

WHAT DO YOU THINK?

First-trimester Abortion: Gestational Dating

Background

Gestational age must be determined prior to safe abortion care to determine appropriate method of uterine evacuation. Women and providers can accurately assess gestational age without routine ultrasound.

Last Menstrual Period

Most women can recall their last menstrual period (LMP) reasonably well regardless of their education and whether they usually record their LMP dates. A 2014 systematic review assessing accuracy of LMP alone for gestational dating before medical abortion included five studies reporting data for more than 7,500 women. Overall, 3-12% of women eligible for medical abortion based on LMP were ineligible, based on ultrasound. In two multi-site international cohort studies of 1,221 women having medical abortion in China, Cuba, India and the United States, women were able to estimate their eligibility accurately over 90% of the time.

Bimanual Examination

According to cohort studies of medical abortion, adding a bimanual exam to a woman's report of her LMP can help a clinician accurately determine gestational age. A cross-sectional multi-site study of 673 women in South Africa found that providers' estimates of gestational age were, on average, two days lower than ultrasound estimate and women's LMP estimates of gestational age were one day lower. The authors concluded that a combination of assessment of menstrual history and physical examination was sufficiently accurate to determine eligibility for medical abortion in most cases when compared to ultrasound. In a prospective study of 1,016 women at 15 sites in the United States, clinicians correctly estimated eligibility in 87% of women; in only 1% of cases did clinicians underestimate gestational age. A prospective trial of 4,484 women in 10 clinics in the United States showed that if women had gestational age estimated by LMP and a clinician exam, only 1.6% of them would have been inappropriately given medical abortion above the gestational age limit compared to when ultrasound was used. In a study comparing experienced obstetrics/gynecology faculty in a tertiary medical center to postgraduate obstetrics/

Continued on page 3

VOLUME 5 • ISSUE 3
JULY-SEPTEMBER, 2017

NEWSLETTER CONTEST N-19



Identify this personality!

He was an English doctor, the pioneer of smallpox vaccination and the father of immunology. In 1796, he carried out his now famous experiment on eight-year-old James Phipps. He inserted pus, taken from a cowpox pustule, into an incision on the boy's arm. He was testing his theory, drawn from folklore, that milkmaids who suffered cowpox never contracted smallpox. This person subsequently proved that having been inoculated with cowpox, Phipps was immune to smallpox.

3 lucky correct entries win a power bank each!
SMS/WhatsApp your entries: +91 9013380510
or E-mail: helpdesk@cacconnect.in
(Please mention your full name and state)

WINNERS OF CONTEST N-18



Dr. Subhra Ghosh
Odisha



Dr. Hiranmayee Hembrom
Jharkhand



Dr. Vaishali Waradkar
Maharashtra

Your prizes will reach you soon!

Solution to Contest N-18: Theodor Escherich

A big **thank you** to all our providers who participated in the contest!

CONTACT US

CAC Connect Secretariat,
P.O. Box 8862, Vasant Vihar,
New Delhi - 110 057
E-mail: helpdesk@cacconnect.in
Phone: +91 90133 80510

IN FOCUS

CAC Connect Annual Reunion, 2017!

We had the pleasure of organizing CAC Connect reunions for over 300 members across nine cities in six states! This was an opportunity to bring CAC Connect members together for some experience sharing, award presentation and fun!



Guwahati, Assam



Bangalore, Karnataka



Bhopal, Madhya Pradesh



Nagpur, Maharashtra



Indore, Madhya Pradesh



Hubli, Karnataka



Raipur, Chhattisgarh



Bhubaneswar, Odisha



Pune, Maharashtra

gynecology trainees, experienced providers were more accurate in determining gestational age based on LMP and bimanual examination than were inexperienced providers.

Ultrasound

Ultrasound does not yield exact gestational age measurements due to variability in the sonographer, machines and software. In addition, an ultrasound has an inherent margin of error of 3-5 days before 12 weeks gestation; this margin of error increases as the pregnancy advances. For these reasons, if the LMP and ultrasound differ within five days in the first trimester, the LMP is usually used for dating. In cohort studies of medical abortion in low-resource settings such as India, Nepal, Vietnam and

Tunisia, lack of ultrasound has not had an impact on the success of medical abortion.

