



TELEMEDICINE FOR ABORTION SELF-CARE GUIDE



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**Abortion is
part of essential
reproductive
healthcare and
which all woman
are entitled to.
It is a human right.**



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Termination of Pregnancy

An abortion is when women decide to end their pregnancy.

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Abortion Fact in Thailand



Recent study among a sample service recipient from PPAT clinics

Causes of unplanned pregnancy

- ◉ Incorrect use of contraception
- ◉ Use of non-clinical methods (such as withdrawal method, etc.)

When facing an unplanned pregnancy

- ◉ Determining the gestational age
- ◉ Identifying a safe and legal service

Reasons for having an abortion

- ◉ Enrolling in school
- ◉ Being unable to raise a child
- ◉ Having problems with the father of the pregnancy
- ◉ Not wanting to have any more children
- ◉ Being single and not yet ready for marriage

The expectation of abortion services

- ◉ Legal
- ◉ Confidential
- ◉ Convenient to access
- ◉ Affordable

Respondents' perceptions towards abortion

- ◉ An essential alternative of the unplanned pregnant women
- ◉ Sinful but their attitude changed after abortion

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Methods of Abortion



**Surgical
Abortion**



**Medical
Abortion**

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SURGICAL ABORTION



5–30 Minutes procedure



Clinic or hospital



Health care providers use local anesthesia



Vacuum aspiration no surgery is involved

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MEDICAL ABORTION



≤12 Weeks



Uses pills to end a pregnancy



Can be started in a clinic office or at home

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What is Telemedicine on Abortion?

Benefits of Telemedicine on Abortion Self-Care (ASC)



Preventing the spread of COVID-19



Discretion and privacy



Comfort and convenience at home



Control of women's own bodies and lives



Better assessment and counseling through an online one-to-one consultation

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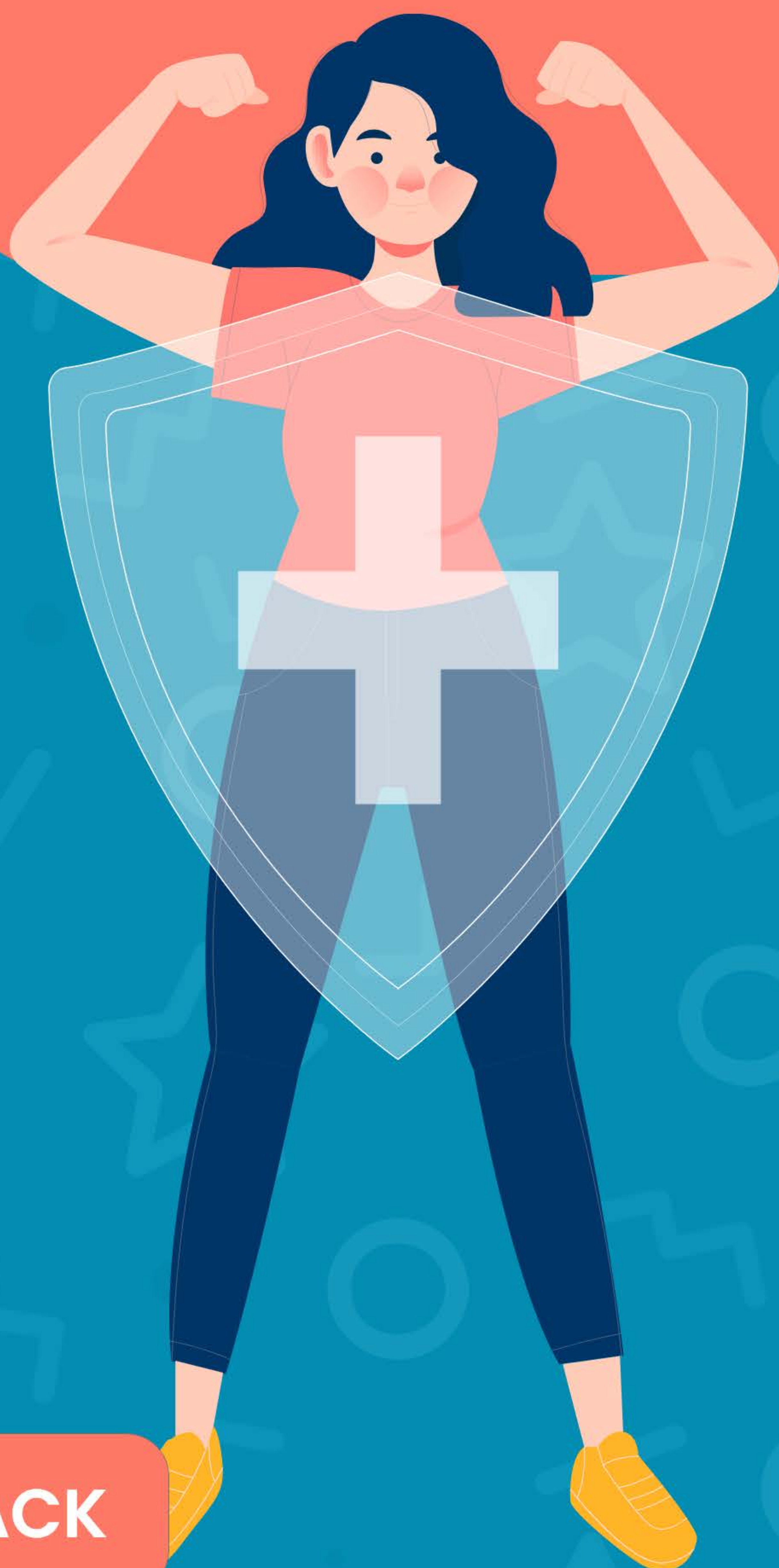
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Why Self-Managed and Abortion with Pills

