

MEDICAL ABORTION VIA TELEMEDICINE FOR WOMEN AND ADOLESCENTS IN MOLDOVA

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Introduction: Medical abortion (MA) is a safe and efficient pregnancy termination method recommended by the WHO. MA via telemedicine involves the same outpatient procedure but with the remote guidance of a gynecologist via telephone or videoconference.

Study goal: Evaluation of the effectiveness and acceptability of MA via telemedicine among women and adolescents in Moldova.

Material and methods: Upon confirming their pregnancy, women were counseled by a gynecologist via videoconference or telephone. If eligible, patients accessed the medications at a pharmacy or received them via mail. The follow-up consultation to assess abortion completeness took place a week later. A pregnancy test was taken after four weeks.

Results:

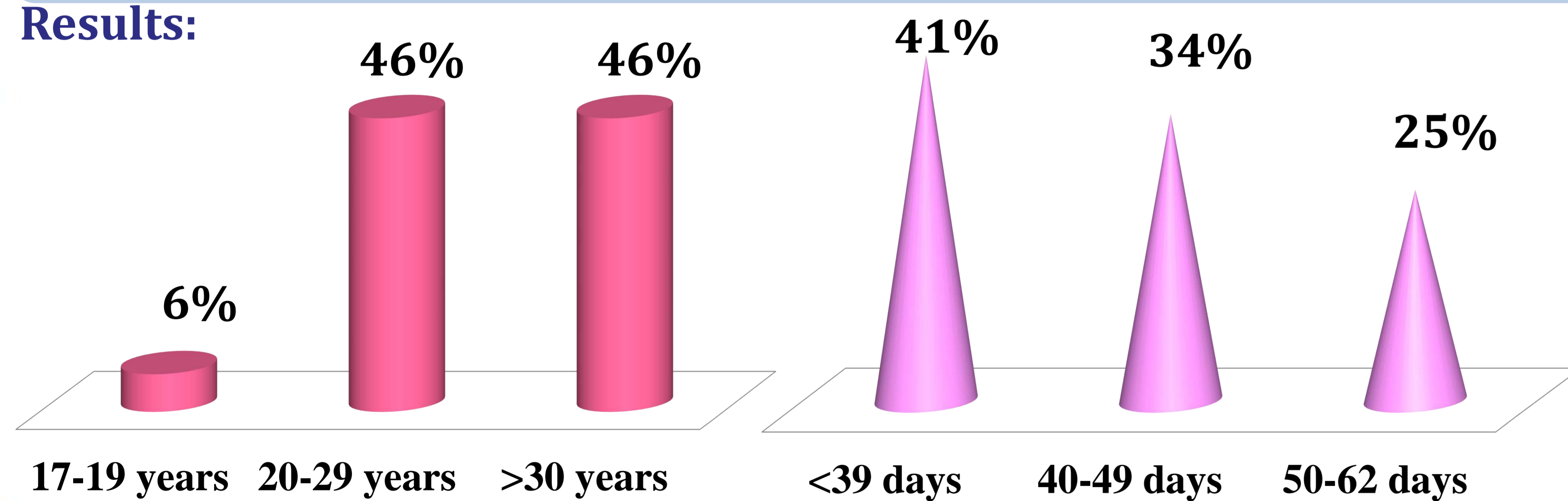


Fig. 1 Distribution in study according to the age (%)

Fig. 2 Distribution in study according to the gestational age (%)

