

Dispensation of EC pills in a Youth Sexual Health Center in Barcelona (2005-2015). *Key findings*

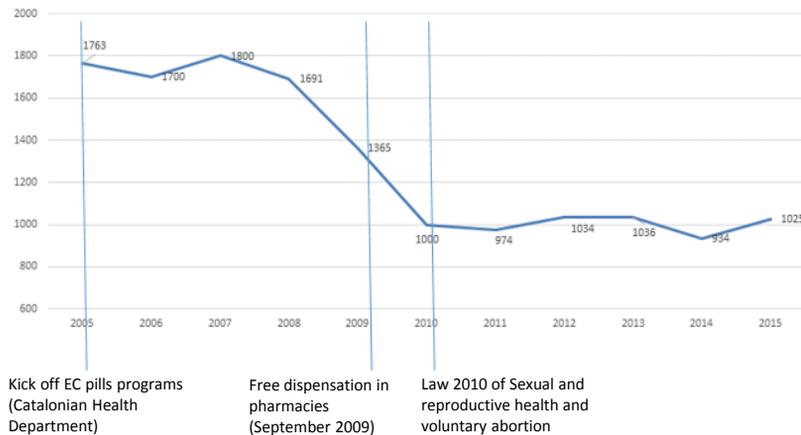
INTRODUCTION

This report aims to add some knowledge on sexual health of young people in Catalonia and more specifically regarding to the use of the emergency contraception pills. All data included in this report has been collected from 2005, when it was launched the emergency contraception program in Catalonia. In those 11 years a total of 14,322 pill have been dispensed to 9,432 users under 30 years old in the Youth Sexual Health Center in Barcelona (CJAS).

We have been dispensing free pills of levonorgestrel administered in a single dose of 1.5 mg, following the official guideline of Catalanian Health Department. We do not dispense Ulipristal acetate, but we do prescribe to purchase it on pharmacies if necessary.

KEY FINDINGS

Dispensing evolution (year by year) In 2008 started a significant downward trend in the number of units dispensed which may be further influenced by the free dispensing in pharmacy. After the change of the Law in 2010 there has been no significant change in the trend of pills dispensed per year, around 1,000.



Age: User's average age was 18.7 years. This average has remained stable over the period, reaching between 18.2 and 19 years old.

Education: 25% University, 25% High school students, 25% Secondary school and 25% other

Country of origin: Most users (85,23%) were born in Spain. As per the rest the majority were born in Latin America, mostly in Ecuador, Peru and Colombia.

Usual contraceptive method: 8 out of 10 users reported using male condoms. This percentage raises up to 87% if we add those who misuse the condom (putting it on just before the ejaculation). 6% use the pull-out method and 5% oral contraceptives. The use of long acting reversible contraception (LARC) is very small among this population.

Request: In 96,2% of all cases, the user requested specifically the EC pill. However, the remaining 4% came to the center for another request but were advised to take the EC after the initial anamnesis.

Gynecological history: 8,3% had had a previous pregnancy and 6,8% a previous voluntary abortion.

Repeated use: Out of the total number of users who took an EC pills, 72,2% had taken only once in CJAS, 16,6% twice and 11,2% three or more times.

Frequency of repeated use: Half of those who repeated the use had taken maximum one pill within one year and only in exceptional cases (3%) had taken three or more EC pills within the same year, which means less than 1% of the total number of EC users.

Did it work? Obviously we cannot know it for sure. However in 14,5% of 510 women who reported a positive result in a pregnancy test assessed that they had taken the EC pill in the same menstrual cycle.

CJAS is a Youth Sexual Health Center for people under 30 years old on issues related to sexual and reproductive health. The attention is confidential and free. It is located in Barcelona since 1992 and it is part of the NGO *Associació de Planificació Familiar de Catalunya i Balears (Family Planning Association of Catalonia and the Balearic Islands, being part of IPPF)*
More info: direccio@centrejove.org