



The Ring Plus Project: High Acceptability and Adherence of a Contraceptive Vaginal Ring in Kigali, Rwanda.

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BACKGROUND

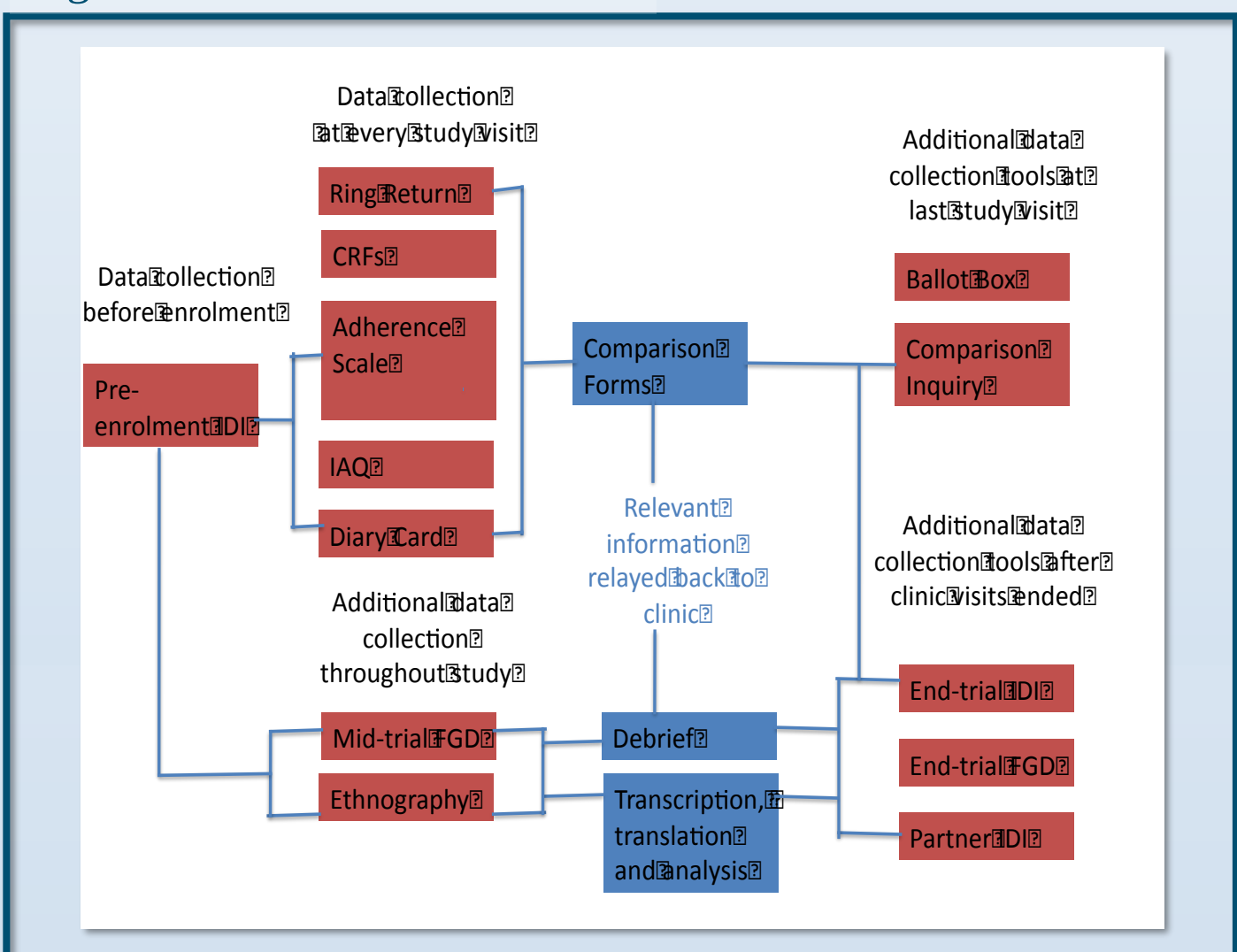
- Contraceptive vaginal rings (CVRs) are safe and effective [1].
- Data from clinical trials has shown an overall good adherence and acceptability of CVRs [2].



- Data from developing countries remains limited and CVRs are not yet available in Africa.
- This is the first mixed-methods study documenting acceptability & adherence of CVR (NuvaRing®) use in Africa.

