

## **An assessment of Depo-Provera injection practice in primary health care facilities of Kilombero district, Eastern Tanzania**

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**Objective:** The objective of this study was to assess Depo-Provera injection practice among health care workers (HCW) in primary health care facilities in Kilombero district, eastern Tanzania.

**Methods:** The cross sectional descriptive design using structured observation checklist was used to collect data on Depo-Provera injection practice. About 261 HCWs participated in the study to assess best practice of intramuscular contraceptive injection techniques and infection prevention measures. The SPSS descriptive statistics and chi-square tests were used to analyze data.

**Results:** The majority of HCWs had adequately practiced infection prevention and intramuscular techniques, but

did not perform well hand washing steps before and after giving injection. Many of them didn't check labels or shake vials before giving injection. Three quarter of HCW practiced critical steps of using sterile syringes, avoiding recapping the needle and use of safety box to discard contaminated sharps, while three quarter of them could not practice steps of hand wash before and after giving injection. About three quarter of participants correctly practiced filling drug into syringes, expel air from it, injected deep muscles, aspirated and pushed all drug into the muscles. Secondary school graduates and nurse officer with diploma have significantly performed well in injection practice.

**Conclusion:** The HCWs showed adequate practice of injection techniques and infection prevention. However, hand washing was inadequately performed presenting danger of transmitting infections. With the current scaling up of injectable contraceptive in Tanzania, hand washing needs re-enforcements.

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