If a provider is unable to assess gestational age through the combination of LMP, history and bimanual examination, a more experienced clinician should perform a bimanual examination or the woman should be referred for an ultrasound. Any woman with a suspected ectopic pregnancy needs further clinical evaluation.

Sources: Clinical Updates in Reproductive Health, Ipas. 2017. This can be downloaded from the Publications section on www.cacconnect.in.

As a CAC service provider, what suggestions do you have for accurate gestational dating? Tell us via WhatsApp at +91 9013380510 or email us at helpdesk@cacconnect.in

CAC Connect Top Performers: 2017

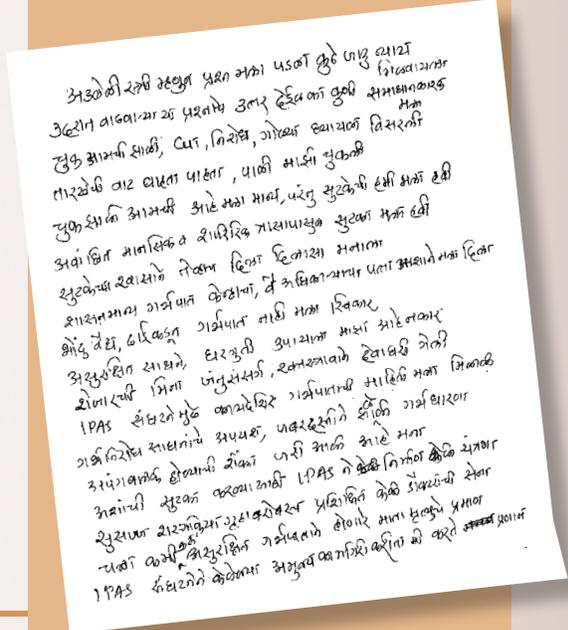
CAC Connect congratulates all the award winners of 2017 for their commitment to excellence in service provision and their efforts to improve the lives of women!

Provider Name	Provider Name
Maharashtra	
Dr. Sujata Gaikwad	Dr. Dinesh Gupta
Dr. Ashok Thorat	Dr. Sangeeta Gupta
Dr. Abid Attar	
Dr. Sanjay Bansode	Uttar Pradesh
Dr. Balaji Sagare	Dr. Kamlesh Verma
Dr. Shantaram Thakur	Dr. Nivedita Divedi
Dr. Dhananjay Shinde	
Dr. Padmakar Ramteke	Madhya Pradesh
	Dr. Sandeep Shrivastava
Assam	Dr. Devendra Romdey
Dr. Rinku Ahmed	Dr. Sadhana Verma
Dr. Prasanta Pratim Gogoi	Dr. Ronak Singh Chandel
	Dr. Ajay Singh
Bihar	Dr. Sharmin Alam
Dr. Asim Kumar	Dr. Sukriti Jain
Dr. Sivani Singh	Dr. Swati Uikey
Dr. Snehil	Dr. Amit Soni
Dr. Alankrita Mandal	Dr. Ameeta Shrivastava
Jharkhand	Odisha
Dr. Suchitra Kumari	Dr. Sanjay Kishore Das
Dr. Snehlata Snehlata	
	Chhattisgarh
West Bengal	Dr. Ragini Chandre
Dr. Ajay Kumar Mondal	Dr. Rajshree Milind Deodhar
Dr. Ramakanta Mazumder	
Dr. Satya Narayan Choubisa	Karnataka
	Dr. Nagaraj S. Kuri
Rajasthan	Dr. Kusuma
Dr. Sushila Joshi	
Dr. Ajeet Singh Shekhawat	

A Ray of Hope



We are pleased to present this poem, written in Marathi by Dr. Madhuri Thorat, Additional Civil Surgeon Daga Women's Hospital Nagpur. This poem talks about a woman's journey from an unintended pregnancy to safe abortion services.