Facts

- ◎ Abortion stigma is linked to higher incidence of unsafe abortion.
- ◎ Physical access to health centers is severely limited in some settings, especially pandemics.
- ◎ Abortion care is an essential health service to safely end an unwanted pregnancy.



Reasons

- ◎ It's a woman right to have an abortion using pills on her own, when and where she wants.
- ◎ Women can access to safe and legal abortion during COVID-19 pandemic through telemedicine solutions and abortion with pills.
- ◎ Telemedicine system can reach women with the information and support they need to safely self-manage an abortion.

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Reasons to choose Abortion Self-Care (ASC)

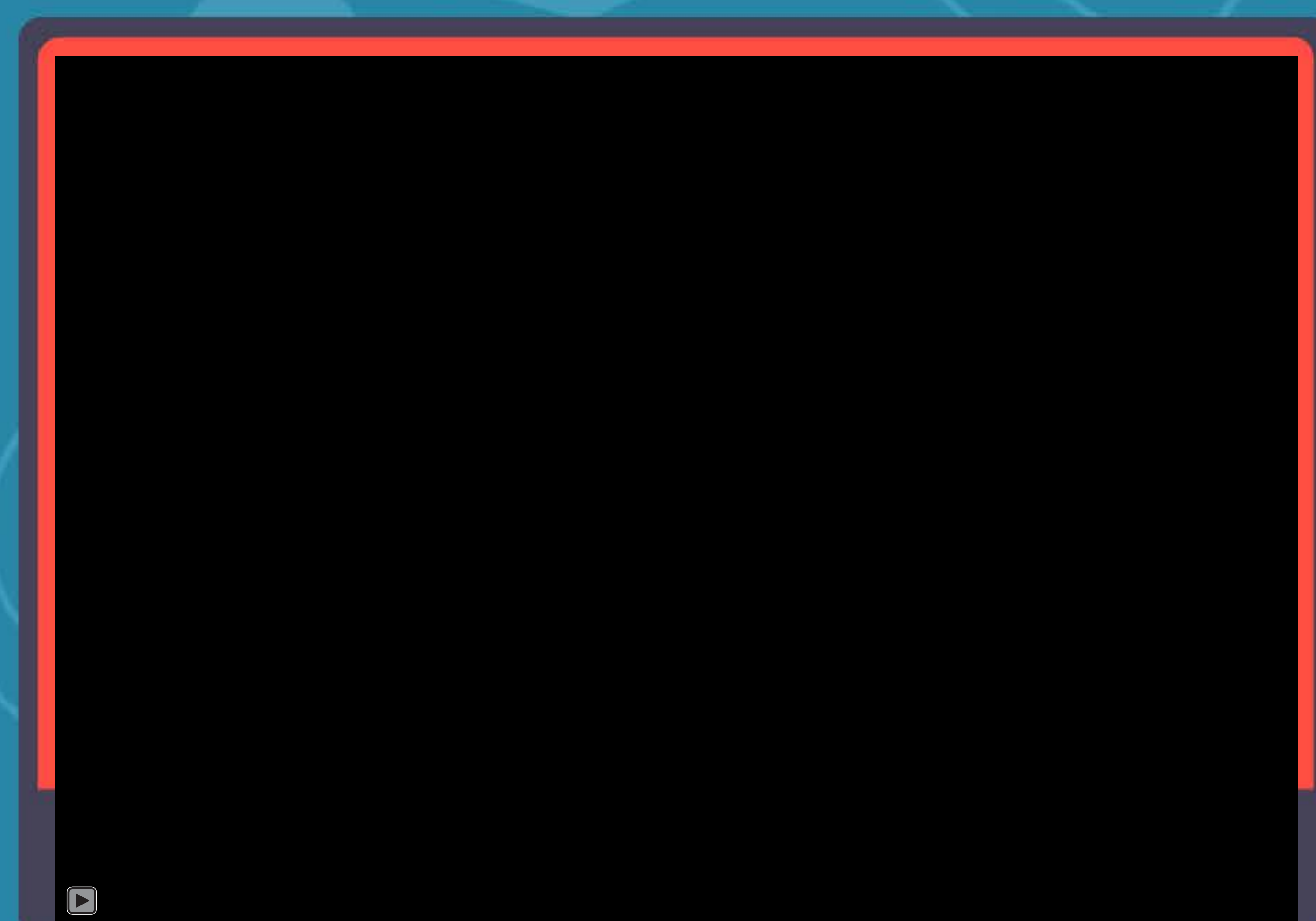


Abortion self-care: safe, effective, wanted!

- ⦿ Emerging research suggests that abortion outside the medical setting is an overall safe, effective, and wanted way to end a pregnancy
