

Utilization of Family Planning Services in Karnali Academy of Health Science, Jumla

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ABSTRACT

Introduction: Family planning is an integral part of maternal health as its uptake is a significant factor in the reduction of maternal mortality and in ensuring positive child health outcomes specially in developing countries, however, its usage remains low.

Objectives: To describe prevalence and pattern of contraceptive use, among women accessing family planning facilities.

Study design: A retrospective review of hospital records of family planning clinic clients at the teaching hospital was conducted.

Results: Total 2811 clients accepted a family planning service during the period. Contraceptive prevalence rate was 21%. Modal age group of clients (81%) was below 20 years old. Injection Depo was the most common method (69%) and implant was less used method (8%) among the temporary method of family planning.

Conclusion: There is an identified need for promotion of uptake of family planning methods. Involvement of young women, uneducated women and men in contraception counseling and services is essential to improve its uptake and continuity.

Keywords: *Family planning, contraceptives, KAHS*

INTRODUCTION

Family planning refers to a conscious effort by a couple to limit or space the number of children they have through the use of contraceptive methods. Contraceptive methods are classified as modern or traditional. Modern methods include female sterilization, male sterilization, intrauterine contraceptive device (IUCD), implants, injectable, the pill, condoms, and lactational amenorrhea method. Methods such as rhythm, withdrawal, and folk methods are grouped as traditional. Effective contraception would prevent unwanted pregnancies, abortion related complications and deaths and it

would also reduce the hazards of too frequent or too many pregnancies. Family planning, therefore, promotes the health of the woman and welfare of the family, which would result in economic gains and social development of the country.

Unexpected or unplanned pregnancy poses a major public health challenge in women of reproductive age, especially in developing countries. Of the 210 million pregnancies occur each year, almost 80 million are unplanned. Each year, approximately 42 million pregnant women seek termination of their unplanned pregnancy.¹ According to the United Nations report on Trends in contraceptive use, 64 percent of married

women of reproductive age worldwide were using some form of contraception. However, contraceptive use was much lower in the least developed countries (40 %) and was particularly low in Africa (33%).²

In recent years worldwide, there has been an intensive campaign to raise awareness about family planning. Family planning services are available through government, social marketing, and private health facilities and are available free of cost in public health facilities. The government sector is the most popular source for modern contraception in Nepal, serving 70% of modern method users.³ Government hospitals and clinics serve 32% of modern contraceptive users, with health posts and sub-health posts also prominent (20%). Only 6% of users of modern methods of contraception receive methods from the nongovernmental sector.³ Almost all district FP, maternal and child health (MCH) clinics supply all temporary FP methods.⁴

According to the Nepal Demographic and Health Survey the total fertility rate was 2.6. About 49% of Nepalese women are in the reproductive age of 15-49 years.⁵ In Nepal, contraceptive prevalence in reproductive age was reported at 52.6 % in 2016 according to the World Bank collection of development indicators.⁵ Distrust in modern reversible methods and the absence of service facilities in remote rural as well as hilly areas of Nepal have been identified as the main barriers to the adoption of family planning.⁶

Karnali Academy of Health Sciences (KAHS) established in 2011 is responsible to provide health

care services of Karnali province and province no 7 through its teaching hospital situated in Jumla. Various health services are provided by this hospital such as orthopedic, surgery, dental, medical, pediatric, dermatology, radiology etc. Maternal and child health clinic services are one of the major health care services provided by this teaching hospital. However, this service was fully handover from District Health Office from 2074/07/01. The prevalence and pattern of contraceptive use at KHAS teaching hospital has not been analyzed till date. This study was therefore carried out to examine the trends in pattern of contraceptive usage among women attending the family planning clinic of KAHS, the findings from this study would provide a basis for improvement in the delivery of family planning services.

MATERIALS AND METHODS

A retrospective review of the hospital records of all temporary family planning clinic attendees over a fifteen-month period after hand-overring to KAHS (Kartik 2074 to Magh 2075) was done. Proportions were expressed as simple percentages.

RESULTS

Total, 2811 clients were registered at the family planning clinic over the period of review. The number of clients assessing family planning service were increasing compare between 2074 and 2075 BS. The number of respondents who access the family planning service in KAHS in each month was shown in below figure 1.

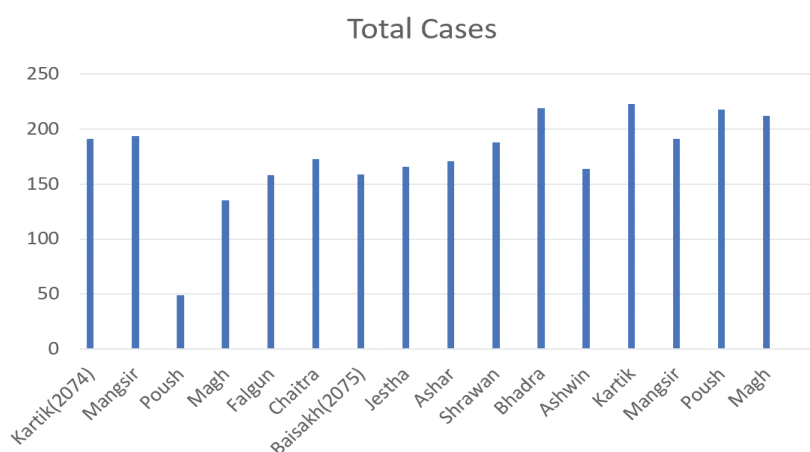


Figure 1: Total cases of receiving family planning service in each month (N=2811)

