

CURRENT METHODS AND USE OF CONTRACEPTION IN KPK

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ABSTRACT

Objectives: To determine the knowledge and current practice of contraception and current methods in kpk.

Methodology: This is a retrospective observational type of study conducted in major cities of Kpk from March 2015 to March 2016 and data was collected from family planning centers and major hospitals. Reproductive age women between 25-44 were included. A questionnaire used for the data collection and then results were analyzed. Only those women were included who asked for contraception by themselves and who do not have any non contraceptive indication for their use like menstrual irregularities or for protection from sexually transmitted diseases.

Results: Male condoms and contraceptive pills are the two methods most commonly used and known methods and only 30% of population are aware of contraception.

Conclusion: This is the need of time that population awareness of contraception should be increased and our leadership should make policies for increasing the awareness and changing the attitude towards contraception to control the population which is increasing very rapidly.

Key words: Contraception kpk

INTRODUCTION

Pakistan having the heritage of the ancient civilization became independent state in 1947 as Islamic republic of Pakistan. The country capital is Islamabad and whole territory is divided into four provinces. According to the World Bank report published in 2012 the population of Pakistan was 17 million and ranked as 7th most populated country of the world. According to the 2018 figures the population of Pakistan is around 204,596,422.

Now this is the need of time that awareness and contraception should be promoted and people attitude towards contraception should be assessed and addressed.

The use of contraceptive methods is associated with age of women, their education, age at the time of marriage, years of marriage, child mortality, their knowledge and availability of contraceptives.

Pakistan, being one of the populous countries of the world is, currently experiencing declines in availability of renewable natural resources. Major reasons for this increased growth rate are early marriages, almost negligible contraception and increased life expectancy due to improved health services, social reasons for

having a male baby poor socio economic condition, uneducated women with almost no rights, religious beliefs, and no other social activities.

Although now a days more choices are available regarding contraceptive methods but recent data on knowledge of the women about these methods, and background for choosing a particular method and not continuing with that method is limited.

The aim of this study was to analyze the use and knowledge of contraceptive methods in the Kpk. It was observed that most aware of different types of contraceptive methods but do not know when they should start contraception after delivery and how to use an emergency contraception.

The choice of contraceptive methods has changed presently years, yet the contraceptive pill, first introduced in the 1960s, remains the method of choice for many women in Pakistan.

Despite the availability of better and effective contraceptive methods the ratio of unwanted pregnancies still remains high

For example, 89% of all pregnancies were unintended. Overall this rate is unchanged since 1994, but the rate of unplanned teenage pregnancies has declined, while the rate has increased among adults aged 25-34 years.

It means that our women are still unaware about the ideal method of contraception, which match their needs. Increasing the awareness and education and appropriate guidance can help these women too choose what is right for them.

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MATERIALS AND METHODS

This study was sought to gather data on the knowledge source of their knowledge and variety of contraceptive methods in the major cities of KPK. Filling a data collection sheet, which has different questions about their knowledge and use of different available types. And also information about why women switch from one contraceptive method to other and what is the reason for their change. The other important point for data collection was what was their source of information? . Total sample of 3000 married women with age group (25-44) is selected from the major cities of Kpk for the survey. Random sampling technique was used to select the sample from the large population size

The most common contraceptive methods currently used by respondents in all over the KPK were male condoms 46% and contraceptive pills. Contraceptive pill use varied between 31%-33%.

Table 1 is about the reason for choosing the condoms and contraceptive pills as top priority. Rests of the methods were in very low use 19% only. The responders were also using different methods of natural family planning (NFP). 80% of responders were happy with their choice of contraception.

The main reason given by the women for reluctance in the use of pills were their concerns about weight gain and mood changes. Main issues with condoms were, difficulty in use, false beliefs that it promotes vaginal infection or sensitivity to latex.

Survey includes married women with in the age group of (25-44) years (n=3000). Information was gathered about their method of choice, why they choose the method and who guided them for this method.

The knowledge and usage of the contraceptive pill and condoms predominates. Changing contraception method is frequent, occurring for a variety of reasons, including change in life circumstances and, for pill users, concerns about side effects.

Total n= 3000

Condoms n = 1405 = 46%

Contraceptive pills n= 1005 = 33%

Others n= 590 = 19%

DISCUSSION

This study found that women aged 25–44 has knowledge of different contraceptive methods, but the most popular method in use are contraceptive pills and condoms followed by natural family planning methods. Another interesting finding was the change in their contraceptive method for different reasons.

Main reasons identified were wishing another pregnancy; concerns about their hormonal nature etc.

They get most of their information from health personals.

This is also proved by the publication done before^{1,2,5,6}.

