

STORY of WOMEN’S FAMILY PLANNING CHOICES and the COVID PANDEMIC – WHAT WAS VITAL FOR THEM ?

INTRODUCTION –

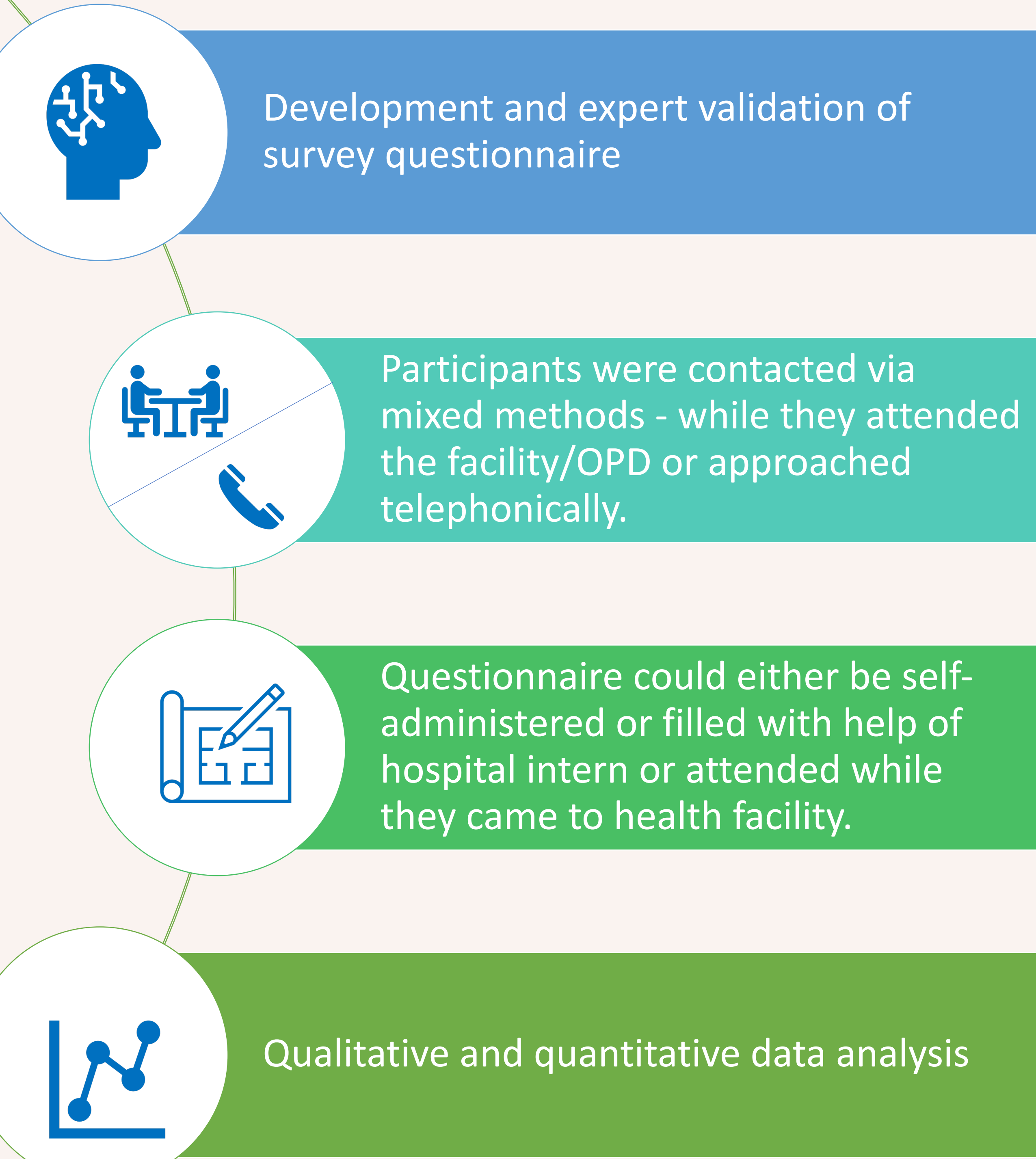
It is a very well-known fact how the pre-existing discrepancy & injustices in health care affects the wellbeing of the ungarded and overlooked strata of the society- our women. The rise in population projected to be 9.7 billion by 2050 and yearly, nearly 50% pregnancies are unwanted according to United Nation.(1) The specific contraceptive method mix substantially varies from region to region, added to this the decision of family. Equal and easy access to contraception and family planning services are essential for achieving Universal access to reproductive healthcare services as noted in 2030 Agenda of sustainable development goals.(2) Nonetheless over decades researchers have expressed concerns over the lack of availability and non-usage of modern contraceptive methods.(3) With 257 million women desires to avoid conception but doesn’t use modern contraceptives. Hence it’s crucial to understand their story too.(4)Contraceptive choice is a critical component of women's reproductive health and rights. Telecommunication proved to be a vital tool for creating awareness in females. They not only helps in keeping females aware but it also motivated, helped them for follow-up. Telecommunication if utilised properly can prove to be an effective tool in pandemic for delivery and management of sexual and reproductive health services.