In this teaching hospital, the contraceptive prevalence rate was 21%. More than two third of the respondents (81%) were below 20 years old and all of them were married (100%). Over the one and half year period, among the total 2811 respondents, there was an initial surge of client demand for the injection Depo (69%). Additional, total 352 (13%) choose IUCD, 295 (11%) choose pills and only few 218 (8%) choose implant as a temporary method of family planning.

Chart Title

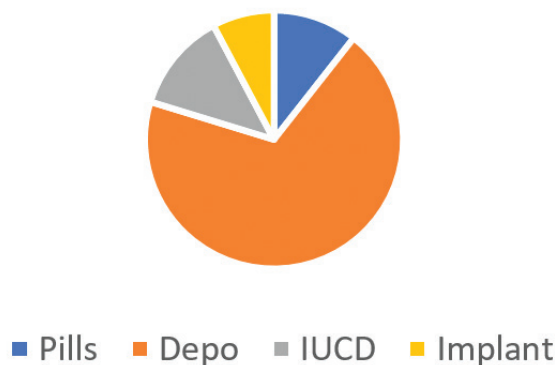


Figure 2: Method of family planning used by respondent (N=2811)

In our study, among the total 2811 respondents, 2293 (82%) were below 20 years of age and only 518 (18%) were above 20 years of age. Total 238 (8%) respondents (below 20 years) used pills and only 2% respondents (above 20 years) used it. Implant was mostly used by above 20 years respondents (8%).

Table 1: Distribution of family planning method according to age

Method	Below 20 years	%	Above 20 years	%
Pills	238	8%	60	2%
Injection Depo	1712	61%	231	8%
IUCD	340	12%	12	0%
Implant	3	0%	215	8%
Total	2293	82%	518	18%

DISCUSSION

In this study, total, 2811 clients access the family planning service over the period of review. More than two third of the respondents 2290 (81%) were below 20 years old and all of them were married (100%). The findings from this study show that contraceptive practice is still low among women accessing maternal and child health service in KAHS, with a prevalence of 21%. This situation is a cause for concern, as the prevalence observed in this study is similar to the previous study (18.1%) conducted in Naigeria.⁷ In Nepal, between 1996 and 2006 the national contraceptive prevalence rate (CPR) increased by 69%, from 26% in 1996 to 44% in 2006,⁹ but between 2006 and 2016 it stalled.⁵ Similarly, the CPR in rural areas increased from 24% in 1996 to 42% in 2006⁹ but then stalled between 2006 and 2016. In our study, the number of clients assessing family planning service was increasing slowly.

The commonest used family planning method in this study was; injection Depo, 69%, IUCD 13%, pills 11% and implant 8%.¹⁰ The most common contraceptive method chosen in this study was the injection Depo, which is similar to reports of previous study in Nigeria.¹¹ It thus appears that the injection Depo is the contraceptive method of choice in clinic-based services in KAHS, as well as popular in overall of Nepal. Though this preponderance may be due to the simplicity and convenience of the injection Depo for the users, it could also be due to provider bias as well as the confidentiality and greater availability of the other methods.

Overall, 53% of currently married women use a method of family planning, with 43% using a modern method and 10% using a traditional method. In our study the most popular method was injection Depo and list common was implant. But this finding was not support by the Nepal Demographic and Health Survey.³ In this survey, the most popular methods are female sterilization (used by 15%), injectable and withdrawal (each used by 9%), male sterilization (used by 6%), and the pill (used by 5%).³ The contraceptive prevalence rate among married women varies with age, rising from 23% among women age

15-19, peaking at 69% of women age 35-44, and then slightly declining to 65% among women age 45-49. In our study also the prevalence of family planning was 21% and almost most of the respondents (81%) were below 20 years old. Women in urban areas are more likely to use a contraceptive method than women in rural areas (55% and 49%, respectively).³ Use of contraception does not seem to vary much by ecological zone and development region, although it is relatively low in Western at 46%³. This study was also in western region of Nepal; thus, the uses of family planning service were low compare to another region.

In conclusion, this study has shown that contraceptive practice is still low in our environment. Most of the respondents who utilized the family planning service were below 20 years old, which directly indicate that child marriage was very common in this area. Almost all of the respondent choice was injection depo rather than other methods. Thus, capacity building of family planning counselor's and providers is essential to ensure the development of counseling and technical skills for the provision of a wider range of contraceptive options to clients, thereby also improving uptake and reducing discontinuation. Further enlightenment of the population, with emphasis on men, young women and uneducated women, through various community and mass media programs are also advocated, so as to increase women's access to contraception.

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