

CONTRACEPTIVE AWARENESS IN POST NATAL PATIENTS IN KIMS, BANGALORE

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INTRODUCTION

- Contraceptive use during postpartum period is critical for maternal and child health.
- Family planning can avert more than 30% of maternal deaths and 10% of child mortality if couples spaced their pregnancies more than two years apart.
- India was the first country in the world to launch the Family Planning Programme in 1952.
- The ability of women to control their own fertility is absolutely fundamental to women's empowerment and equality.
- The postpartum period is an important time to initiate contraception because women are accessing the health-care system and might have increased motivation to avoid another pregnancy.
- There exists a KAP gap i.e. a gap between knowledge, attitude, and practices regarding contraception.
- The lack of knowledge and awareness could be the contributing factor toward malpractice of contraception in society.

AIMS & OBJECTIVE

AIM: To assess contraceptive awareness in postnatal patients.

OBJECTIVE: To assess the knowledge, awareness, and perception of contraception among postnatal patients in Kempegowda institute of medical sciences.

METHODOLOGY

- A cross-sectional, questionnaire-based study will be conducted among postnatal inpatients and outpatients of Kempegowda institute of medical sciences.
- The pretested questionnaire will be used to collect data from the participants over the period of 3 months.
- This is a KAP study regarding socio-demographic profile, awareness and acceptance of contraceptive method in postnatal period.
- The questionnaire will be used for gathering the information about patient's demographic data, and their knowledge, attitudes, and perception toward contraception. Data will then be statistically analyzed.

SAMPLE SIZE: 200

STUDY DESIGN: Observational study

INCLUSION CRITERIA:

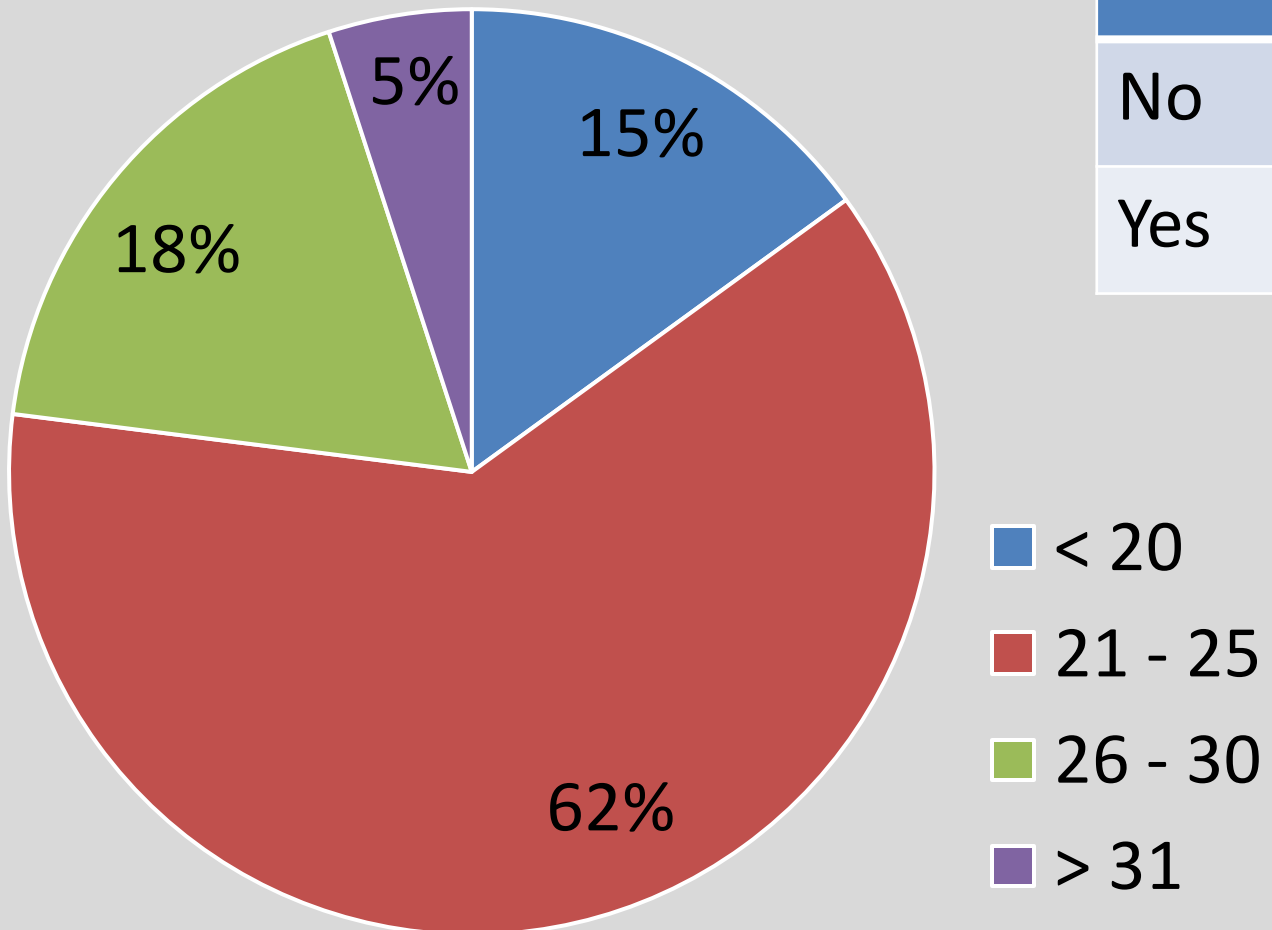
- All postnatal patients who have delivered live full-term babies in this hospital.

