

Mobile Applications for Family Planning

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Abstract. Introduction: Family planning reduces maternal and child morbidity and mortality by promoting pregnancy spacing. The postpartum period is an ideal time for patients to access family planning services. Mobile applications can aid in accessing information about family planning. Methods: A review was conducted on PubMed from 2012 to 2022, using keywords "mobile app," "family planning," "contraception,". Results: Numerous studies have found as randomized controlled trials evaluating the use of mobile applications such as Decide + Be Ready in contraception. Other studies focused on healthcare providers' use of mobile apps for postpartum care and monitoring contraceptive methods. Conclusion: Mobile applications in family planning can assist healthcare providers in clinical care delivery is feasible and acceptable, saving time and providing accessible information.

Keywords. Mobile App, family planning, contraception

1. Introduction

Family planning plays a crucial role in promoting reproductive health, empowering individuals to make informed choices about their fertility and overall well-being. With the advent of technology, mobile applications have emerged as a promising tool to support and improve family planning practices.

This presentation highlights key findings from research studies that explore the utilization of mobile applications in the field of family planning.

2. Methods

A review was conducted on PubMed from 2012 to 2022, using keywords "mobile app," "family planning," "contraception,". Our search yielded a total of 65 articles, out of which 40 articles aligned with our specific requirements. Within this collection, six articles were identified as randomized controlled trials that assessed the utilization of mobile applications.

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3. Results

These include studies of randomized controlled trials, cost-effectiveness evaluations and reviews of fertile days defined by mobile apps, e.g. "Decide + Be Ready", in the context of family planning and contraception, as well as the interest shown by users after use in choosing the right contraceptive method or getting pregnant using the fertile days calculated by the apps. The other studies were carried out with women who were genitally active, wishing to track their cycles and know their fertile days, to become pregnant, or to be protected in the opposite case. Most of these studies examined the results of monitoring these women over a period ranging from 3 to 13 months.

4. Discussion

The studies collectively demonstrate the potential of mobile applications in promoting family planning. The "Decide + Be Ready" app successfully facilitated shared decision-making among servicewomen, enhancing their access to contraception [1]. The comparison of fertility tracking apps revealed variations in defining fertile days, emphasizing the importance of incorporating multiple markers to improve accuracy [2]. The app-based sexual health program showcased positive outcomes, including increased contraceptive knowledge and self-confidence [3]. Additionally, the mobile phone-based intervention in Cambodia demonstrated cost-effectiveness in providing postabortion family planning support [4].

The findings highlight several important considerations for the implementation and utilization of mobile applications in family planning. App features that prioritize privacy, convenience, and ease of use contribute to user adoption and sustained utilization.

5. Conclusion

Mobile applications have shown promise as effective tools to enhance family planning practices. They offer accessible and personalized support, contributing to increased knowledge, decision-making autonomy, and contraceptive utilization. However, challenges such as user engagement, implementation barriers, and contextual factors need to be addressed for optimal outcomes.

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