

A TEN-YEAR REVIEW OF MODERN CONTRACEPTION METHODS IN NIGERIA'S PUBLIC HOSPITAL

Dr. Onabadejo A.A. Registrar at Federal Medical Centre, Abeokuta, Nigeria



INTRODUCTION

Nigeria is a developing country and 6th populous country in the world with estimated population of 214 million. The health indices are not good, with MMR (Maternal Mortality Ratio) of 512 and fertility rate of 5.3 b/w. There is unmet family planning (FP) need of 48%.

OBJECTIVES

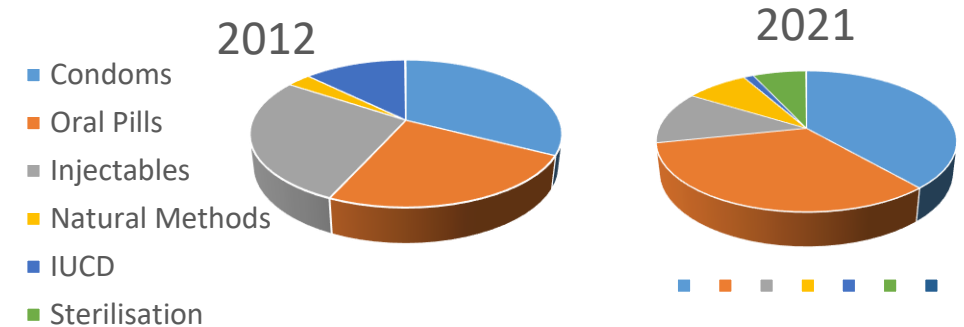
Determine the trend in the rate of uptake of and the choice of FP methods

DESIGN

It is a 10-year retrospective study involving the review of records of clients assessing services at Family Planning Unit of the Federal Medical Centre, Abeokuta in the South West Nigeria.

RESULTS

The uptake of FP methods is on the upward trend, new users increased by almost 300% from 482 to 1266. There is significant increase in acceptability of implants from 22.5% to 38.6% followed by condoms that grew to 33.1% from 25.2%, natural methods and IUCD uses have not significantly changed but oral pills and injectables are on the downward trends from 18.8% to 12.1% and 21.3% to 8% respectively. The sterilization methods have the lowest uptake with no significant change over the 10-year period.



CONCLUSION

The effective government efforts to promote FP has led to increased uptake and highly effective methods like the implants are now widely used. Male and female condoms have a resurgence due to enlightenment about prevention of AIDS/STI's. The oral pills and injectables are not favoured by most women due to increased frequency of administration which makes compliance difficult. Religious and cultural beliefs are the major reasons for the continued use of natural FP methods. Belief in reincarnation by many Africans made them think sterilization will make them infertile in the afterlife.

The investment in FP is already leading to observable improvement in access to and use of reproductive health services. If the intensity is maintained, there will soon be observable improvements in indices like MMR and infant mortality rates.

Contact: Onabadejo A.A.
dammyii@yahoo.com