- ⦿ The World Health Organization recommends that individuals can self-administer mifepristone and misoprostol medication without the direct supervision of a health provider.

Easy access to care, privacy, and affordable

- ⦿ Abortion hotlines and websites have been shown to be highly effective in facilitating self-managed abortions, as most women do not present any complications nor require surgical intervention after taking the abortion pills.



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Abortion with Pills at Home



ONLINE
CONSULTATION



How to know if I am pregnant?

You have late menstruation and symptoms like nausea, headache, feeling tired, and enlarged, tender breasts.



How many weeks am I pregnant?

Please think back to the day that the period started and count the number of weeks and days from that until today date.



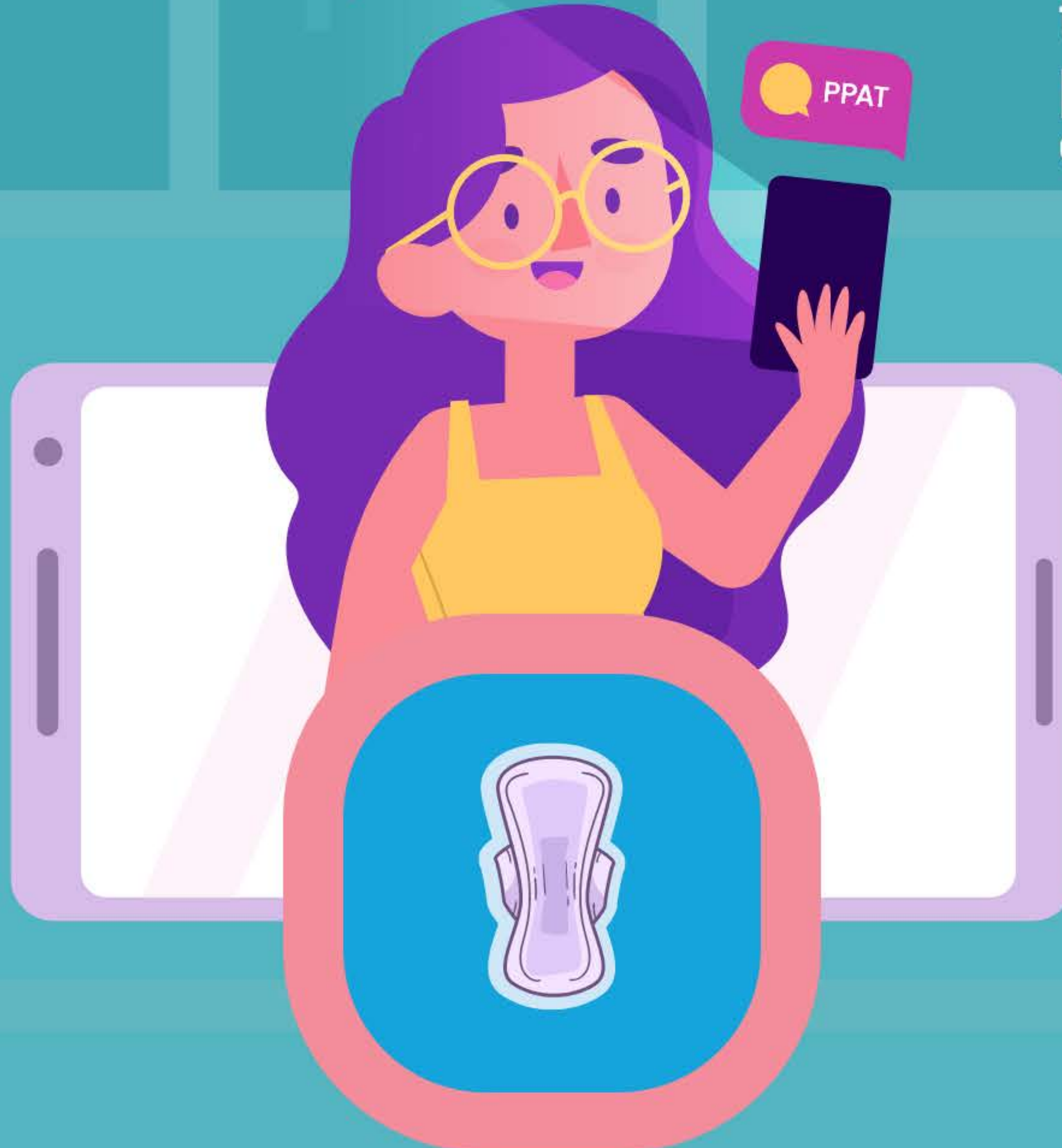
How does an abortion with pills work?

