



Review article

THE IMPACT OF ABORTION & POST -ABORTIVE CARE ON WOMAN HEALTH

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ABSTRACT

Abortion is the termination of pregnancy before the age of viability (before the first 12th weeks of gestation)/before the end of 1st trimester.it means spontaneous expulsion of fetus or embryo before viability mostly often due to infection. After occurrence of abortion the woman needs medical care for her health & not to allow that abortion affect on her next pregnancies & to know the cause of abortion trying to treat it in a way that protect the woman and her fetus. Family planning also plays an important role in post-abortive care by using long acting reversible contraceptives(LARCs).

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Types & causes of abortion

Induced abortion

This occur due to unwanted pregnancy. Mostly occur at UK. 1-2% occur due to genetic diseases in fetus. It can be therapeutic or elective.

- **Therapeutic induced abortion**

It occur to prevent any harm on mother's physical or mental health or when the indication that increase child's morbidity or mortality or may occur selectively induced to reduce number of children & that depends many personal & religious circumstances.

- **Elective induced abortion**

Called elective or voluntary abortion. it's performed according to request of woman for non-medical causes.

Spontaneous abortion

Miscarriage is also known spontaneous abortion which means spontaneous or intentional expulsion of fetus or embryo outside uterus. It occur before the age of viability (before 20th weeks of gestation in countries as Egypt) or before 24th weeks of gestation in other countries. The pregnancy that ends before the age of 37th weeks of gestation with live baby is considered preterm labor or preterm birth & not miscarriage.

But the pregnancy that ends after viability with dead fetus is considered stillborn. The vast majority of cases occur due to unawareness of woman of conception. About 30-50% of conception last for the 1st trimester of pregnancy. About 15% to 30% of pregnancy is known to be apparent miscarriage depends mainly on age of women & their health.

Methods

Medical method: Medical abortion becomes an alternative method of abortion the most common early 1st with availability of

prostaglandin analogue & anti-progesterone .The most common early 1st trimester medical abortion depends on use of mifepristone or use of prostaglandin up to 10th weeks of gestation. The use of regimen of mifepristone & misoprostol combination can work faster & more effective at large gestational age. The use of mifepristone followed by 24-48 hours with vaginal or oral misoprostol can be effective by 98% until 9th weeks of gestation. The use of combination can be effective from 9th to 10th weeks of gestation by 94%. If medical abortion fails, surgical abortion can complete with prostaglandin combination can be considered the most common method for medical abortion in Canada & most of Europe. While countries as united states are preferred in 2nd trimester surgically by dilation & evacuation.

Surgical method

Vacuum aspiration or suction aspiration are considered the most common surgical method for abortion up to 15th weeks of gestation. It includes removing of fetus , placenta & membrane by suction syringe Dilation & evacuation (D&E) are considered after 12th to 16th weeks .It includes opening of cervix & emptying of uterus using surgical instruments without causing any incision. Abortion can also occur by hysterectomy or gravid hysterectomy .this occur by cesarean section incision under general anasthesia.it can be used during later stages of pregnancy.

Post abortive care & family planning

It means treating for incomplete abortion by removal of remnants of fetal or maternal tissue from the uterus by using vacuum aspiration or curettage. Post abortive family planning has a witness of massive success by long acting reversible contraceptives(LARCs). This includes contraceptive implants & intra-uterine devices that represent a common post -abortive family planning choice among women.

Conclusion

Abortion is considered an important obstetrical condition. It's requires to treat it to know its types & methods of abortion induction . According to age of gestation woman age & health

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statue, we can determine which method to be used . post-abortive care is very necessary step in managing of abortion to provide good health statue for woman & to prevent recurrence of abortion . family planning is considered from the methods that prevent recurrence of abortion.

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