EXCLUSION CRITERIA :

- Women in post-abortion period.
- Women who have delivered an intrauterine dead fetus.
- Patient delivered babies with congenital anomalies.

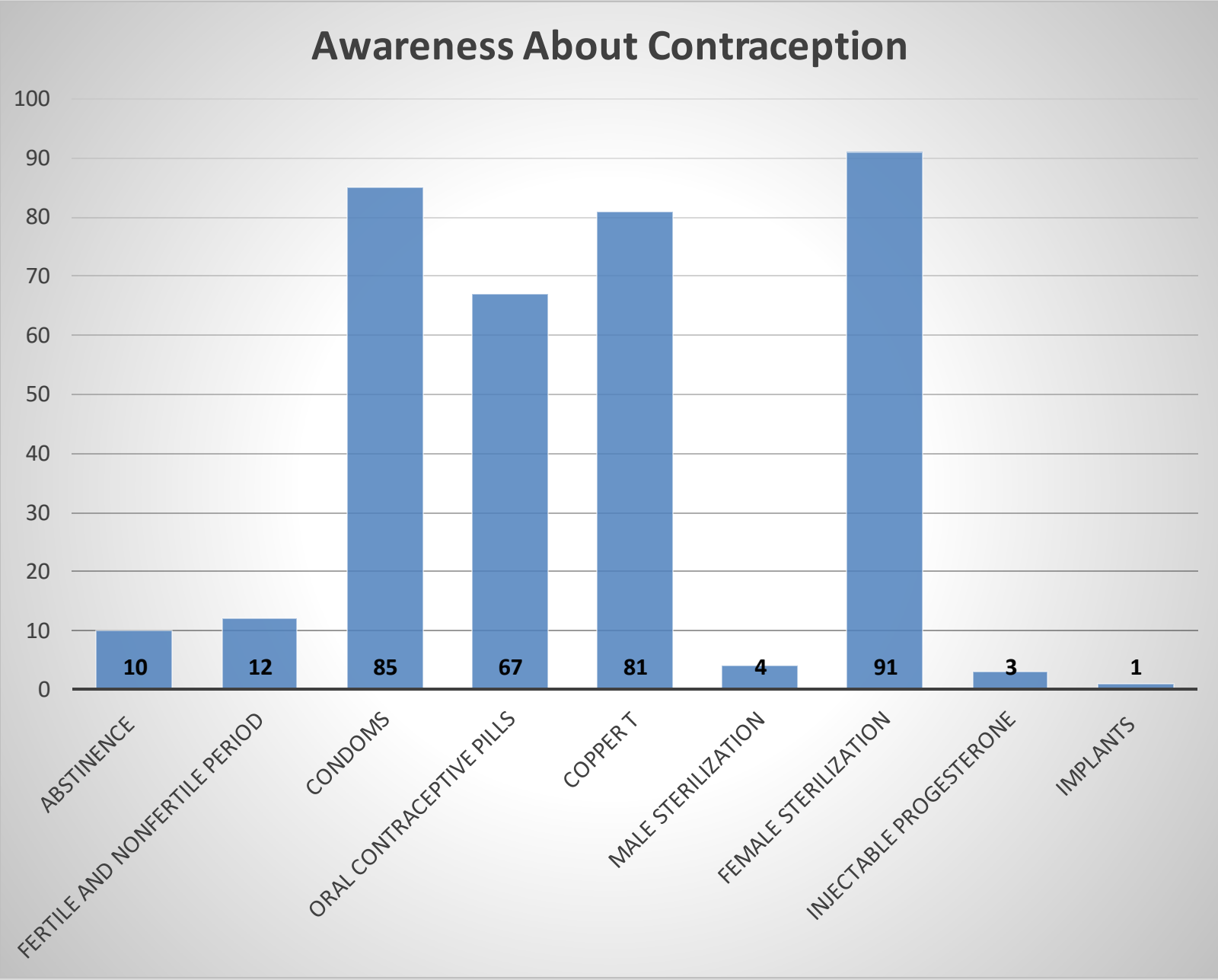
STATISTICS

Mean Age Distribution

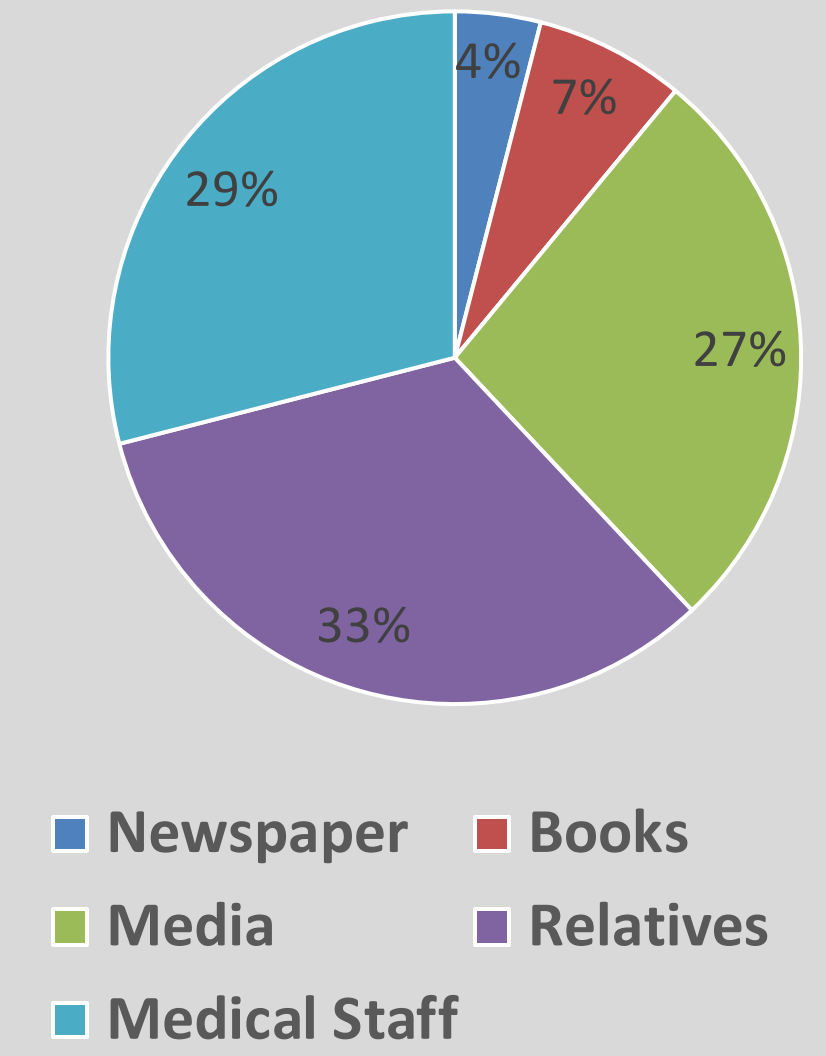


History of contraception use	NO	%
No	156	78
Yes	44	22

Reason for not using contraception	No	%
Fear of side effects	45	29
Husband stays away	6	4
Decision of the family	8	5
Unaware about contraception	12	6
Wanted to conceive	74	47
Religious reasons	11	7
	156	100



Source of Information



RESULTS

In KIMS hospital, Bangalore.

- Mean age of subjects was 26yrs.
- 36% of women were from rural areas and 64% were from urban areas.
- 41% of women had secondary education, 10% had primary education, 27% had education till higher secondary, 19% had degree and 3% were illiterates.
- 33% of women were from lower class, 51% were from middle class and 16% were from upper class.
- 44% were multipara and 56% were primipara.
- There were 84% of women were house wives while 16% were self employed or had job.
- There were 22% of subjects had used contraceptive methods earlier and 78% had not used any contraceptive methods earlier.
- Main reason for not using contraception, they wanted to conceive (47%) followed by fears of side effects (29%), no information regarding contraceptive methods (8%), decision of family (5%) and husband staying away (4%).
- 97% of women were aware of at least 1 contraceptive methods, the highest awareness being for female sterilization(91%) followed by Condom (85%), IUCD (81%),OCP's (67%), DMPA (3%), 10% of Abstinence and 4% male sterilization.