There are two types of medications used for abortion: Mifepristone and Misoprostol, which cause the opening of the uterus to relax and the walls of the uterus to contract pushing the pregnancy out of the body.



What do I expect after taking abortion pills?

Both bleeding and cramping are signs that the abortion pills are working.



What are signs of complication during abortion with pills?

You have so heavy bleeding soaking up 2 regular menstrual pads every hour for 2 hours in a row, severe abdominal pain continues for 2-3 days after taking the pills, a fever or other side effects that last more than 24 hours, and abnormal vaginal discharge.



How do I know if I recover after having a medical abortion with pills?

Your pregnancy symptoms, such as nausea and breast tenderness, start to go away and you can also take a urine pregnancy test 3-4 weeks after taking the pills to ensure the completion.

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World Health Organization (WHO) Guidelines for Self-Managed Medication Abortion



All people should be able to access a variety of abortion care options (e.g., facility-based, telehealth, etc.) along with all information they need to make an informed choice, and a supportive enabling environment.



It is fully recommended the self-management of medical abortion is up to 12 weeks' gestation with step-by-step instructions.



People can exercise their autonomy to make the best decisions for their own lives.



The study examined participants' abortion outcomes, finding that 96.9% of participants had a complete abortion without surgical intervention.



Individuals should meet their needs without judgement or stigma and maintain patient privacy.



Self-managed abortion is safety and effective.



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Policies, Laws, Regulations related to Abortion



1

Amendment of the Criminal Code (No. 28) B.E. 2564 (2021):

Abortion is legal in Thailand till 12 weeks of pregnancy.



2

Notification of the Ministry of Public Health Re: Standards of Service in respect of Medical Facility via Telemedicine System dated 2 February 2021:

The standard was issued in support of service provision by professional practitioners via telemedicine service system to protect the safety of patients.



3

Notification of the Medical Council on Guidelines in respect to Telemedicine and Online Clinics No. 54/2563' came into effect on 20 October 2020:

All practitioners who wish to provide telemedicine services follow the Guideline to avoid issues surrounding safety, security, and the privacy of patients.



4

The Prevention and Solution of the Adolescent Pregnancy Problem Act, B.E. 2559 (2016):

The law focuses on adolescents' rights and an integrated approach to prevent and alleviate adolescent pregnancies.