Contraceptive pills and condoms were the most popular methods and suggested by health personals. In spite of availability of so many other contraceptive devices (Mirena) and other newer devices implanon and Jedelle their use is low (30%) and health care professional do not usually recommend them. However if women were asked about different methods they do recognize them.

Most of the women were satisfied with methods they were using (28-62%). Rest of them was not sure and they want to switch to another method in near future. Almost all women were concerned about the hormonal side effects of pills.

In the current users almost 5-20% of them complained about one or another side effect.

Another interesting finding was increased in BMI and affective fluctuations however there was no clinical relevance in the studies. However it is well proven that pills improve or stabilize moods⁸⁻¹⁵ despite this, a recent study of UK healthcare professionals found that 87% of women believed that hormonal methods could cause mood swings¹⁶.

In addition, studies on the change in BMI found that women's BMI remains essentially unchanged while taking the contraceptive pill, with only minor changes observed¹⁷.

This shows that women have not been properly counseled about these hormonal contraception and lack of their authentic and evidence based knowledge.

Most responders said that main cause for switching the method was their concern about the hormonal nature of the preparation however most of them were not having any information about other female contraceptive devices like cervical cap or female condom. This again means that women are not aware about the other options or they are not readily available to them.

Most responders said that their healthcare provider made decision for their contraceptive option.

The CHOICE study (Contraceptive Health Research of Informed Choice Experience) reported that structured and balanced counseling of women aged 15–40 years, who consulted their healthcare professional about contraception, led to more than 40% of women changing their mind on the mode of delivery of hormonal contraception from their initial choice¹⁸. With passing years women requirements for contraception changes⁹ that is the reason they should have appropriate knowledge and counseling to, make a right choice for themselves according to their age.

Healthcare professionals need to inform their

Table 1: Number of women responding: 1005

	Peshawar	Nowshera	Mardan	Swabi	Kohat	Abbotabad	Mansehra
The contraceptive pill % 1005	N=244=24%	N=180=17%	N=68=6%	N=90=8.9%	N=88=8.7%	N=207=20%	N=128=12%
Reliable in preventing pregnancy	200=81%	130=72%	48=70%	55=61%	66=75%	179=86%	115=89%
Easy to use	220=90%	110=61%	44=51.1%	66=73.3%	77=87%	200=96%	110=85.9%
Comfortable for me	200=81%	100=55.5%	42=61.7%	66=73.3%	77=87%	180=86%	100=78%
Recommended by doctor	200=81%	170=94%	60=88.2%	62=68%	75=85%	200=96%	120=93%
Inexpensive	240=98%	170=94%	60=88.2%	60=66%	72=81.1%	177=85.5%	120=93.7%
No preparation required	200=81%	170=94%	60=88.2%	80=88.8%	80=90%	170=82%	120=93.7%
Male condoms 1405	N=300=21%	N=200=14.2%	N=200=14.2%	N=200=14.2%	N=150=10.6%	N=220=15.6%	N=135=9.6%
Reliable in preventing pregnancy	150=10.6%	100=7.1%	80=5.6%	70=4.9%	100=7.1%	120=8.5%	88=6.2%
Minimal or no side effects	180=12.8%	120=8.5%	77=5.4%	89=6.33%	88=6.2%	110=7.8%	120=8.5%
Easily available	200=14.2%	150=10.6%	150=10.6%	150=10.6%	123=8.75%	200=14.2%	110=7.8%
Protects against sexually transmitted diseases	225=16%	180=12.8%	180=12.8%	190=13.5%	144=10.2%	200=14.2%	120=8.5%
Causes fewer health concerns than other methods	225=16%	180=12.8%	190=13.5%	190=13.5%	170=12.09%	200=14.2%	122=8.6%
Easy to use	140=9.9%	155=11%	130=9.2%	150=10.6%	120=8.5%	100=7.1%	110=7.82%

Table 2: Satisfaction rate with current methods:

	Contraceptive pills N=1005=33.5%	Condoms N=1405=46%	Natural family planning methods N=100=3.33%	IUCD/ MIRENA N=290=9.6%	Injectable N=100=3.33%	Others Female condom/ Hormonal patch N=100=3.33%
Very satisfied	N=665 =66.1%	N=300=21%	N=20=20%	N = 200=68%	N=50=50%	N= 70-70%
Dissatisfied	N =240=23%	N=500=35%	N=50=50%	N=45=15%	N=30=30%	N=20=20%
Neither satisfied nor dissatisfied	N=100=9.9%	N=605=43%	N=30=30%	N=45=15%	N=20=20%	N=10=10%

Table 3:

Common side effects experienced with the contraceptive pill N=1005	%
Weight gain N= 500	49%
Mood swings N=600	42%
Irritability N= 100	9%
Change in libido N=300	29%
Breast tenderness/enlargement N=200	19%
Short temper N= 100	9%
Migraines N=30	2.9%
Pre menstrual bloating N=200	19%
Premenstrual syndrome N=50	4.9%

Most influence on choice of contraception, %	Contraceptive pills N=1005	Male condoms N=1405	IUCD/	Female condom/ hormonal patch	Injectable
GP/primary care physician	N=500=49%	N=400=28%	MIRENA N=290	N=100	N=100
Doctor/gynecologist/obstetrician	N=300=29%	N= 200 =19%	N=90=31%	N=20=20%	N=30=30%
Nurse (nurse practitioner, family planning nurse)	N=100=9%	N=200=19%	N=200=68%	N=40=40%	N=50=50%
Pharmacists	N= 50= 4%	N=400=28%			
Family/friends	N= 20= 1%	N=2= 0.1%		N=20=20%	N=5=5%
Partner/spouse	N= 10=0.9%	N=200=14%		N=10=10%	N=2=2%
Other	N= 5=0.4%	N=3=0.2%		N=10=10%	N=3=3%
Source of advice on methods of contraception %	Contraceptive pills	Male condoms			
Healthcare professionals/	N=900=89%	N=800=56%	IUCD/ MIRENA	Female condoms	Injectable
Family planning organization/ clinic	N=50=4.9%	N=100=7.1%	N=200=68%	N=50 =50%	N=30=30%
Internet	N=10=0.9%	N=105=7.4%	N=20=6%	N=10=10%	N=20=20%
Partner/family or friends	N=10=0.9%	N=200=14%	N=10=3%	N=10=10%	N=10=10%
Articles/advertisements/books	N=10=0,9%	N=100=7.1%	N=10= 6%	N=20=20%	N=10=10%
Brochures in doctor's waiting room			N=50=17%	N=10=10%	N=20=20%

patients about the all-available contraceptives and how they can be benefited, by choosing a method that better suits their medical and lifestyle needs. By educating them and guiding them is the only option which will increase the awareness and use of appropriate method of contraception.

CONCLUSION

Responder's aged 25–44 are familiar with different types of contraceptive choices; still the oral contraceptive pill and male condom are the most popular choices.

Switching contraception method is frequent, but main cause for this is their lack of knowledge and proper counseling at the time of initial advice and patients concerns about the hormonal nature of the method not addressed.

However this is the need of time that awareness among the people should be increased and this increasing population should be controlled. Our leadership should take more strong steps to implement the policies for increasing growth rate. Uncontrolled increase in population with unmatched increase in economical and financial growth will further deteriorate the present situation of our economy.

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Calendar-based methods are various methods of estimating a woman's likelihood of fertility, based on a record of the length of previous menstrual cycles. Various methods are known as the Knaus-Ogino method and the rhythm method. The standard days method is also considered a calendar-based method, because when using it, a woman tracks the days of her menstrual cycle without observing her physical fertility signs. The standard days method is based on a fixed formula taking into consideration the timing. Only one contraceptive method, condoms, can prevent both a pregnancy and the transmission of sexually transmitted infections, including HIV. Use of contraception advances the human right of people to determine the number and spacing of their children. Brief overview: Ensuring access for all people to their preferred contraceptive methods advances several human rights including the right to life and liberty, freedom of opinion and expression and the right to work and education, as well as bringing significant health and other benefits. Find Your Contraception Method. Take a browse through all the methods available to you, click to read more and compare the methods you're interested in side by side. Source: Trussell J. Contraceptive Efficacy. Efficacy at typical and correct use figures. In: Hatcher RA, Trussell J, Nelson AL, Cates W, Kowal D, Policar M. Contraceptive Technology: Twentieth Revised Edition. New York NY: Ardent Media, 2011. Methods: We used data estimating contraceptive use from representative national surveys and data estimating method availability from special surveys to make comparisons for 6 modern contraceptive methods, in each of 6 years: 1982, 1989, 1994, 1999, 2004, and 2009. To estimate method availability, we used various method accessibility rules governing different proportions of the total population (ranging from 20% to 80%) that must have access to a method in order for it to qualify as "available." Results: Contraceptive use is greater when more methods are available to a large portion of the population. A consistent pattern emerges for the relationship of contraceptive use and choice among multiple methods. An overview of the various methods of contraception available, including barrier methods, combined oral contraceptives, long-acting reversible contraceptives (LARCs) and sterilisation. Methods of Contraception. If you'd like to support us and get something great in return, check out our OSCE Checklist Booklet containing over 100 OSCE checklists in PDF format. We've also just launched an OSCE Flashcard Collection which contains over 800 cards. Table of Contents.