

Knowledge and usage of Family planning methods among clients of Bab Al –Moatham Training PHC, Baghdad

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Abstract:-

Background: Family planning program represent a chance to family size control, development, and good planning for future.

Objective: We aimed to assess the prevalence of family planning usage, & to evaluate client knowledge about these methods. & to determine the most common family planning used.

Method: Cross sectional study was conducted in Bab Al Moatham PHC catchment area, 3-7/ 2017. A total of 6% of married women (141 women) aged (15-49 yrs.) give a structured questionnaire developed mainly on family planning WHO guideline, ten expert's opinions taken in consideration, also pilot study of 14 married-women done. Data analysis was done by using SPSS ver. 23. Frequency, percentage, Chi-Square test were used. $P < 0.05$ considers significance. Answer scoring was done for knowledge.

Results: Sixty three of women (44.7%) aged 29-39yrs, with 56% complete primary school, 92.2 % housewife, 34% married 2000-05, 68.1% with good obstetric history, 87% of them used family planning methods, and 58% using it now, most method used is CCP 66.7%, studied women had good knowledge in Withdrawal method 65.2%, CCP 55.3%, and poor/no knowledge in vasectomy. Significant association between educational level, working, year of marriage and previous use of family planning, while only working state has significant with recent use of family planning.

Conclusion: Low rate using of family planning methods, and most method used is CCP, then withdrawal method with good knowledge in both and poor/no knowledge in vasectomy

Key word: Family planning, PHC Bab Al –Moatham, CCP, withdrawal method, Baghdad, knowledge.

Introduction:

WHO announce in 2017 that "Every man and woman has the right to be informed of, and to have access to, safe, effective, affordable and acceptable methods of fertility regulation of their choice, and the right of access to appropriate health care services that will enable women to go safely through pregnancy and childbirth as well as provide couples with the best chance of having a healthy infant."⁽¹⁾ In additional Family planning offers a positive view of reproductive life and enables people to make informed choices about their reproduction and well-being ⁽²⁾.

Uncontrolled population growth is recognized as the single most important impediment to national development ⁽³⁾. To prevent unwanted pregnancies Birth Control Program was established 20th century ⁽⁴⁾.

The Iraqi family planning organization establishes in 1971, and Iraqi ministry of health initiated family planning program at 1974-1981⁽⁵⁾. But till now, Iraq had unmet need for family planning; as the official united nation site for the millennium development goals indicators. ⁽⁶⁾ In Bab Al Moatham PHC planned to get the health care accreditation HCAC⁽⁷⁾, one of standards needed is finding solutions to PHC problems through indicators. Low family planning client to the monthly goal consider a big problem; so we do this study

objective:

- To assess the prevalence of family planning usage, and the most common family planning method used.
- To evaluate client knowledge about these methods.

Method:

Cross sectional study (with an analytic element) was conducted in Bab Al Moatham PHC during the period from March to July 2017.

After taken of permission of the Resafa-Baghdad health directorate, and verbal Consent to participate of 141 non-pregnant married women aged 15-49 years; attended the Bab Al Moatham PHC for "any" reason was enrolled in this study.

A structured questionnaire was divided into four parts: the demographic (age, educational level, working status), obstetric history, previous and recent usage of family planning methods, knowledge about each family planning method; consist 6-8 for each method taken from WHO Family planning: a global handbook for providers, 2011^(8, 9) and in the end 2 question about participant believes about family planning.

Ten expert's opinions (five community physicians, three obstetric and gynecologists, three family physicians) were taken in consideration, also pilot study of 14 married women and they were not included in the study.

(Knowledge questions Cronbach's Alpha= 0.848)

Sampling technique:

Non-pregnant married women aged (15-49 yrs.) attend the Bab Al Moatham PHC for "any" reason within the 1st March to 31st May 2017 (data collection period) and accept to participant in this study. One-hundred and forty one women interviewed with the questionnaire.

Scoring:

Each family planning method has no. of question 8- 6, developed depending on WHO Family planning: a global handbook for providers, 2011^(8, 9) and scored as If the woman answer more than half the questions correctly consider as good knowledge in that method, while If the woman answer half or less than half the questions correctly consider as poor knowledge in that method

Data analysis

The Statistical Package for Social Science (SPSS) version 20 was used for data entry and analysis. Frequency and percentage were used

to describe the data and suitable statistical tests were used accordingly. Chi-Square test and Fisher's Exact Probability test were used to test association between dependent and independent variable. Statistical significance was determined as $p < 0.05$.