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Contraceptive Methods after Abortion



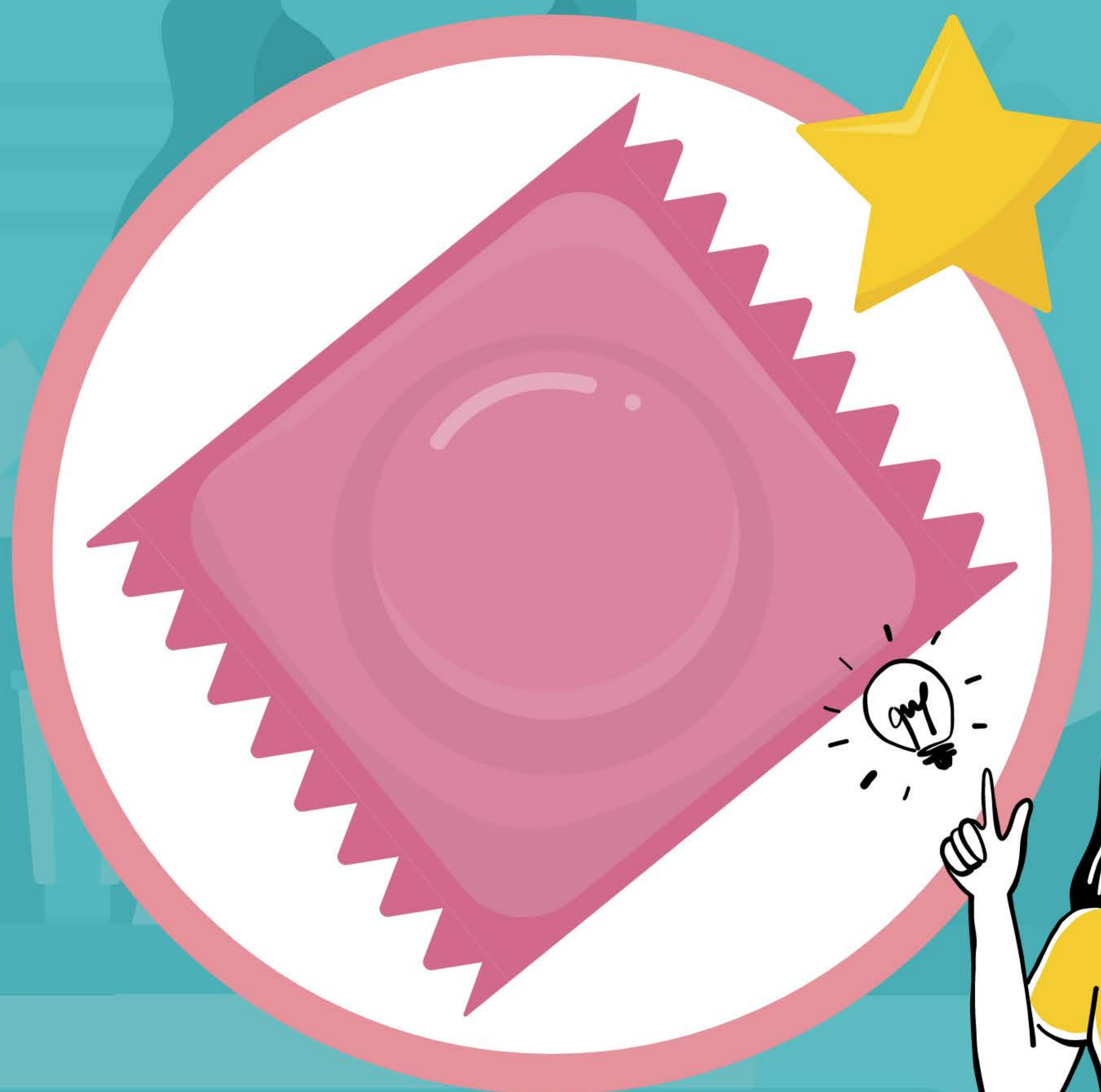
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Condom