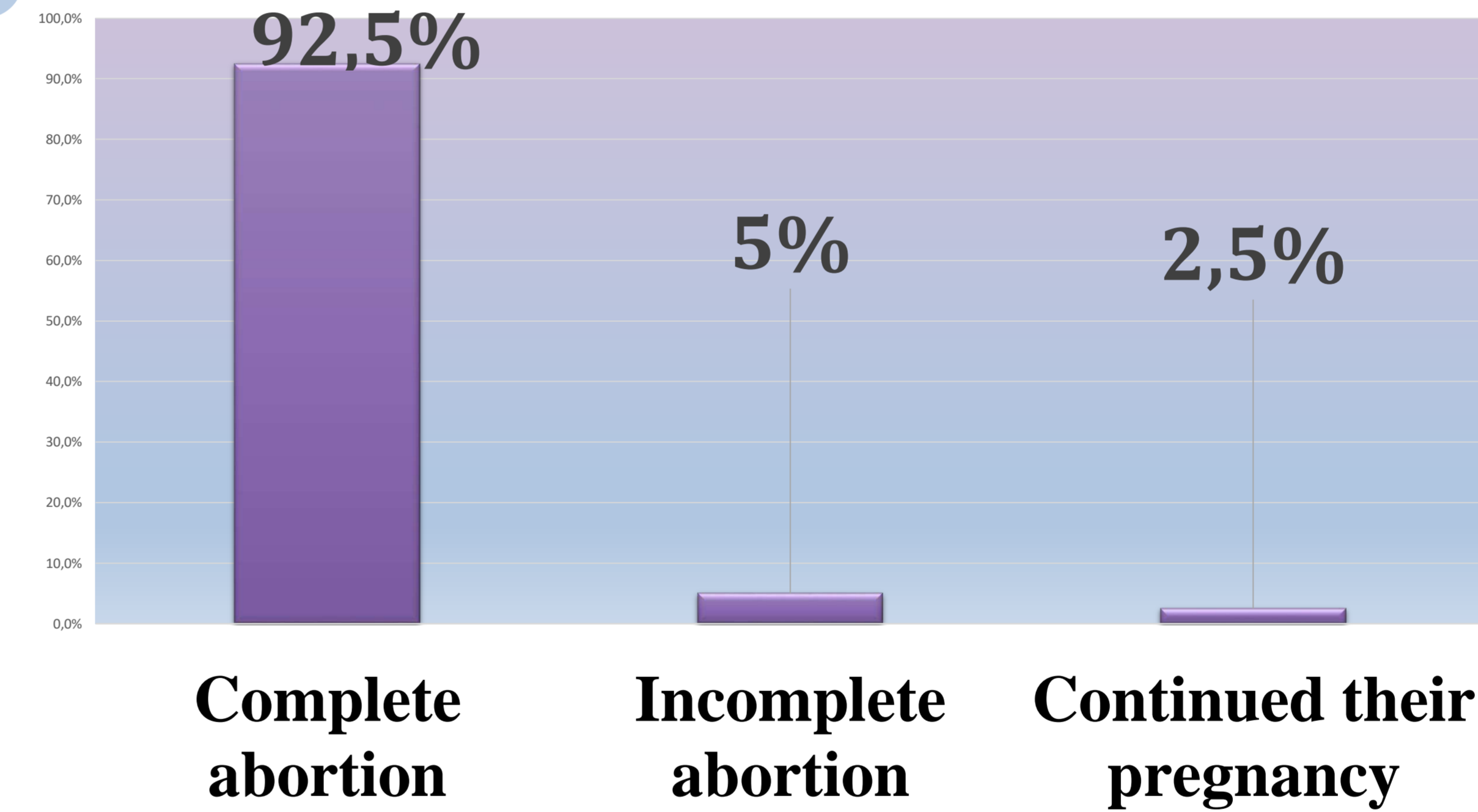


Fig. 3 Distribution in study according to the results of abortion (%)

** Abortion results after one week: 92.5% were considered to have a complete abortion, 5% – incomplete abortion (managed by repeated dose of misoprostol), 2.5% decided to continue their pregnancy.
 * None of the women required in-person emergency care.*

