



Influence on Depo Provera Contraceptive Acceptors with Spotting

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Abstract

Family Planning (KB) is a program designed to help individuals or married couples achieve certain goals, avoid unnecessary pregnancies, get the desired deliveries, regulate pregnancy intervals, control the timing of pregnancies related to husband and wife and determine the number of people. KB Depoprovera is a method of injection KB which is given once every 3 months. The side effect that usually occurs in users of these acceptors is spotting. This research was obtained from

Google Scholar Purpose study This is to determine the effect on Depo provera Contraceptive Acceptors with Spotting . Study This use method literature reviews with approach studies Reference Of the 8 studies used, 2 of them used the case study method and 5 others used the cross sectional method and 1 used the multicenter method and group study. Keywords used in search journal are " acceptors , depoprovera, spotting ". Amount incoming articles in criteria inclusion as much eight article . Based on results studies literature state that knowing the effect on Depo provera Contraceptive Acceptors with Spotting . From eight the articles reviewed can concluded If there is knowing the effect on Depo provera Contraceptive Acceptors with Spotting.

Keywords: acceptor, depoprovera, spotting

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Introduction

Family Planning (KB) is an action designed to help married couples avoid unwanted pregnancies, get births that are ideal, regulate the distance between pregnancies, control the time of birth related to the age of the husband and wife, and determine the number of children in the family (Suratun, 2014).). Family planning can reduce the risk of maternal death by reducing gestational age, preventing pregnancy, or limiting pregnancies (if sufficient). does not violate applicable laws and regulations (PinemS, 2014).

One effective method of contraception for mothers is injectable contraception. This is because it is safe, effective, simple and cheap. This search is starting to be favored by our society, it is estimated that half a million couples use injectable contraceptives to prevent pregnancy. However, injectable contraceptives also have many side effects, such as amenorrhea (30%), spots (35%) (blood spots) and menorrhagia. Such as other hormonal contraceptives, nausea, headaches (<1-17%) (dizziness), galactorrhea (90%), changes in body weight (7-9%) were also found (Hartanto, 2015).

In 2018, the use of contraceptives by the World Health Organization (WHO) increased in many parts of the world, especially in Asia and Latin America, but the use of contraceptives in sub-Saharan Africa is still very low. Globally, the use of modern contraceptives has increased slightly, from 54 % in 1990 to 57.4% in 2015. Regionally, the percentage of women ages 15-49 reporting use of modern contraceptives minimally or increased between 2008 and 2004. 2015. In



Africa it rose from 23.6% to 28, 5%, in Asia it rose slightly from 60.9% to 61.8%, and in Latin America and the Caribbean it remained stable at 66.7% (WHO, 2018).

Based on data from active family planning participants in the Republic of Indonesia Health Profile (2018), the most widely used contraceptives were injection contraceptives with 63.71%, followed by contraceptives with 17.24%, and IUD contraceptives with 7.35%, then the last type is the implant, which is equal to 7.2% of the implant rate. The contraceptive method that is rarely chosen by family planning participants is the surgical method for women (MOW) for 2.76%, condoms for 1.24%, and the surgical method for men (MOP) for 0.5% (Ministry of Health, 2018).

In one study, 50 respondents who used injectable DMPA contraception which was carried out bilaterally using the Spearman rho test found that the use of injectable DMPA contraception caused side effects if used for a long time (Rakhmawati, 2018). Based on the above background, so the authors are interested in studying more about 3-month injection KB with spotting through writing a proposal with the title "Literature Review: Midwifery Care for Depo provera Injecting Family Planning Acceptors with Spotting".

Research Methods

Strategies in finding journals used in literature reviews, Methods research used in study This is method literature review research with analyzed 8 journals obtained _ from the google scholar database . Keywords used _ _ is " Key words: acceptor, depoprovera, spotting ". Selected articles _ is appropriate article _ with criteria inclusion with limit time publishing journal 2013 - 2022 , using Indonesian , original article (article research), subject article is And article available



in full text form s. The authors took all the research designs used in identifying deprovera contraception use with spotting .

