

Thromboembolism Concern with Hormonal Contraceptive Use

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Abstract

When addressing risk of thromboembolism in women prescribed hormonal contraception, an evidenced-based PICO question was explored: In women of childbearing age prescribed hormonal contraceptives, how does physician medication management of contraceptives affect hospitalization rates of women suffering from thromboembolism complications due to the side effects of birth control compared to women who don't receive medication management from physicians? The literature indicates women have an increased risk of thromboembolism, especially in conjunction with comorbidities. Women's health is an aspect of healthcare that has an increased need for attention and care, and it is vital they have adequate healthcare checkups to address specific women's health issues and care (Geampana, 2019). This risk can be assessed through specific management on contraceptive use, supporting patients in accessing gynecological healthcare, improvement on taking an adequate menstrual history and assessing for sequelae of heavy menstrual bleeding (Gray et al., 2018). To shine light on the high risk of thromboembolism while using hormonal contraceptives, a search was conducted for research articles within the CINAHL database using the keywords *thromboembolism*, *hormonal contraceptive*, *women* and *management*. Search criteria required all articles to have been published between 2017 and 2023. Any articles before 2017 and without the key words listed were excluded, resulting in ten peer-reviewed articles. Research highlights several recommendations for women on hormonal contraceptives in order to reduce the hospitalizations rates of women due to side effects of hormonal contraceptives, including: (a) regular assessments, (b) detailed medical history, (c) analysis of risks, and (d) and regular follow-up appointments.

Key Words: thromboembolism, hormonal contraceptive, women, management

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