

## Utilization and predictors of postpartum modern family planning methods in Felegehiwot referral hospital, Northwest Ethiopia

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### Abstract

Contraceptive use in the postpartum period is less emphasized by policy makers and program designers in Ethiopia. Information about the current utilization of modern contraceptives and its associated factors among postpartum women is needed to design strategies and improve service delivery practices in health institutions. This facility based cross sectional study assesses the utilization and factors associated with modern contraceptives use among postpartum women in Felegehiwot referral hospital, Bahirdar city, Northwest Ethiopia. Data was collected through a face to face interview for 425 women who were attending basic maternal and child health services. Bivariable and multivariable logistic regression was employed to identify the association between the dependent variable and the explanatory variables. The association was considered statistically significant when P value was  $< 0.05$ . A total of 425 postpartum women participated in the study with 100% response rate. Over half (53%) of women interviewed used modern contraceptives during the postpartum period. Women who are aware on PFP (AOR, 16.99; 95% CI, 2.85 to 101.16); married (AOR 3.052; 95% CI, 1.644 to 5.667); and higher age (AOR, 5.825; 95% CI, 2.519 to 13.467) were more likely to use modern contraceptives in the postpartum period. However, educational status, parity, spousal reaction for FP related discussions, and contraceptive education failed short of any statistically significant association with modern postpartum contraceptive use. Utilization of modern contraceptives in the postpartum period was found to be relatively lower. Proper counseling, increasing method mix, enhancing male engagement, and expanding contraceptive information are important measures to boost contraceptive use.

Postpartum family planning (PFP) is the anticipation of unintended and firmly dispersed pregnancies through the initial a year following labor. In this way, after conveyance moms are directed and urged to start present day prophylactic strategy with in the predetermined period. In the event that a ladies had just the quantity of pregnancies they needed, at the stretches they needed, maternal mortality would drop by 30%. Family arranging (FP) can deflect 3.2 million out of 5.6 million under five passings and 109,000 out of 155,000 (70%) of maternal passings. Notwithstanding, A Demographic wellbeing overview information from 57 nations showed that, directly after conveyance 62%, following a half year of amenorrhea 43% and toward the finish of amenorrhea 32% of ladies in the primary year after birth have a neglected requirement for contraception. In the event that a lady is amenorrhic, completely or almost completely bosom taking care of and in the initial a half year of

conveyance, the dangers of getting pregnant will be decreased by 98%. In this way, baby blues moms have a unique advantage of utilizing lactational amenorrhea (LAM) as one of the choices of family arranging techniques. The sixth month time frame in any case, is a sign of moving from elite breastfeeding to integral taking care of. It is likewise a period where LAM clients should move to other current contraceptives strategies.

Pregnancies that happen in the primary year of the conveyance are generally spontaneous and hazardous for the moms. It likewise brings about unfavorable birth results for the infants such as, preterm, low birth weight, and little for gestational age. In the event that couples divided their pregnancies at any rate 2 years separated from the past birth, the dismalness and mortality hazard both for the moms and their children will be diminished. Likewise, dispersing births permits guardians to commit more opportunity to every youngster in the early years. Although most of baby blues ladies showed the craving to defer the following birth; generally, either family arranging strategies are not offered to, or taken up by the ladies enough after conveyance or in the primary year of baby blues.

Thusly, this exploration attempts to survey the pervasiveness and variables related with the PFP usage there by help strategy creators make a procedure to handle the issue and increment the CPR as high as could reasonably be expected and improve the personal satisfaction both for the mother and her new conceived infant.

### Methods

#### Study design and setting

A people group based cross-sectional examination was directed from September 20 to October 20, 2018, at Debre Tabor town which is the capital city of South Gondar zone Amhara provincial state, North West Ethiopia. In view of the 2007 National Census directed by Central Statistical Agency of Ethiopia (CSAE) projection, the town has an all out populace of 55,596 of whom 27,644 (49.7%) were male and 27,952 (50.3%) were female. From the absolute populace, 96.72% are Orthodox Christian, and 2.54% are Muslim.

#### Sample size and sampling procedure

Baby blues ladies somewhere in the range of 6 and a year of conveyance who are perpetual occupants of Debre Tabor town were remembered for the investigation. A solitary populace

extent equation was utilized to figure the example size of 550. The accompanying suppositions were made to figure the example size, greatness of PPF usage 68.1% from a past report, 95% certainty stretch, 5% wiggle room, a plan impact of 1.5 and nonresponse pace of 10%. Three out of the six Kebeles (kebele1, kebele2, and kebele5) were chosen by straightforward irregular inspecting. Then, the investigation members were all moms somewhere in the range of 6 and a year of conveyance in the chose Kebeles.

## Results

### Socio-demographic characteristics

From an aggregate of 563 baby blues moms in the chose Kebeles, 546 moms were remembered for the investigation, making a reaction pace of 97%. The mean age of the respondent's was 27.57 years with SD of 4.781. From the members, 519 (95.1%) were hitched.

### *Biography:*

Fisseha has completed his Masters at the age of 33 years from Addis Continental Institute of Public Health. He is the Country Program Management Support Advisor of Pathfinder International Ethiopia, a premier Sexual and Reproductive Health organization. He has attended various conferences and seminars and has been serving the health sector as a young public health professional.

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