



## Education and Guidance on Choosing Long-Term Contraceptive Methods for Mrs. R G3P2A0 at PMB Suwarti Somad, Bengkulu City: A Case Study

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### Abstract:

Metode kontrasepsi jangka panjang (MKJP) merupakan pilihan efektif untuk menjarangkan atau mengakhiri kehamilan, namun penggunaannya sering terkendala oleh rendahnya pengetahuan dan ketidakmantapan dalam pengambilan keputusan. Penelitian ini bertujuan untuk mendeskripsikan asuhan kebidanan komprehensif melalui edukasi dan pendampingan pemilihan MKJP pada Ny. R G3P2A0 sejak trimester III hingga masa nifas di Praktik Mandiri Bidan (PMB) Suwarti Somad, Kota Bengkulu. Studi kasus deskriptif dilakukan pada 21 Mei–3 Juli 2024 dengan pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi, dan studi kepustakaan; intervensi konseling menggunakan media booklet dan Alat Bantu Pengambilan Keputusan ber-KB (ABPK). Klien berusia 24 tahun, G3P2A0, menyampaikan keinginan menggunakan kontrasepsi setelah melahirkan dan memiliki riwayat penggunaan kontrasepsi sebelumnya (kondom dan suntik 3 bulan). Setelah diberikan edukasi dan pendampingan, klien lebih memahami pilihan MKJP dan mantap memilih IUD dengan rencana penggunaan setelah 40 hari masa nifas. Edukasi dan pendampingan berkesinambungan sejak kehamilan hingga nifas membantu klien memahami pilihan MKJP dan memantapkan keputusan memilih IUD sesuai kebutuhan.

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## INTRODUCTION

Family planning is an important effort to regulate births, spacing, and the ideal age at which they occur, ultimately supporting the reproductive health of individuals and couples. Long-acting contraceptive methods (LCMs), such as IUDs and implants, are effective options that can be used long-term, offer convenience, and are effective in preventing pregnancy (BKKBN, 2020). While the choice of LCMs offers various benefits, it is still influenced by the individual's knowledge, partner support, and access to information. Therefore, education and support from medical personnel, particularly midwives, play a crucial role in helping clients make informed decisions (Suyono, 2021).

Midwives play a significant role in providing comprehensive education and client-centered counseling to support contraceptive method selection. This counseling goes beyond providing information and also provides a space for clients to understand available options and discuss any concerns they may have (Aminah, 2022). In this regard, midwives function as facilitators, helping clients make contraceptive decisions that best suit their circumstances and needs. This study highlights the importance of counseling and support in informed decision-making. Mrs. R, who had a history of previous contraceptive use, felt more confident in choosing an IUD after receiving comprehensive education about various long-term contraceptive methods (MHT) options (Suwarti, 2024).

Support throughout pregnancy and postpartum has a positive impact on clients' understanding of the benefits and how long-term contraceptive methods work. The ongoing education process helps clients improve their understanding, ultimately supporting informed decision-making regarding contraceptive choices (Fitria, 2021). Mrs. R's decision to choose an IUD after the postpartum period reflects the importance of the midwife's educational process, which not only provides information but also supports clients in managing their reproductive health independently and in an informed manner.

## METHOD

This study used a descriptive (case study) design to analyze and describe in detail the education and mentoring process for Mrs. R. in postpartum contraceptive choice. This case study was conducted at the Independent Midwife Practice (PMB) of Suwarti Somad, S.ST, located in Bengkulu City, and took place from May 21 to July 3, 2024. The study subject was Mrs. R, a 24-year-old woman with obstetric status G3P2A0 who required education regarding postpartum contraceptive method selection. This subject was selected based on their need for more in-depth information about long-acting contraception (MKJP) and the importance of mentoring in the decision-making process.

Data collection in this study was conducted through various techniques, including interviews to explore clients' views, hopes, and concerns regarding contraceptive methods. Observations were conducted to understand the interactions between clients and midwives during counseling sessions and to identify clients' specific needs in the context of contraceptive decision-making. A physical examination was conducted

as part of the health evaluation to support recommendations for appropriate contraceptive methods. In addition, a documentation study was conducted by accessing Maternal and Child Health (KIA) books and medical records to obtain data related to health history and previous contraceptive use relevant to the decision.

Literature review was used to broaden understanding of theories related to family planning, contraceptive education, and methodology relevant to this case study. Close attention was paid to research ethics, including obtaining informed consent to ensure that clients understood the research objectives and procedures and agreed to participate. Family consent was also obtained to ensure that clients' decisions were supported by those closest to them. To maintain confidentiality, client data was kept anonymous and will not be used outside the context of this study.

The intervention in this study utilized educational media in the form of booklets containing information on various contraceptive methods, their benefits, side effects, and how to use each method. Furthermore, a Family Planning Decision-Making Tool (ABPK) was used to help clients clarify their needs, choose an appropriate contraceptive method, and facilitate effective communication between clients and midwives. This process aims to support decision-making based on in-depth understanding and in accordance with client preferences.

