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PRACTICE BASED TEMPLATE

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The use of intrauterine devices in adolescents (282/300 words)

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Background/Purpose:

Adolescents increasingly use intrauterine devices (IUDs) for contraception and menstrual management. IUDs are also commonly utilised for menstrual suppression in young women with complex medical needs, including those with physical, intellectual and developmental disabilities. In this population, IUDs can reduce the burden of hygiene tasks and the stress associated with menstrual management.

We have observed that some patients require IUD replacement earlier than the expected 5-year lifespan, with important implications for long-term care and transition planning. Given that the IUD is typically inserted under general anaesthetic in our population, early replacement impacts theatre resources and anaesthetic exposure. This quality improvement project therefore aims to explore the characteristics and experiences of IUD use in our adolescent population.

Approach:

A retrospective medical record review of all adolescents (aged 10 to 19) who underwent insertion, replacement or removal of intrauterine device at the Children's Hospital at Westmead from 1st January 2015 to 30th June 2025 were conducted. Ethics approval was obtained from the SCHN Human Research Ethics Committee.

Outcomes/Impact:

Over the past 10 years, 299 IUD procedures were performed in 232 adolescent females. The analysis will describe age at insertion, indication for IUD use, comorbidities, effectiveness, complications, and timing of IUD replacement. Descriptive statistical methods will be used to summarise findings.

Significance:

This study will support the provision of optimal gynaecological care for adolescents by generating evidence to guide clinical decision-making and service planning. The project will assist in hospital resource allocation and improve planning of transition to adult services. By understanding patterns of IUD use, including early replacement rates and procedural needs, we aim to improve patient safety, enhance long-term outcomes, and ensure care is aligned with the specific needs of this population.

Disclosure of Interest Statement:

The authors declare no conflicts of interest.