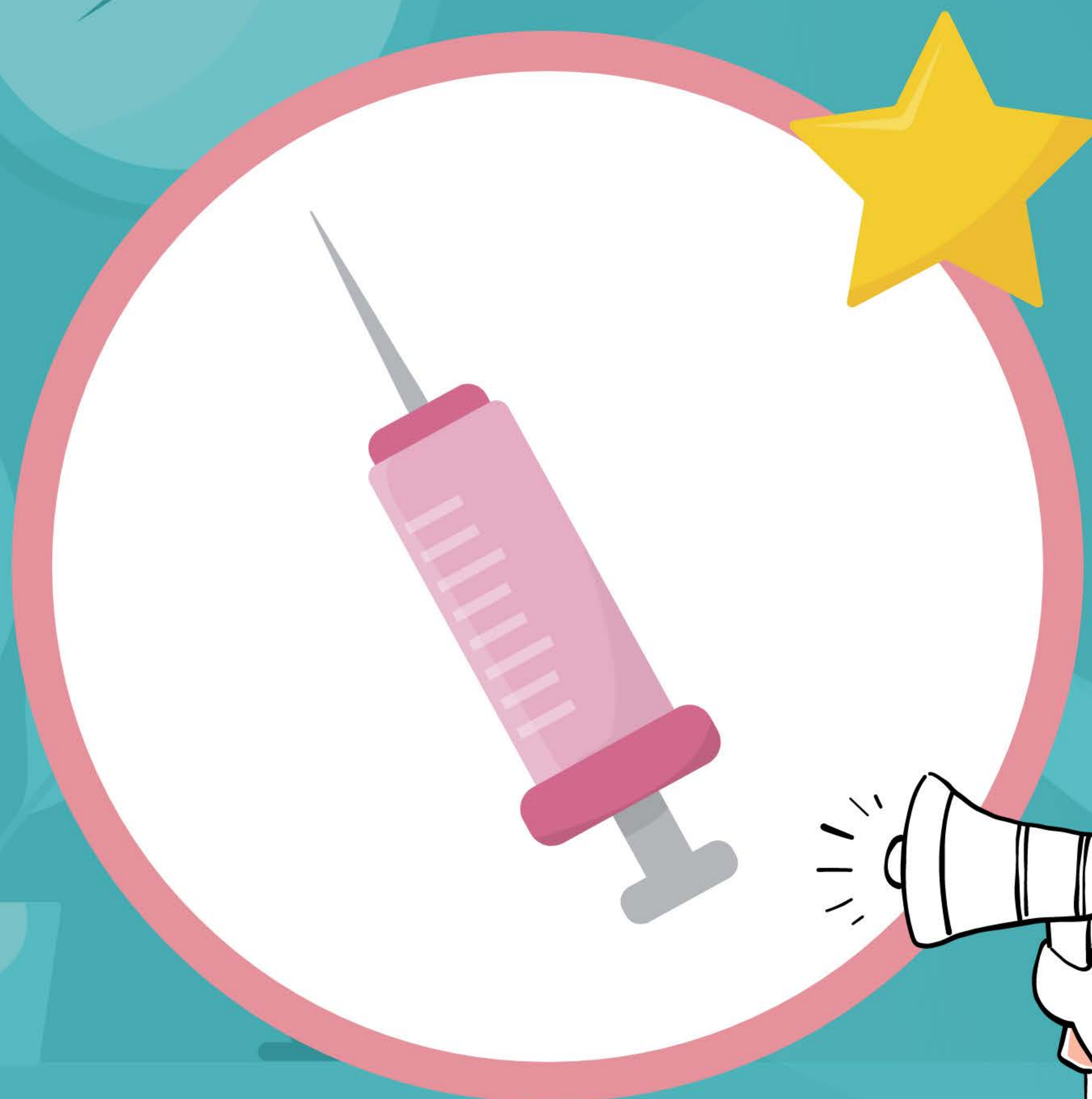
It is 98% effective in preventing pregnancy.

Condoms are the only contraceptive method that can protect against both pregnancy and sexually transmitted infections (STIs), including HIV transmission.

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Contraceptive Injection



It is 99% effective in preventing pregnancy.

Contraceptive injection releases progestin into the bloodstream. It prevents ovulation, makes it difficult to support an egg, and thickens the mucus to stop