AIMS & OBJECTIVES –

To assess the contraception preferences, acceptance and studying the change in contraceptive usage trends in reproductive females.

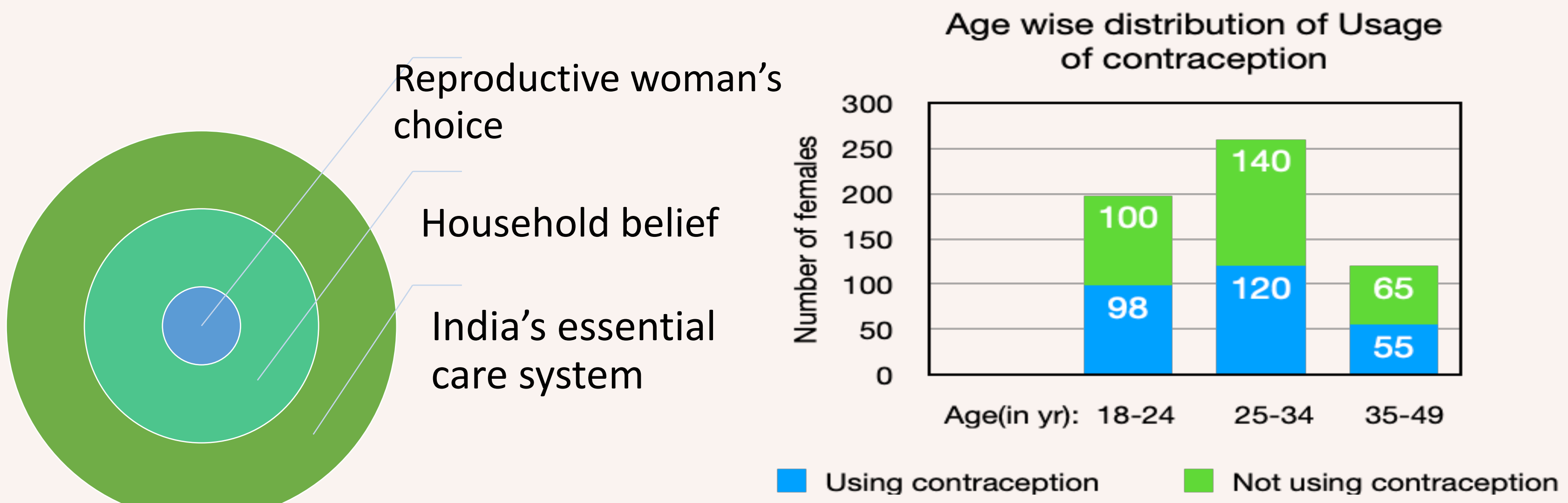
METHODOLOGY–

Tertiary care centre based cross sectional study.



