The Impact of Oral Contraceptive on Female Fertility: Issues with Infertility and Spontaneous Abortion!

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The Impact of Oral Contraceptives on Female Fertility: Issues with Infertility and Spontaneous Abortion!

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Abstract

Objective: To determine the relationship between Oral Contraceptives and Infertility or Spontaneous Abortion. Design: Quasi-Experimental, Descriptive Setting: Rural OB and Gynecology Units of Western Kansas Participation: Consenting women between the ages of 20 and 35 Results/Conclusions: Pending results and data collection.

Introduction

Oral contraceptives and their effect on infertility and spontaneous abortion is a controversial topic with unclear evidence of pregnancy related issues. According to Seidtander et al. (2018), a common reason for the misuse of oral contraceptives, is the concern for fetus mortality or difficulties becoming pregnant. Although oral contraceptives have been used for many decades, women today are now becoming more involved in their own health and have become more aware of the risks that follow certain medical decisions. Talukdar et al. (2012), states there is a previously unidentified adverse effect of oral contraceptive use in women who are planning to become pregnant, one being infertility. There is a high risk-occurrence of infertility around 16-26%, (Landersoe et al., 2019). As more women question the effects of oral contraceptives on infertility and spontaneous abortion, doctors continue to study the variability of the contraceptive pill market and health care providers who prescribe these medications. Those who take oral contraceptives should be notified by their health care professional about the risks and benefits that surround the most commonly used form of birth control worldwide.

Purpose: The purpose of this study is to analyze the relationship between oral contraceptive use and the increase risk of infertility and spontaneous abortion in women during optimal childbearing years?

Key Terms

Oral Contraceptives: Birth control pills that provide reliable estrogen/progestin hormones that aid in pregnancy prevention (Jin, 2014).

Infertility: Inability to become pregnant after 12-months (Grim & Wasie, 2018).

Spontaneous Abortion: Loss of a fetus without contributing outside factors prior to 20 weeks’ gestation (Tulandi, & Al-Fozan, 2019).

Methodology

Research Design: Quasi-Experimental, Descriptive

Interventions: Women from rural Western Kansas OB and Gynecology Units who choose to participate in the study will sign an informed consent. These participants will complete a survey and based on their answers, be separated into two subgroups; those who have used oral contraceptives vs. those who have not. Questions on this survey include; Did you have difficulty becoming pregnant? How long did it take to conceive?

Independent Variable: Oral Contraceptives

Dependent Variable: Infertility and Spontaneous Abortion

Proposed Research Question

Does the use of oral contraceptives increase the risk for infertility and spontaneous abortion in women during optimal childbearing years?

Literature Sources

In the 2019 study completed, 66% of current oral contraceptive users’ question if their future fertility will be impacted by their oral contraceptive use (Landersoe et al., 2019). Those questions are supported by the fact that there is evidence of a potential decrease in optimal endometrial growth, spontaneous abortion, and it is known to take a longer period to become pregnant (Talukdar, 2012).

Sample

Women 20 to 35 years old who are patients in rural Western Kansas Obstetrics and Gynecology Units.

Ethical Considerations

Seeking IRB Full Review at Fort Hays State University, the Fort Hays State Nursing Department, and Western Kansas rural Obstetrics and Gynecology Units.

Results/Findings

Projected Data Analysis Method

The use of a Pearson’s R correlation test will analyze the relationship between oral contraceptive use and the risk for infertility and/or spontaneous abortion.

Literature Findings and Anticipated Results

Studies show that women who have used oral contraceptives have a greater concern for infertility and/or spontaneous abortion. As the use of oral contraceptives among women has increased, women are now relating them to infertility and spontaneous abortion. Oral contraceptives are hormonal based and can cause a delay in the ability for the body to withstand a pregnancy. This is because one’s hormones not at a stable level and the body is unable to clear those hormones over a short period of time. Women who have used oral contraceptives over a long period of time have shown an increased prevalence of infertility and/or spontaneous abortion versus those who only used them for a short period of time (Grim & Wasie, 2018). After discontinuation of oral contraceptives, hormones are disrupted and directly affect the menstrual cycle, thus increasing the risk for infertility and/or spontaneous abortion (Hahn et al., 2015).

References


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