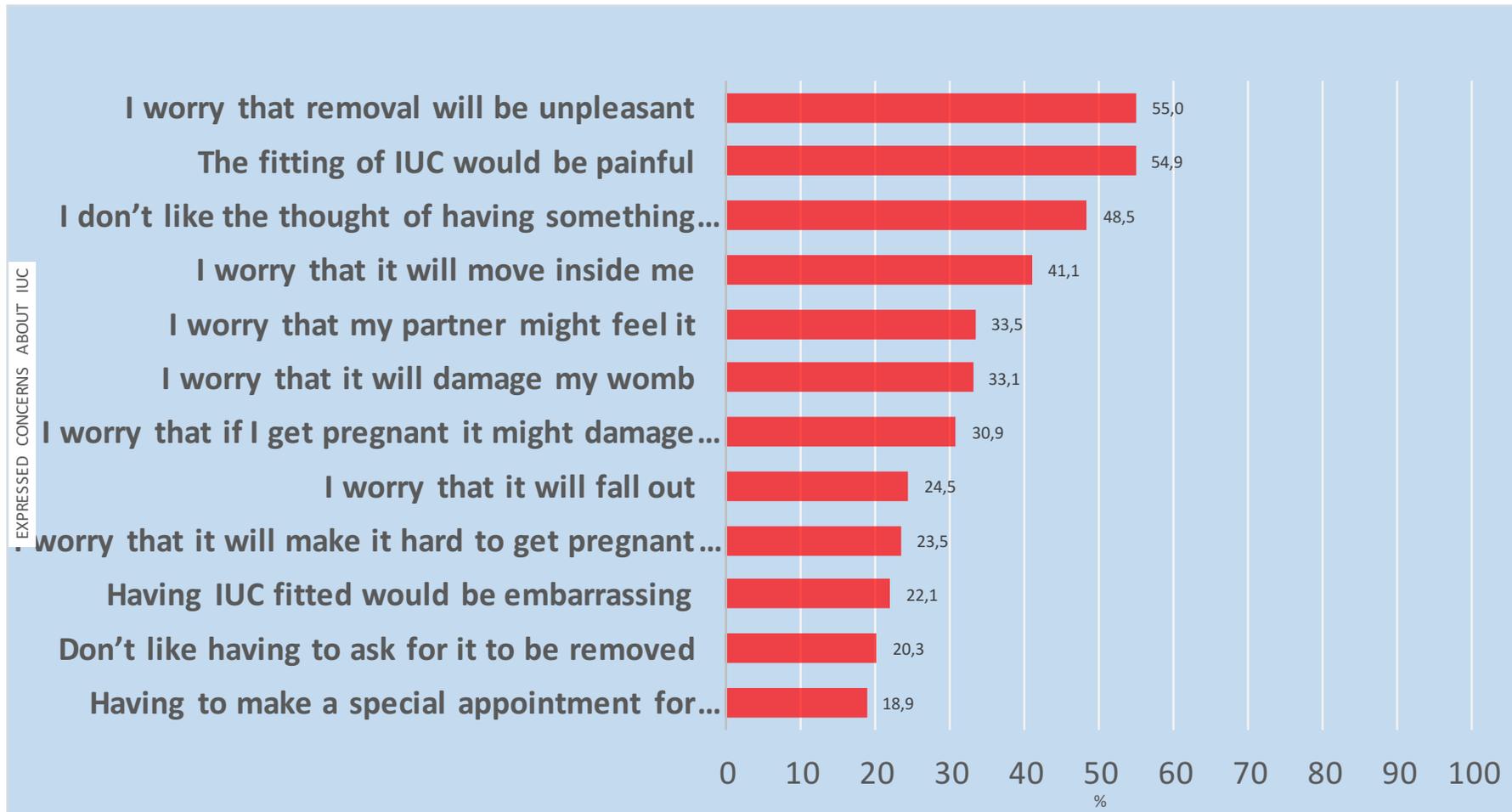
- Women aged 18-49
- 30 semi-structured interviews with NEVER users of IUC
- 1244 self-completing survey responses
- Recruited from GP practices across Kent, Surrey and Sussex



Qualitative interviews - Themes

Concerns about bodily boundaries and control	Pollution of the body	Gendered bodily shame
<p><i>Just the idea of someone going inside you that you don't know and you've never met just makes me feel really uncomfortable (Maria, 19)</i></p>	<p><i>It might all get a bit messed up and... yeah, I wouldn't like... if I was to think about it, I would feel like it is all a bit unclean inside. (Adele, 21)</i></p>	<p><i>I think for the pill, that's what the pill has as an advantage, it's quite private, it's quite discreet, you don't have to tell anybody, you don't have to be around anyone when you do it, no one has to go down there (Maria, 19)</i></p>
<p><i>Well, first of all how do they get it in you, do they have to cut you open, or does it sort of go up, or, and does it sort of, can you feel it when its inside you, if you're on your period does it sort of like, I don't know, make the cramps even worse, do you have to change it regularly, and if so how do you do that, do you have to go through this horrible procedure having it dragged out of you or something? (Susie 21)</i></p>	<p><i>It's imagining what the coil is doing, so you sort of visualise it just scraping away at your, the wall of your uterus. And it just makes me think of a little bottle brush in there just scraping off all your, the wall of the uterus to prevent any ovary embedding and I suppose the image in your mind is it's sort of like some little metal spring around scratching away at your uterus. I suppose it doesn't sound very gentle. (Linda, 36)</i></p>	<p><i>So, yeah I think that is quite main reason and also obviously it's got to be placed inside and I think women have enough invasive procedures to be honest and it probably puts them off having it done. So if there was something a bit less invasive they will probably go for that I would say over the coil (Ellen, 35)</i></p>

Percentage of patients 'Agreeing' or 'Strongly agreeing' with Statement (N=1195)



Conclusions

- Women wanted to know what the actual lived-experience of having IUC might be like
- They listen to the experiences of family and friends for this information
- There was confusion over things like the size of the device and how it is fitted
- A resource about women's actual experiences might be useful
- [susanaru.mp44 MB](#)



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