## **RESULTS AND DISCUSSION**

### **RESULTS**

During a pregnancy assessment conducted on May 21, 2024, the client came for a pregnancy checkup and complained of frequent urination, which was the initial concern in the maternal health assessment. Furthermore, the client expressed her intention to use contraception after giving birth. Her previous contraceptive history indicated that she had used condoms and the 3-monthly injection, but was dissatisfied with both methods. The client also revealed that this current pregnancy was unplanned, which was a significant reason for her seeking a more effective contraceptive method after giving birth.

During the midwifery care period, the primary focus was on providing education regarding contraceptive options, particularly long-acting contraceptives (MKJP), which were deemed most appropriate for the client's condition. This education included information on various contraceptive methods, including IUDs and implants, emphasizing the benefits, how they work, advantages, and limitations of each method. This education was conducted using a booklet containing clear and easy-to-understand information and a Family Planning Decision-Making Tool (ABPK) to help the client understand the available options and make informed decisions based on their individual needs and health conditions. During the education process, the client expressed interest in an IUD, but still needed time to carefully consider all related aspects. During the postpartum period, an evaluation of her contraceptive plan was conducted to ensure she fully understood the benefits and risks of IUD use. Counseling was reinforced by providing additional information on how to use an IUD, potential side effects, and long-term benefits. The client was assessed as having become more confident in her choice after the discussion and further explanation regarding IUDs. In the final counseling session, the client expressed a firm decision to choose an IUD as her postpartum contraceptive method. She planned to use the IUD after 40 days of her postpartum period, indicating a higher level of comfort and

confidence in her choice. This evaluation indicates that the ongoing education and mentoring process successfully facilitated the client in making an informed decision based on her needs and preferences.

## **DISCUSSION**

The results of this case study demonstrate that continuous education and support, from pregnancy through the postpartum period, are highly effective in increasing clients' understanding of long-acting contraceptive methods (LAMs) and helping them make informed decisions regarding their contraceptive choices. The approach taken during this period not only focuses on providing information but also provides space for clients to clarify their needs and preferences, including their goals for spacing pregnancies, previous contraceptive experiences, and their readiness to use postpartum contraception. This is crucial because decisions regarding contraceptive choice are often influenced by psychological factors and personal experiences, which require in-depth understanding and careful consideration.

A continuous approach to providing education through ongoing counseling throughout pregnancy and the postpartum period allows clients to gradually obtain the necessary information. This gives them the opportunity to better digest the information and make more informed decisions. The counseling also helps clarify various factors influencing contraceptive decisions, such as health, comfort, and potential side effects. This support enables clients to feel more confident in making contraceptive decisions, tailored to their needs at that time.

The use of Family Planning Decision-Making Tools (FPDs) and booklets as educational tools significantly supports the counseling process. These tools help structure information, allowing clients to more easily understand the comparisons between various contraceptive methods, both in terms of benefits and risks. Using the FPDs, the communication process between clients and midwives becomes more focused on their specific needs, helping to explain how each contraceptive method works and its advantages and disadvantages. This also encourages clients to objectively consider each available option and make a more informed decision.

In this case, the planned use of an IUD as a long-term contraceptive method after 40 days of postpartum was the end result of an effective counseling process. The client felt confident in her choice after receiving an in-depth explanation of the IUD, including its long-term benefits and its convenience compared to other methods she had previously used. By choosing an IUD, the client obtained a method suited to her needs, allowing them to achieve more effective birth control without worrying about long-term side effects. This decision reflects the important role of midwives in providing comprehensive education and supporting clients in the process of making wise decisions regarding contraception.

## **CONCLUSIONS**

The education and guidance provided to Mrs. R G3P2A0 regarding the selection of the Long-Term Contraceptive Method (LTCM) from the third trimester through the postpartum period successfully increased the client's understanding of the various contraceptive options available and strengthened her decision to

choose an IUD as her contraceptive method after 40 days of postpartum. This process demonstrated that a continuous approach and structured counseling were highly effective in helping clients understand their options and make informed decisions based on their needs and health conditions. The client's decision to choose an IUD reflected the importance of in-depth education regarding the benefits and effectiveness of each contraceptive method.

Based on these findings, the recommendation for midwifery practice is to maintain repeated counseling based on the Family Planning Decision-Making Tool (ABPK) at every antenatal care (ANC) visit through the postpartum period. This approach can ensure that clients have a deeper understanding of available contraceptive options and can make more informed decisions. Furthermore, repeated counseling can enhance the continuity of contraceptive method use, given that contraceptive choice is a decision that can change with experience and changing health conditions. Midwifery practices that integrate education and ongoing support can strengthen client decisions and support the successful use of long-term contraception such as IUDs..

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