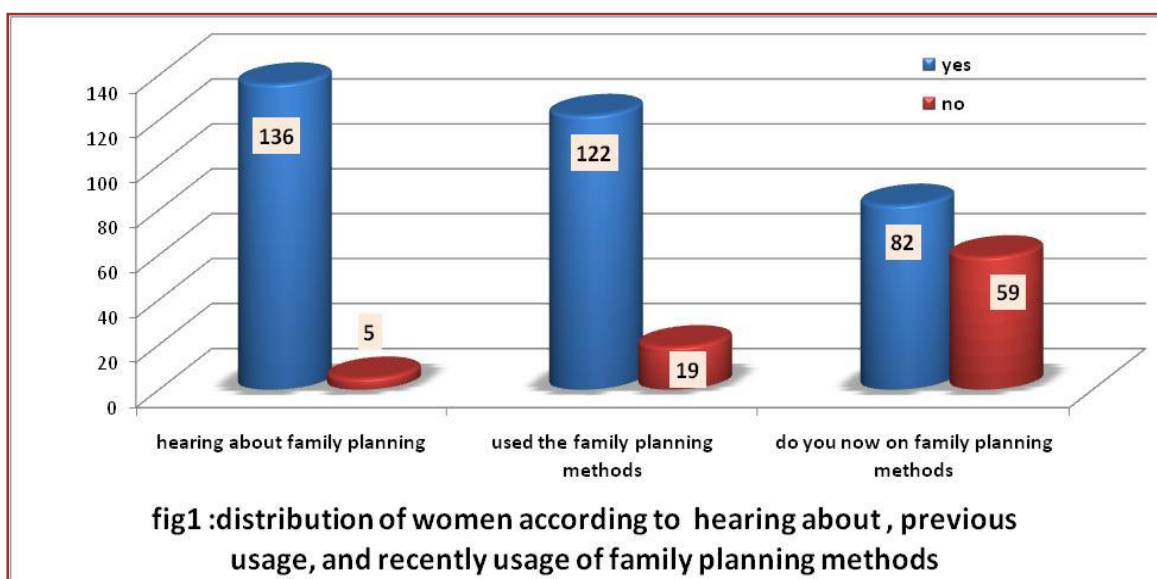
Result:

Descriptive statistics of socio-demographic characteristics of the studied female studied women are summarized in table (1): highest percentage were 63(44.7%) of the studied women aged 29-39 years, 79(56.0%) complete primary school, 103(92.2%) house wife and 48(34.0%) married at 2000-2005. And distribution of women according to obstetric history, most of them have two-three babies, and have no abortion or still birth.

Most of women 136(96.45%) heard about the family planning and 122(87%) of them previously used them; put only 82(58%) now having family planning method this is shown in figure (1).

Table 1: Distribution of women according sociodemographic characteristic and obstetric history

sociodemographic characteristic		Freq.	%
age in yrs	15-17	2	1.4
	18-28	45	31.9
	29-39	63	44.7
	40-49	31	22.0
educational level	not read not write	15	10.6
	read and write	9	6.4
	complete primary	79	56.0
	complete inter mediate	7	5.0
	complete secondary	13	9.2
	graduate institution and more	18	12.8
female work	house wife	130	92.2
	students	2	1.4
	governmental employment	7	5.0
	private employment	2	1.4
marriage year	before 2000	25	17.7
	2000- 2005	48	34.0
	2006- 2011	38	27.0
	2012 and after	30	21.3
No. of life baby	nil baby	3	2.1
	one baby	15	10.6
	tow baby	33	23.4
	three baby	34	24.1
	four baby	31	22.0
	≥ five baby	25	17.7
No. of Still birth	No Still birth	128	90.8
	One Still birth	11	7.8
	Tow Still birth	1	0.7
	Three Still birth	1	0.7
No. of abortion	no abortion	96	68.1
	one abortion	29	20.6
	tow abortion	11	7.8
	three abortion	3	2.1
	seven abortion	2	1.4
	Total	141	100.0