Contraceptive Pills



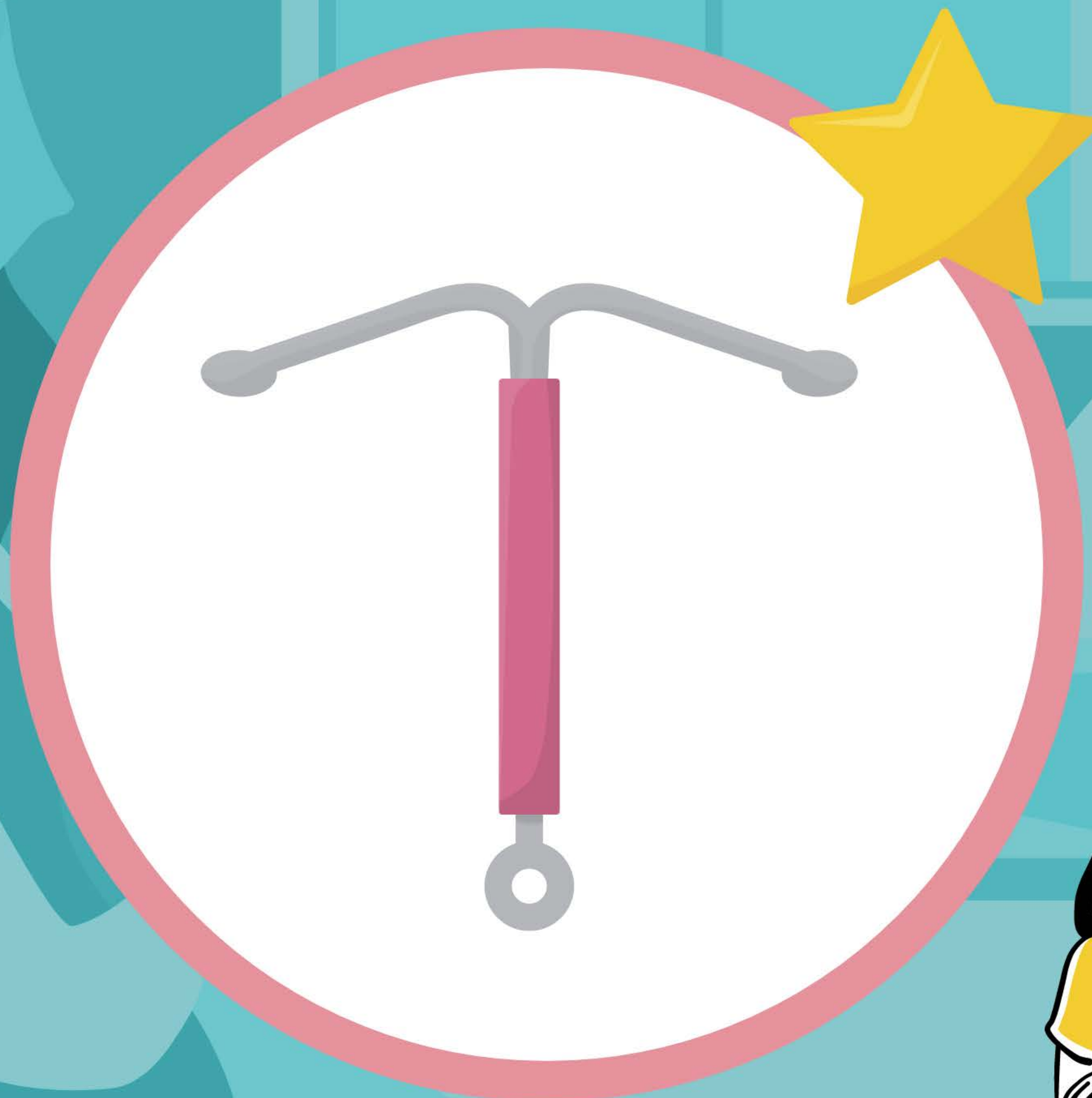
It is 92 – 99% effective in preventing pregnancy.

Contraceptives pills are hormonally active pills causing a thickening of the cervical mucus, blocking sperm penetration. A woman can decide to start taking the pill if she is sexually active or planning to become sexually active.