RESULTS -

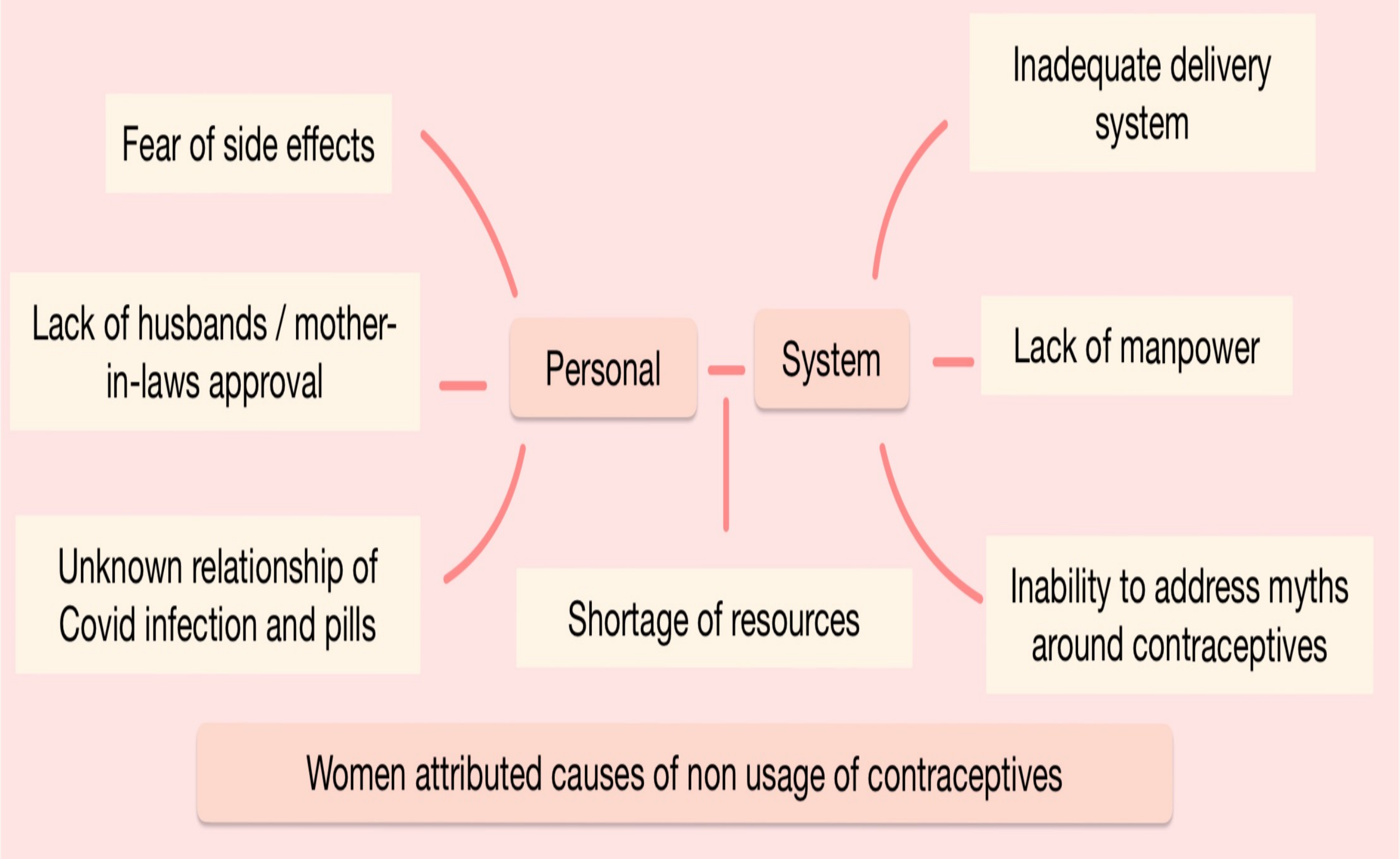
Access of family planning services and its facilitators and barriers were observed. Which stated that the burden of contraception largely falls on the female partner, higher parity or number of living children, age at last childbirth. In our study, 34.6 % women admitted of having unwanted pregnancy, 44.6% said they have subjected themselves to unsafe abortion. As it had statistically significant association with usage of contraceptives. Positive association was established in between better availability of telecommunication and a role of telemedicine in improving family planning services. Improvised telecommunication during the pandemic had a direct association with access to contraceptives.



Parity and contraception			
Parity	Number of females	Accepts modern contraceptive	P value
1 to 2	190	70	<.0001
3 to 4	224	188	
More than 4	164	150	

Women’s perspective throughout this era

Preferred method	Pre Covid	During Covid	P value
Traditional	50	70	<.0001
Barrier	80	140	
Pills	116	72	
Safe period	95	101	
Coitus interruptus	92	100	
IUCD	35	35	
Sterlization	20	20	
No method	90	40	



QUALITATIVE ANALYSIS OF VIEWS REGARDING TELEHEALTH



REFERENCES –

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2. Sustainable Development Goals | United Nations Development Programme [Internet]. [cited 2022 Jun 6]. Available from: <https://www.undp.org/sustainable-development-goals>
3. WHO, USAID, MCHIP. Programming strategies for Postpartum Family Planning. World health organisation press [Internet]. 2013 [cited 2022 May 4]; Available from: www.who.int
4. Nearly half of all pregnancies are unintended—a global crisis, says new UNFPA report | United Nations Population Fund [Internet]. [cited 2022 Jun 6]. Available from: <https://www.unfpa.org/press/nearly-half-all-pregnancies-are-unintended-global-crisis-says-new-unfpa-report>

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CONCLUSION –

Large gaps remain in meeting family-planning needs. The projected increase in the number of women with need for family planning will create challenges to expand family-planning services fast enough to fulfil the growing need. Contraceptive prevalence rate seems to have risen.

TAKE HOME MESSAGE –

The fears of side effects should be addressed for improving the usage of contraception. The policy makers are strongly urged to increase the services and utilise telecommunication.

