

“Acceptance of Contraception among Couples Receiving Contraceptive Counselling in Antenatal Period in Conservative Society of Pakistan.”

‘Dr Aneeza Sikander, Dr Zahra Safdar’

Central Park Teaching Hospital, Lahore.

Objective:

The objective of this study was to determine the influence of antenatal counselling upon uptake of contraception in immediate post-partum period in the conservative society of rural areas surrounding Lahore, Pakistan.

Methods:

This study was conducted in Central Park Teaching Hospital, Lahore, Pakistan in 3 months. 400 antenatal patients at 28 weeks or above gestation were randomly divided into two groups. Group 1 was those patients who did not receive antenatal contraceptive counselling. Group 2 were those patients who receive antenatal contraceptive counselling. After written informed consent, a pre-designed proforma was filled. The data was analyzed with SPSS 23.

Background:

Pakistan is the fifth most populated country of the world. Family planning is a taboo in conservative society of rural areas of Pakistan. The prevention of unplanned pregnancies and short inter-pregnancy interval in first 12 months after child birth will help women in optimal inter-pregnancy intervals^{1,2}. This has important impact on improvement of maternal and child health³. Closely spaced pregnancies have negative effect on perinatal and maternal health and are associated with low birth weight, neonatal, infant and child mortality⁴.

Design:

This was a Non-Randomized Clinical Trial. Patients were divided in two groups. Group one did not receive antenatal counselling and group two received antenatal contraceptive counselling.



Results:

Among 400 patients, 200 were controls while 200 received counselling. After first pregnancy, 76% used contraception without counselling and 86.75% used contraception after counselling. After second pregnancy, 71% used contraception in group one and 87% used contraception in group two. The most accepted contraceptive was barrier method followed by injections. After third pregnancy, acceptance of contraception was same in both groups. 67% used contraception after fourth pregnancy in group one and 89% in group two. Bilateral Tubal Ligation (BTL) was mostly accepted after fourth pregnancy. After fifth pregnancy 73% used contraception in group one and 84% used in group two. BTL was the most popular contraceptive method followed by injection after fifth pregnancy. Approximately 94% of the females used any contraceptive method after sixth pregnancy in group I and 100% in group II. After seventh pregnancy 98% females used contraceptive method in group I and 100% used after seventh pregnancy in group II. The most popular method was barrier method. After eighth pregnancy most commonly used contraceptive method was intrauterine contraceptive device (IUCD) for birth control in group II.

Keywords:

Antenatal counselling, contraception, conservative society

Conclusions:

Antenatal contraceptive counselling is an effective intervention in increasing contraceptive acceptance as well as uptake in conservative society of Pakistan. Health care providers should be trained and motivated for antenatal contraceptive counselling to improve contraceptive prevalence in Pakistani societies. Performance of health care providers in this area should be assessed as a part of their annual assessment.

References

1. Mosher W, Jones J. Use of contraception in the United States: 1982-2008. Vital Health Stat. 2010; 23:1-44.
2. Kost K, Singh S, Vaughan B, Trussell J, Bankole A. Estimates of contraceptive failure from the 2002 National Survey of Family Growth. Contraception. 2008; 77:10-21.
3. Ashebir W, Tadesse T. Associated Factors of Postpartum Modern Contraceptive Use in Burie District, Amhara Region, Ethiopia. J Pregnancy 2020; 2020:6174504.
4. Ashebir W, Tadesse T. Associated Factors of Postpartum Modern Contraceptive Use in Burie District, Amhara Region, Ethiopia. J Pregnancy 2020; 2020:6174504.