Contraceptive pills are most family planning methods used method in past and recent followed by withdrawal method as percents figure 2. In table (2) Fifty eight percent of women used family planning discontinued it by the couple for many causes, highest percentage due to complication or to get pregnancy. Half the studied women have good knowledge in companioned contraceptive pills, male condom, IUCD, tubal ligation, withdrawal method & Lactation amenorrhea method; While have poor or no knowledge in vasectomy, progestin only tablet, progestin injection, vaginal spermicidal, & cervical cup, with highly significant relation as seen

in table (3). Majority of women believed that family planning accepted in all religious doctrine 63.1%, while 22.7% not sure, and 14.2% not believed in that. As shown in figure (3). There is strong association between the female work and both previous & recent use of family planning methods, while the educational level and marriage year associated with the previous use of family planning methods only, and there is no statistical significance with the age for both previous & recent use of family planning methods, as shown in table (4).

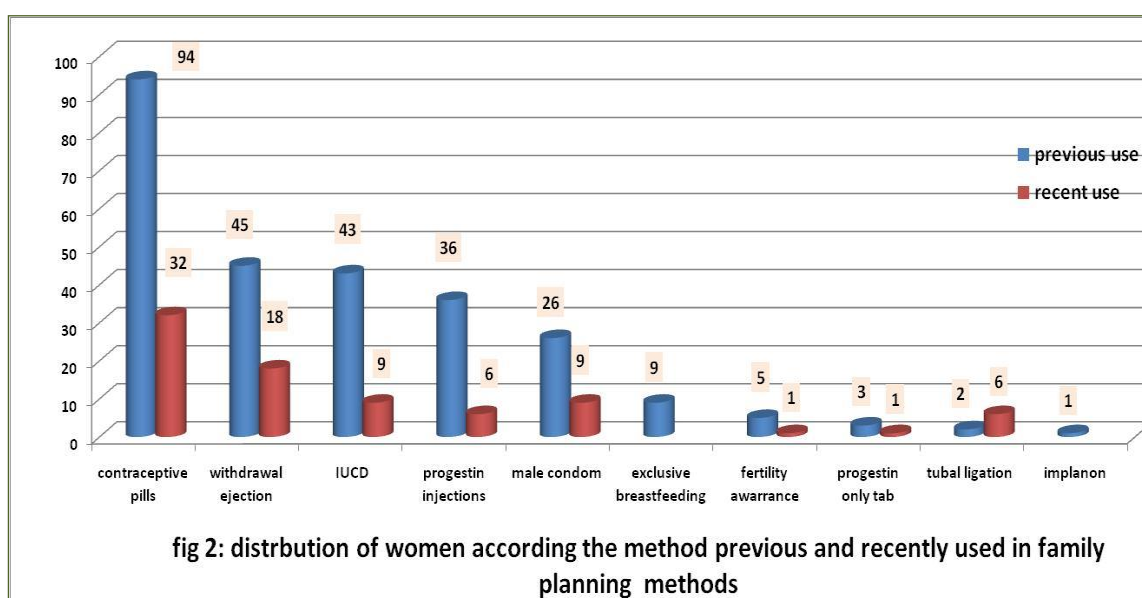


Table (2): Frequency of women according discontinuity family planning by woman herself, and its causes:

		Freq.	%
discontinuity family planning N= 141	yes	82	58.16
	no	41	29.07
	Not use Family Planning methods at all	18	12.77
Causes of discontinuity family planning N= 82	Complication	45	54.88
	To get pregnancy	20	24.39
	family planning failure end with pregnancy	8	9.75
	Divorce	3	3.66
	Forgetting the pills	2	2.44
	Not available when needed	2	2.44
	Husband disagree	2	2.44
	Total	82	100%