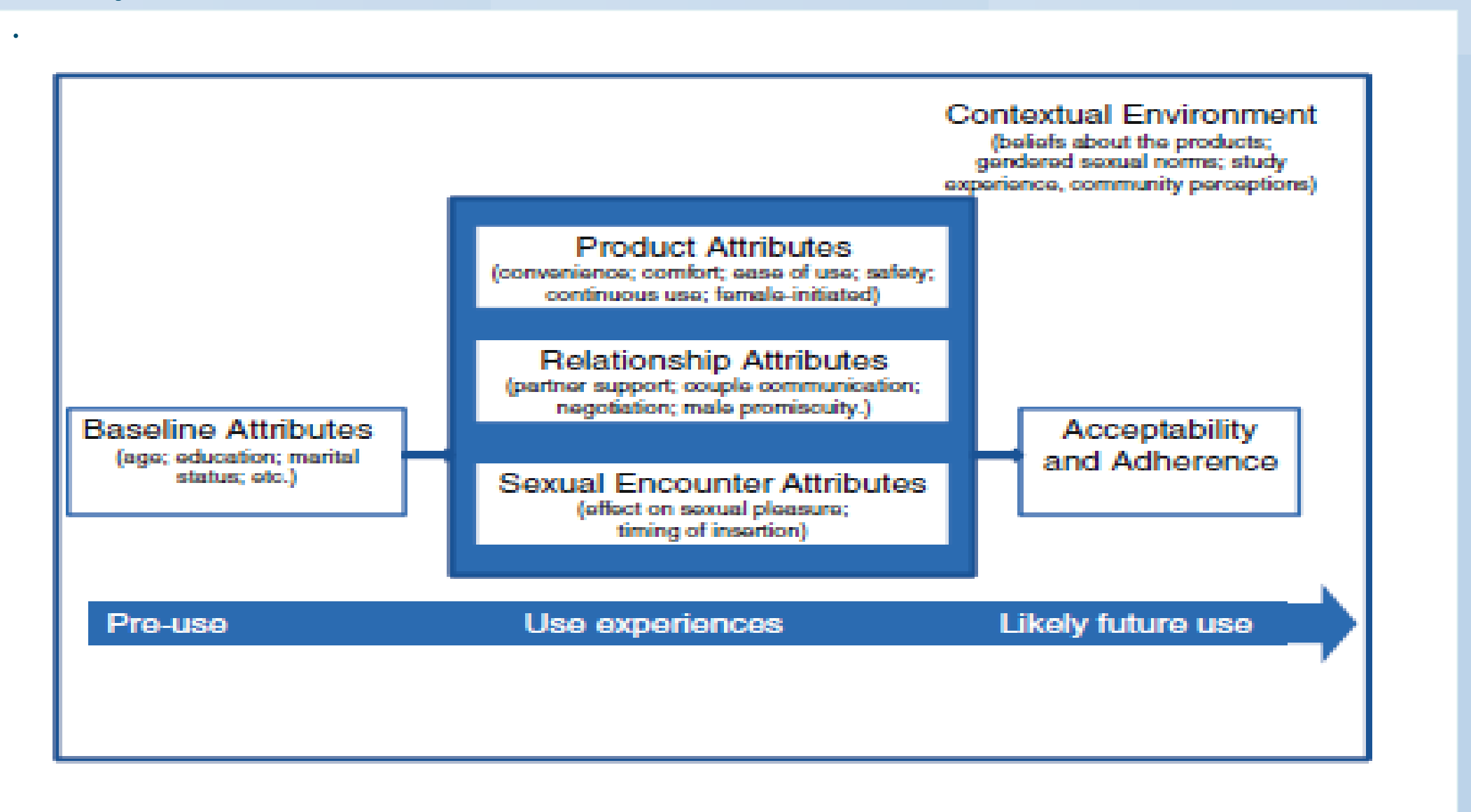
METHODS

Fig 1: Data collection overview.



- A clinical trial including a social science component using both quantitative and qualitative data. was conducted at Rinda Ubuzima in Kigali, Rwanda [fig 1].
- Qualitative data** was collected: from in depth interviews, focus group discussions, comparison inquiry forms, ballot box questionnaires; then, analysed through a deductive, content-analytical approach using a framework developed for microbicide delivery [Fig 2].
- Findings were **triangulated** with **quantitative data** from clinical interviews / records.

Fig 2: The framework developed by Van der Straten for assessing the vaginal ring for microbicide delivery. [3]



RESULTS

- Overall acceptability and perceiving the CVR as best method of contraception increased dramatically during the course of the study. Ring acceptability was less based on the ring attributes itself but rather on the relationship and sexual encounter attributes [Fig 3].
- The CVR is a female initiated product but women felt that partner involvement was an important issue and their partners needed to know they were using the ring (even if they didn't feel it).
- Good adherence was reported by 92.5% of participants scoring 8 to 10 on a self-rated adherence scale at study end. 36 participants reported a total of 42 expulsions (10% of all insertions) and 11 participants removed the ring themselves.