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IUDs



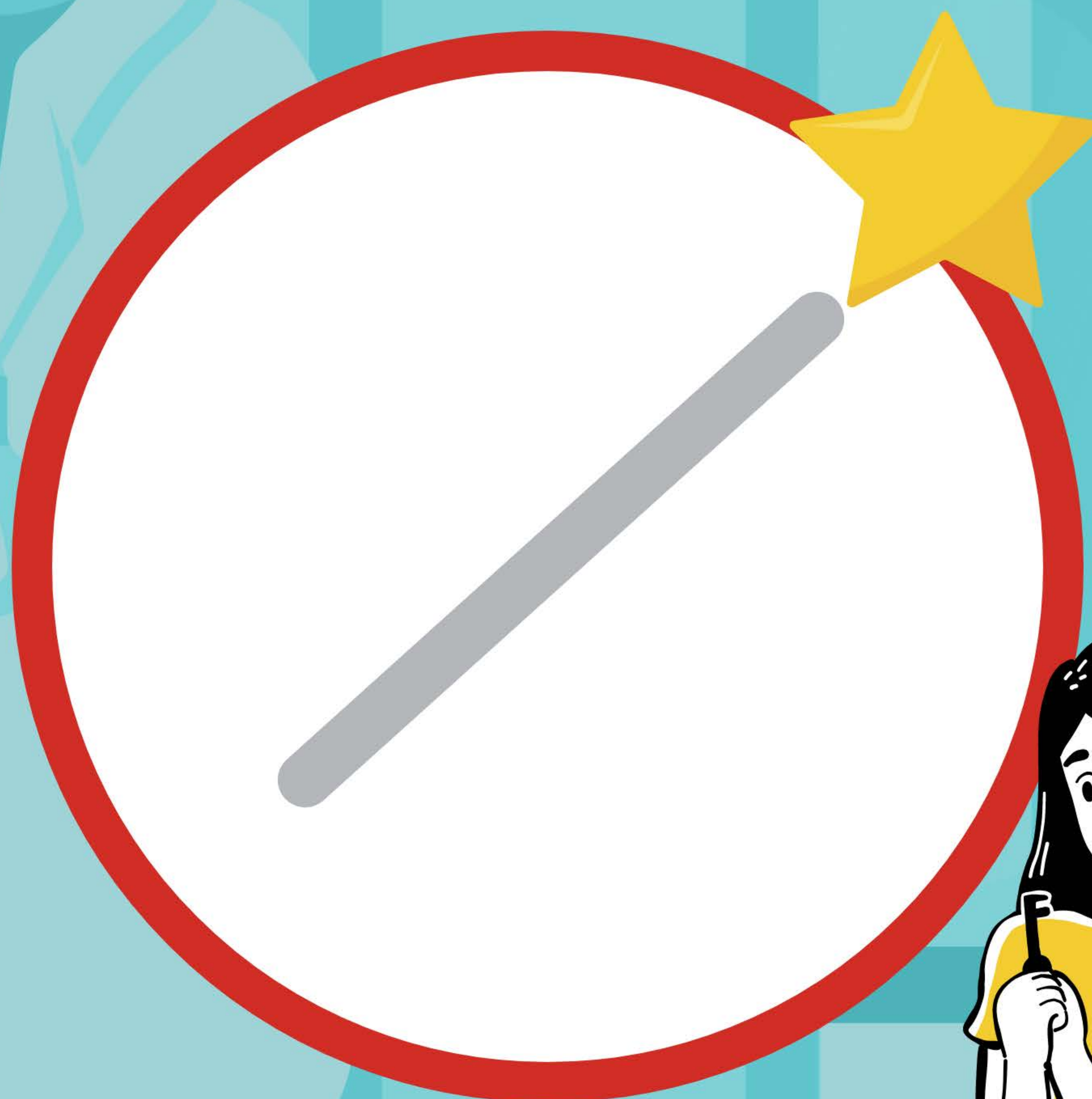
It is more than 99% effective in preventing pregnancy.

An IUD is a small, often T-shaped birth control device that is inserted into the uterus to prevent pregnancy. IUDs work by preventing fertilization. The copper-bearing IUD acts as a spermicide, killing or impairing sperm so they cannot reach the egg.

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Implants



It is 99% effective in preventing pregnancy.

Contraceptive implants are thin, small (4cm), flexible rods which are implanted under the skin of the upper arm by a doctor or a nurse.

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Frequently Asked Questions about Preventing Pregnancy



If I track my cycle every month, do I still need hormonal birth control or condoms?

Fertility awareness method is not a strong approach to prevent pregnancy. A person's menstrual cycle length can vary from month to month and that the exact day the egg is released from the ovary can be late or early.



If my partner does not ejaculate inside me, will I get pregnant?

The withdrawal method is not a reliable form of contraception. There are always fluids containing sperm being released even before ejaculation takes place.



Can emergency contraception pills be used regularly to prevent pregnancy?

If a person waits too long after unprotected sex to take the emergency contraception pill, it's possible they will still end up pregnant. It's effective for taking it within 72 hours. However, this is not a contraception method to prevent pregnancy.



If I urinate after intercourse, can it prevent pregnancy?

Urination after intercourse is a particularly good practice since it prevents bacterial infections. However, it does not prevent any pregnancy.

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