Table 3: Relation between the Women knowledge about modern and traditional family planning methods and type of the methods:

	good knowledge		Poor or No knowledge		p value
	No.	%	No.	%	
modern family planning methods					0.000
CCP	78	55.3	63	44.7	
condom	63	44.7	78	75.4	
IUCD	56	39.7	81	60.3	
tubal ligation	54	38.3	87	61.7	
progestin injection	47	33.3	94	66.7	
progestin only tablets	15	10.6	126	89.3	
vasectomy	5	3.5	136	96.4	
traditional family planning methods					0.000
withdrawal method	92	65.2	49	34.8	
LAM	78	55.3	63	44.7	
fertility awareness	44	31.2	97	69.8	
cervical cup	26	18.4	115	81.6	
vaginal spermicidal	26	18.4	115	81.6	

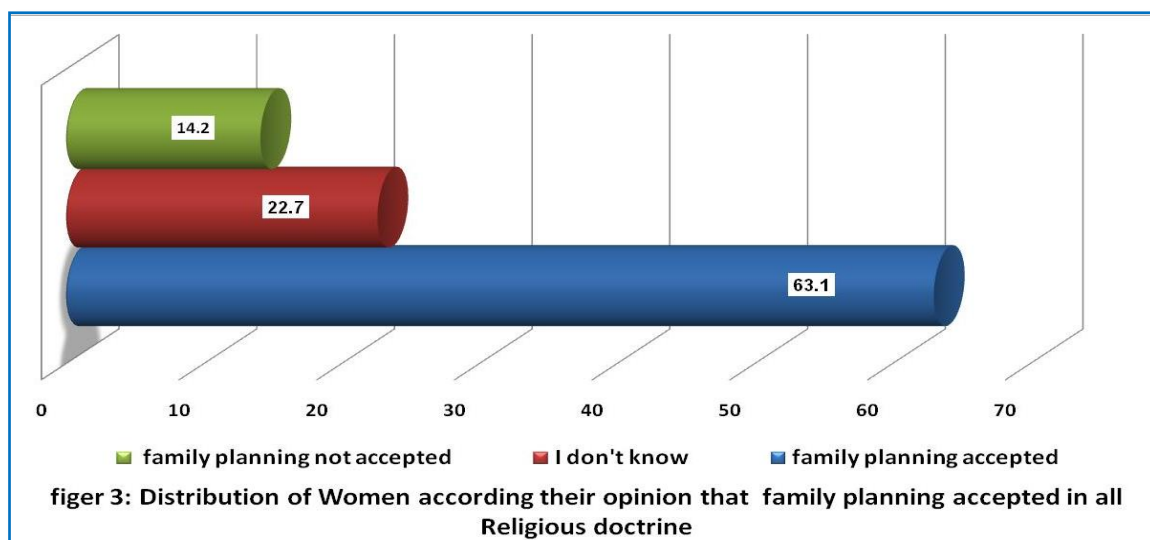


Table 4: Association between previous & recent use of family planning methods and the women demographic factors

Demographic variable		previous use of family planning method		Demo-graphic variable	Recent use of family planning method		Total
		YES	NO		YES	NO	
age in yrs	15-17yrs	2	0	15-17yrs	0	2	2
	18-28 yrs	39	6	18-28 yrs	22	23	45
	29-39 yrs	53	10	29-39 yrs	41	22	63
	40-49 yrs	28	3	40-49 yrs	19	12	31
	age p value = 0.800			age p value = 0.125			
educational level	not read not write	11	4	not read not write	7	8	15
	read and write	7	2	read and write	4	5	9
	complete primary	70	9	complete primary	47	32	79
	complete inter mediate	7	0	complete inter mediate	6	1	7
	complete secondary	13	0	complete secondary	7	6	13
	Grad. college/institution	14	4	Grad. college/institution	11	7	18
	p value = 0.044*			p value = 0.477			
female working status	house wife	115	15	house wife	77	53	130
	students	2	2	students	2	0	2
	governmental employment	3	3	governmental employment	1	6	7
	private employment	2	2	private employment	2	0	2
	p v = 0.006*			p v = 0.037*			
marriage year	before 2000	23	2	before 2000	16	9	25
	2000- 2005	43	5	2000- 2005	30	18	48
	2006- 2011	35	3	2006- 2011	23	15	38
	2012 and after	21	9	2012 and after	13	17	30
	p value = 0.028*			p value = 0.318			
Total		122	19		82	59	141
*Chi square test used and p value less than 0.05 consider statistically significant							