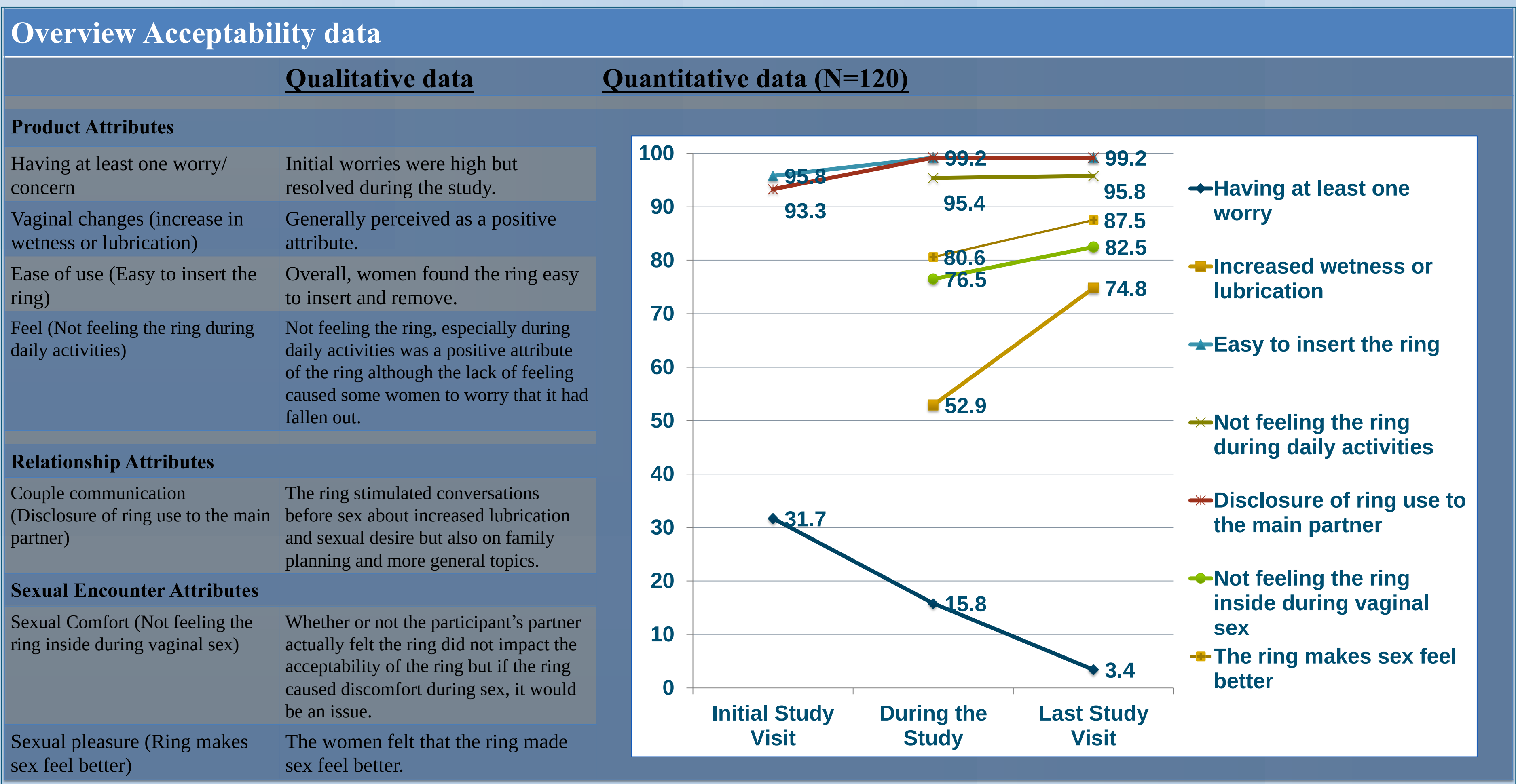


Fig 3: Summarized qualitative data and quantitative data results.

CONCLUSIONS

Triangulation of qualitative and quantitative data indicate high acceptability and adherence of the Nuvaring®. Contextual factors such as the relationships, sex effects had a deciding impact on overall acceptability and adherence of the CVR.



ACKNOWLEDGEMENTS

We are grateful to the women who participated in the study.



References : [1] FJ Roumen, DR Mishell Jr., 2012; [2] A Novak et al. 2003. [3] van der straten A, et al. 2012



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