

Long Term Contraception in Operations as a tool to increase women's performance and safety

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Summary

The women increasing role in Armed Forces and the entrance in the combatant branch of Brazilian Army demanded specific approaching in women health's care. Unwanted pregnancy is a issue that can directly impacts on the operative capacity. The peculiar routine of military during deployment demands a practical contraceptive method. Sexual violence is also an issue that women can suffer if captured. Aiming to offer an easy and effective protection against unwanted pregnancy this work proposes a protocol for use during deployment using long-term hormonal contraception, that are the more effective and low maintenance. It also helps to decrease menstrual blood loss and dysmenorrhea, improving the performance and protecting against unwanted pregnancy in cases of violence.

Methods

To support the suggested protocol, a literature review was carried out on contraception with emphasis on long-term hormonal contraceptive methods, through research in the Up to Date, Pubmed, RedeBie, and Brazilian Army manuals and ordinances.

Conclusions

With the increase in women's participation in the military, there is a demand for the adoption of new protocols, in attention to women's health care, especially in operational situations. Contraception is an important aspect since unwanted pregnancy affects not only the military's personal and professional life, but the operational capacity of the troop.

Evidence shows that the adoption of long-term hormonal contraceptive methods, such as the LNG-IUS, are the most appropriate conduct, aiming at safety and practicality.

The creation of a counseling and contraception protocol for military women, aimed at preparing for missions, is of paramount importance to improve the quality of care with

the female segment of the troop, avoiding casualties, protecting health and increasing their performance.