Discussion

This study revealed that studied women age, educational level, working status follow the normal announcing feature of Bab Al-Moatham PHC catchment area in all its catchment area survey done in the beginning of usage of family approach model in it, 2013. And according to obstetric history, most of them have no abortion or stillbirth. (Not published)

Most of the studied women heard about the family planning methods; even that thirteen of them never used any method previously; and recently only near half of women using one of the family planning methods. This is similar to what WHO found in 2015 that Iraq unmet the millennium development goals in the family planning program,⁽⁷⁾ and StatiscalSnaphot, 2018 Multiple Indicator Cluster Survey (MICS6) Briefing-family planning,⁽¹⁰⁾ other study done in Basra city were all the respondents were aware of at least one method of contraception⁽¹¹⁾, Cameroon study were found Ninety-six percent of the women had already heard about family planning⁽¹²⁾; But disagreed with Iraqi study done in 2014 in al-Karkh side of Baghdad that found 75% of respondents heard about family planning.⁽¹³⁾

Contraceptive pills are most family planning methods used method in the past and recently; followed by withdrawal method. This is similar to Basrah study⁽¹¹⁾, And preliminary finding report-Multiple Indicator Cluster Survey MICS-4- Iraq, 2011⁽¹⁴⁾.

Unfortunately more than half of women discontinued the family planning method by themselves for many causes mainly complication and pregnancy welling. This similar to StatiscalSnaphot 2018 Multiple Indicator Cluster Survey (MICS6) Briefing-family planning⁽¹⁰⁾, and in al Karkh study, 2014.⁽¹³⁾

Good knowledge about CCPs, male condom, IUCD, and tubal ligation in Half the studied women; While have poor or no knowledge in vasectomy, progestin only tablet and progestin injection; this is may be due to the prevalence of usage of the CCPs, male condom, IUCD, and rarely used the others, this result was similar to the finding of StatiscalSnaphot, MICS6 IRAQ - 2018 - family planning.⁽¹⁰⁾ Basrah study 2015⁽¹¹⁾, Al-Karkh study 2014⁽¹³⁾, and MICS-4, 2011⁽¹⁴⁾

Women knowledge in the traditional methods was good about 2 methods; withdrawal

method & Lactation amenorrhea method, but poor/no knowledge about vaginal spermicidal, cervical cup, may be due to last methods were not available in the local markets.

Family planning accepted in all religious doctrine as a believed of the majority, this is not like the al Karkh study⁽¹³⁾, which nearly half of the participant had negative attitude toward family planning.

There is strong association between the female work and both previous & recent use of family planning methods; this is very expected because most worker women need to plan about the pregnancy to suite their works, and its conceder as one of domains of empowerment to the worker women as a report published 2018 UKAID & SEED & FSD Africa "Learning brief Women's Empowerment and Savings Groups: What Do We Know?".⁽¹⁵⁾ And this is similar to a systemic review of the literature done in 2017⁽¹⁶⁾ and similar to other report from International Center for Research on Women (ICRW) 2012.⁽¹⁷⁾

The educational level and marriage year had significant association with the previous use of family planning methods only; this is agreed with a study done in France 2006.⁽¹⁸⁾ And similar to study done in Nepal 2009, studied the influence of wives' and husbands' education levels on contraceptive method choice international perspectives on sexual and reproductive health,⁽¹⁹⁾ other study done India. 2013 found that Women education has a significant effect on fertility.⁽²⁰⁾

Current study revealed that there is no statistical significance with the age for both previous & recent use of family planning methods. This is disagreed to a study done in Angola 2016.⁽²¹⁾ And other study done in occupied palastine.⁽²²⁾

In conclusion; Low rate usage of family planning methods, and most method used is CCP, then withdrawal method, most of them start family planning methods after second baby, most cause of discontinuation is the complication followed by willing in pregnancy, and only few ends with unexpected pregnancy (family planning method failure). Good knowledge in CCP, withdrawal method, IUCD and condom, with significant association. Also Significant association between educational level, working, year of marriage and previous use of family planning, while only working state has significant with recent use of family planning.

It is recommended to increase the health education to the community about family planning important and its types inside and outside the PHC, and Continuous availability of hormonal methods especially progestin tablet only, IUCD, other methods in the PHC with Increase family planning counseling training courses for PHC doctors.

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