Results And Discussion

In this study the following results were obtained:

No	Year	Author Name and Title	Method	Results	Database
1	2021	Vera Halpern etc .2021 Clinical trial to evaluate pharmacokinetics and pharmacodynamics of medroxyprogesterone acetate after subcutaneous administration of Depo-Provera acetate after subcutaneous administration Depo-Provera	Partially randomized, multicenter, parallel-group study.	No ovulations were observed during 7 months after a single injection of 150 or 300 mg Depo-Provera. The 150 mg group had a similar Cmax as observed over two injection cycles of Depo-SubQ Provera 104 and a similar 6- month trough concentration as the 3-month trough of Depo-SubQ Provera 104.	Goggle Scholar
2	2017	Tri Budi Rahayu, Nova Wijanarko .2017 Side Effects of Injecting Kb Acceptors Depo Medroxy Progesterone Acetate (Dmpa) After 2 Years of Use	Cross sectional.	most of the respondents experienced menstrual disorders in the form of amenorrhoea, namely as many as 39 respondents (52.7%), and experienced an increase in body weight, namely as many as 43 respondents (58.1%).	Goggle Scholar



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3	2020	Setyorini C, Lieskusu mastuti AD The duration of using injectable birth control was 3 months with the incidence of spotting and amenorrhea at PMB Darmiati Memplak Boyolali	Cross sectional.	The longer the acceptor uses injection KB 3 month the incidence of spotting is reduced and tends to be have amenorrhea.	Google scholar
4	2020	Maria IN, ec relationship of contraceptive Use Depo Provera with The Side Effects On Acceptance in Nulle Health Center	Cross sectional.	he results showed there was a relationship between the use of injectable contraceptive Depo Provera with side effects in the form of menstrual cycle disorders(p -value = 0.004), spotting (p -value = 0.006) and increased in weight (p -value = 0.010) while unrelated side effects are an increased in blood pressure (p -value = 0.423). Advice for health workers, especially in the field of maternal and child health and family planning to increase the frequency of counseling to acceptors, especially injectable contraceptive acceptors	Google Scholar



				Depo Provera regarding the side effects of contraceptive used so that acceptors can have a good understanding of the contraceptives used	
5	2018	Sinaga ES The Relationship between the Use of Tools and Injection Contraceptive Drugs With Menstrual Disorders At the Nirmala Clinic	Cross sectional.	85 cases questionnaire That out of 85 cases of mothers who use contraceptive injections for 1 month experiencing polimenore or spotting as many as 50 cases (100%) while mothers who 23 cases (65.71%) experienced amenorrhea and 12 cases experienced spotting. (34.29%). The results of statistical tests using the chi square test obtained a value of $p = 0.01 < 0.05$ and $X^2 = 41.77$ meaning that there is a relationship between the use of injectable contraceptives and drugs with menstrual disorders at the 95% CI level of 1.84-4.61, meaning that	Google scholar



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				mothers who use contraceptive injections experience menstrual disorders 1-4 times at the Nirmala Clinic	
6	2019	Syeva S Midwifery Care on kb Acceptor 3 month injections With Spotting In Bpm Agustina Sri Wahyuni District District Bergas Semarang	Case study.	Case Study 1. Midwifery management client 7 steps Varney The care given in this case is giving combination contraceptive pills 2x1 (30-35 µgetinylestradiol for 7 days), ibuprofen (up to 800 mg, 3x/day for 5 days), moral support and vulva hygiene counseling. After being carried out for 7 days, the results were obtained general condition is good, no potential problems have arisen, the mother is not worried and feels comfortable, the blood spots have stopped, the mother is willing to come to the facility health if there are complaints and the mother continues to use contraception for 3 months	Google scholar