- Regarding preferred method of contraception for future use, female sterilization (32%) was the preferred method followed by Copper - T (22%). 18% of women preferred condoms. Only 13% preferred OCPs as there is chance of pregnancy if pills are missed and fear of side effects in some. 6% preferred Abstinence, mainly in postpartum period and shift to any above methods as soon as possible or before resuming intercourse. 8% of women opined their willingness to use 3 monthly progesterone injections. None of the women chose male sterilization as contraception.
- Regarding source of information, present study shows 33% from relatives, 29% from medical staff, % from relatives and 27% from media, 11% from books and newspaper.

CONCLUSION

- Women are aware of contraceptive methods and have knowledge and positive attitude towards use of contraceptive methods, but still women are not practicing contraception. There is wide gap between knowledge and practice of contraception.
- After delivery, during immediate post partum period, maximum women wish for contraception Hence these women can be served by family planning services before discharge from hospital to ensure the acceptance of contraceptive practices among them.
- This would curb unwanted pregnancies and its future consequences.
- As ours is a male dominant society, many decisions are taken by husband and his parents regarding number of children and spacing in between them. So there is need to educate both husband and wife together.
- Fear of side effects of contraception is the main reason for non usage. This can be reduced by proper selection of contraception before starting its use and adequate follow up of women using contraception by family planning services