अडोकी रती मेलून प्रसन्न मला पसता छुळे जाणु घ्याय
 उदराला दावा-याय प्रसन्न मला पसता छुळे जाणु घ्याय
 तुक कायची साकी, Cut, निरोध, जोड्यां घ्यायला निसरती
 मारयेची जाड घावना पाहता, पाणी माझी तुकळी
 तुक साकी आंमयी आहे मला माया, परंतु सुटकेची हस्ती मला हस्ती
 अवांछित मानसिक व शारीरिक त्रासापासून सुटका मला हस्ती
 शुटकेची सेवा सोने लेखन दिना दिनांश मनाला
 शासनमान्य गर्भपात केंद्रांना, व अडिका-यांना पत्ता आणाने नक दिना
 शोधू नैद्य, छिदकून गर्भपात नाही मला रिवार
 अशुभस्वित साधने, धरतुची अपमान मला आहे नकार
 शोणारपी मिला जनुसंमती, स्वमळावणे हेवा घेई जेकी
 IPAS संघटनेमुळे कायदेबिरे गर्भपाताची माहिती मला मिळाली
 गर्भनिरोध साधनांचे अपयस, पाठदरतीने शोकी गर्भधारण
 अरुणोदय होण्याची शोका जरी मला आहे मना
 आंमयी सुटक करवा मला IPAS ने छेकी निर्मल केकी संभार
 सुखाचा आरंभ मला करीत प्रसन्नित केकी संभार मला
 पाती कमी, कि सुखित गर्भपातने होणारे मला हसणे प्रसार
 IPAS संघटनेने केळयमा अमुकव कायती करीत मी करे मला प्रसार

SOLVE THE SUDOKU!

Level: Hard

4		2			8	1	6	
7								
	6				4	8		7
3			5					
	9			6			5	
					2			4
2		3	1				4	
								9
	4	5	7			2		8

A sudoku puzzle is solved when all the grid cells have been filled with numbers from 1 to 9 as per the following three rules:

- Each row must contain all numbers from 1 to 9.
- Each column must contain all numbers from 1 to 9.
- Each box must contain all numbers from 1 to 9.



A Short History of Medicine: "Doctor, I have an earache."

2000 B.C. "Here, eat this root."

1000 A.D. "That root is heathen, say this prayer."

1850 A.D. "That prayer is superstition, drink this potion."

1940 A.D. "That potion is snake oil, swallow this pill."

1985 A.D. "That pill is ineffective, take this antibiotic."

2000 A.D. "That antibiotic is artificial. Here, eat this root!"

A well-known rich businessman's wife broke her hip. The businessman got the best bone surgeon in town to do the operation. The operation consisted of lining up the broken hip and putting in a screw to secure it. The operation went fine, and the doctor sent the businessman a fee for his services of \$5,000. The businessman was outraged at the cost, and sent the doctor a letter demanding an itemized list of the costs. The doctor sent back a list with two things:

- 1 screw: \$1
- Knowing how to put it in: \$4,999
\$5,000 total. The businessman never argued.

WE WANT TO HEAR FROM YOU

Questions? Comments? Suggestions? Share with Us!

We want to hear from you. This is your newsletter and we want to feature your thoughts and experiences on CAC and related reproductive health issues.

WATCH OUT FOR

Days

July 1

Global Day of Parents

September 26

World Contraception Day

September 27

Daughter's Day

September 28

Global Day of Action for
Access to Safe and Legal Abortion



Events

**FIGO 2017 International Congress on
Clinical Challenges in
Obstetrics & Gynaecology**

DATE: August 4–6, 2017

VENUE: HICC, Hyderabad

The Hysterectomy Summit

DATE: September 8–10, 2017

VENUE: Nagpur, Maharashtra

Photography Contest!



SEPTEMBER 28:

Global Day of Action for Access to Safe and Legal Abortion

**Send us a picture of your facility and tell us
the ONE special thing that you do to ensure
safe and legal abortion. Send us your entries
via WhatsApp: +91. 90133 80510**

or

Email: helpdesk@cacconnect.in