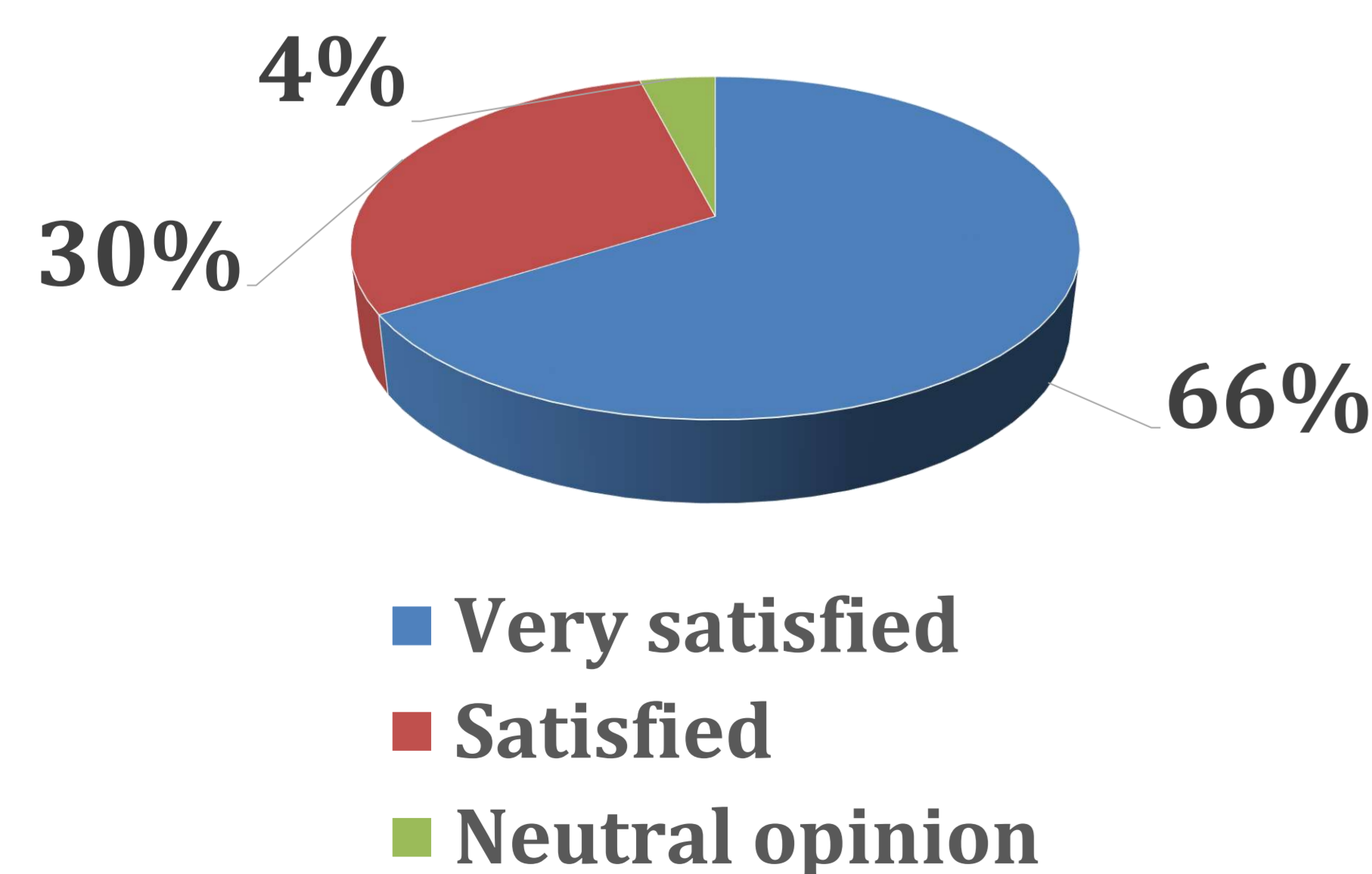


Fig. 4 The degree of satisfaction of the patients in the study (%)