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7	2016	Debbie Cahya Wenang and Ayu Cahyani Noviana Cycle Change Menstruation on Injectable KB Acceptor Medroxyprogesterone Depot Acetate (DMPA) and Implants in Territory Health center work District Karan Trenggalek	Cross sectional	shows that there is menstrual cycle changes among contraceptive recipients Dingamegestrol injection Acetate (DMPA) and receiver implants in the Work Area District Health Center Terengalek Regency	Google scholar
8	2013	Shinta NP Midwifery Care on Mrs.S P1A0 Age 21 years old injecting contraceptive acceptor Depo Provera with Spotting at BPM Finulia Surjati Surakarta	Case study	From the results of that care given it is known that spotting experienced by Mrs S P1A0 is a side effect of birth control Depo provera injections, spotting can be treated on day care fifth with combination pill therapy 30-35 ugetinylestradiol 2 x 1 tablet per day for 7 days	Google scholar



Discussion

According to BKKBN research (2012), spotting is blood spots that come out of the birth canal in recipients after contraceptive injections, and according to Hartanto (2004) the cause of menstrual spotting is a decrease in the hormone estrogen or hormonal disturbances (Rahayu, 2017).

According to Maria's research (2020), most respondents had complaints of spotting due to the use of depoprovera injections. Spots in women who use 3-month injection birth control (Depo Provera) occur due to the addition of the hormone progesterone which causes dilation of the veins in the endometrium (Nazirun, 2019).

According to Syefa's research (2019) in her case the use of contraception was used for 13 months, where the menstrual pattern was normal. In the study experienced spotting for 7 days. Shefa's client thought that she was only menstruating after 7 days of spotting and then checked herself out. History of contraception use for the first 13 months using 3-month injections, then switching to 1-month injections and then returning to 3-month contraception. According to Tribudi (2017) stated in his research that most of the respondents actually did not experience spotting after using contraceptives for more than 2 years.

According to Sinaga's research (2018) stated that the research conducted examined 2 types of injecting acceptors, namely 1-month injectable KB and 3-month injectable KB and most complained of spotting in cases of 1-month injection contraceptive use.

According to Setroriyi's research (2020) stated that the use of depoprovera injectable birth control complained of spotting, and came to the conclusion that the longer the 3-month injectable



birth control acceptor would reduce the incidence of spotting but increase the incidence of amenorrhea.

Shinta NB (2013), Syefa S (2019) used the same research design, namely a case study, by examining 1 client with a depoprovera acceptor user who complained of spotting. Case studies in midwifery care use the midwifery care format with seven varney steps. Meanwhile, Tri Budi (2017, Setyo C (2020), Maria (2020) Debbie (2016), and Sinaga (2018) use the same method as the cross sectional method, where Tri Budi and Debbie used a questionnaire to collect data, while Setyo and Maria used primary data and secondary data Vera Halpern etc (2021) using parallel and random techniques.

Analysis of the similarities and differences of each study. In Maria's research (2020), the results of a field study found 14 respondents who were disturbed by spotting. These events could be influenced by the low participation of respondents in seeking information related to spotting disturbances experienced by preferring to ignore these disturbances. In the cases of Shinta (2013) and Syifa S (2019) by studying 1 client with complaints of spotting, the spotting experienced by their clients can be overcome by using combination pill therapy of 30-35 mg and ethinylestradiol 2x 1 per day for 7 days so that on the 8th day of the study client complaints, namely anxiety and spotting, can be overcome only in Syifa S (2020) additional actions given by Syifa to her clients, namely Mrs. Profen 3 x 1 for 5 days and providing motivation. Meanwhile, according to Setyo C (2020) analyzed the results of his research that the longer acceptors use 3-month injectable birth control, the incidence of spotting decreases and tends to experience amenorrhea. According to Vera



Halpern etc (2021), in her research on the group that was given an injection of a dose of 150 mg, several respondents complained of spotting.

Conclusion

Family Planning (KB) is a program designed to help individuals or married couples achieve certain goals, avoid unnecessary pregnancies, get the desired deliveries, regulate pregnancy intervals, control the timing of pregnancies related to husband and wife and determine the number of people. Based on results studies literature state that they know Midwifery Care for Depo provera Contraceptive Acceptors with Spotting . From eight the articles reviewed can concluded If there is knowing the effect on Depo provera Contraceptive Acceptors with Spotting.



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