

FP 011

STUDY ON POSTPARTUM CONTRACEPTION METHODS USES IN DISTRICT GERANIAL HOSPITAL MULLAITIVU

S. Raguraman¹, A. Kanagalingam²

^{1,2} - *District General Hospital Mullaitivu, Mullaitivu, Sri Lanka.*

Introduction

Postpartum family planning aimed to prevent unintended pregnancy and closely spaced pregnancies through the first 12 months after childbirth. In this regard, the World Health Organization (WHO) recommends Postpartum Family Planning (PPFP) as a critical component of health care that has the potential to meet women's desire for contraception. Pregnancies occurring within a year of the mother's previous birth are highly at risk for both mother and child. Closely spaced pregnancies are associated with higher chances of miscarriage, bleedings, anaemia, and poor pregnancy outcomes like preterm babies, small for gestational age babies.

Objective

To describe the immediate and interval postpartum contraceptive method usage at DGH Mullaitivu.

Methods

A cross-sectional descriptive study was conducted in District General Hospital Mullaitivu for six months duration from October 2019 to March 2020. All women who delivered during the time frame were recruited in this study. Data were collected from patient bed head tickets and contraceptive record book after informed written permission from hospital administration by investigators. Data were collected under following headings- Demographic factors, reproductive factors and types of contraceptive methods.

Results

This study involved 390 women who delivered during the study period aged between 17 - 41. Participants consist of Tamils (75.3%), Muslims (19%) Sinhalese (5.7%). There were Hindus (70.2%), Islam (19%), Buddhists (5.7%) and Catholics (5.1%). One hundred eight women are primi, and others were more than one parity. Out of 390 women, 297 (76.1%) were normal vaginal deliveries, 90 (23%) were caesarian sections, and 3 (0.9%) were assisted vaginal delivery. One of the contraception methods were used in 282 (72.3%) women before discharge from hospital, and 29 women had interval contraceptive method after six weeks of delivery. Contraceptive methods used before discharge are Jadelle (30.7%), DMPA (21.2%), Implanon (18.5%) permanent female sterilization (5/390) and post placental IUCD (2/390). Interval contraception after six weeks was IUCD (8/390) and permanent female sterilization (21/390).

Conclusion

In conclusion, postpartum contraceptive (immediate and interval) use was found to be satisfactory in the study area (79.7%). However, health professionals should work on improvements in awareness and counselling of their husbands about the use of postpartum contraception will improve maternal reproductive health in future.