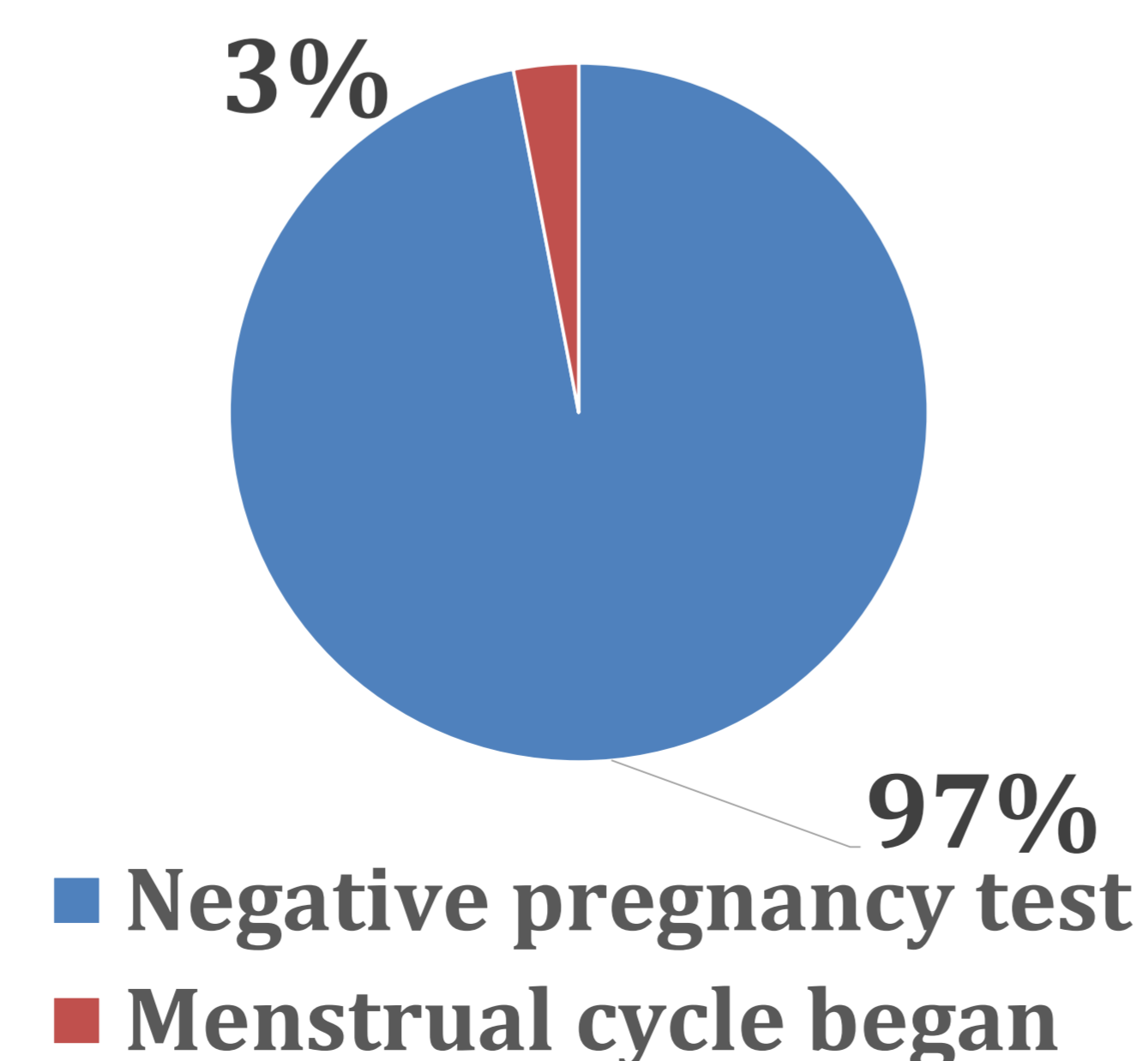


Fig. 5 Evaluation of pregnancy after one month (%)

Keywords: medical abortion, telemedicine

Conclusions: MA via telemedicine has been shown to be just as efficient and safe as in-person MA and is associated with a high degree of patient satisfaction.

Bibliography: 1. Medical management of abortion, WHO, Geneva, 2018; 2. Health worker roles in providing safe abortion care and post-abortion contraception. ISBN: 978 92 4 154926 4. World Health Organization, 2015.