

The Knowledge and Practice of Contraception among Health Care Providers in a Tertiary Care Hospital

Rukhsana Sami¹, Qazi Haroon²

¹Assistant Professor, Department of OBG, Lal Ded Hospital, Srinagar, India

²SEIPO, Department of Health, Lal Ded Hospital, Srinagar, India

Abstract: Various methods of Contraception are available at all levels of health care-System, but are being under-utilized. This study revealed that the need of the hour is to increase the awareness and knowledge regarding various methods of contraception which will go a long-way to remove the various myths and taboos associated with their use among the masses and increase its acceptance. To be effective, such awareness programmes are equally important in working and non-working women, literate and illiterate women. More open discussions on such subjects are required not only to control the population but also to mitigated newly emerging STDS in the society coming up due to unsafe sex practices. The role and importance of contraceptives and emergency contraceptives is yet to be taken by masses.

Keywords: Contraception hormones, Awareness of contraception

1. Introduction

Spacing and Contraception is an important issue for all eligible couples. Various contraceptive methods are available at all levels of health care system but the practice of contraception is associated with variable amount of myths and taboos, and are being under used.

2. Aims and objectives

- To know the awareness about available Contraceptive methods among the selected population.
- To know the best popular method being used among the selected population.
- To draw an inference how to improve the practice of various methods of contraception in our set-up.

3. Materials and methods

The present study was conducted at a tertiary Care Hospital to know about the knowledge and practice of contraception among women working in a tertiary Care Hospital in Srinagar. It involved 200 participants from the Hospital. All the participants were informed about the study. An informed consent was taken and a questionnaire was followed. The data obtained was analyzed.

Participants were grouped into 2 groups;

- Group I: consisted of educated, staff members (above 10th standard)
- Group II: Consisted of uneducated workers in the department.

4. Results and observation

The mean age of participants was 33.5 years and were para 1-3. It was observed that 100% of participants from both groups were aware about the concept of contraception. All of them were aware of at least one method of family planning. Only 10% of Group II Participants were aware of hormonal and /or IUCD method of contraception. Knowledge about contraceptive method was more found in Group I. 70% of group I participants were knowing about barrier contraceptive method as compared to only 30% in group II. 100% of Group I participants were knowing about sterilization method as a permanent method of contraception whereas only 22% of group II participants were knowing about sterilization. Very few only 5% of group II participant were having knowledge about emergency contraception in comparison to 50% in group I. In spite of a good knowledge, overall 27.5% of participants from both groups were not using any method of contraception for last 2 years, and most of these were from group II (45%).

Table 1
No. of Participants in the study

Group I	n1=100
Group II	n2=100
Total No of Participants	N=200

Table 2
Knowledge and awareness about contraception

Questionnaire	Group I	Group II
Awareness of contraception	100	100
Knowledge of Contraceptive Method		
A, Natural	60%	28%
B, Barrier	70%	30%
C, Hormonal	64%	10%
D, IUCD	80%	10%
E, Sterilization	100%	22%
Awareness of Emergency contraception	50%	5%

The barrier contraception was found to be the mostly used method of contraception: 22% among group I and 16% among Group II Participants. 27.5 % of participants were not using any contraceptive method. The reasons for not using any method of contraception were varied with highest being for fear of side effects followed by apprehension regarding effect on future fertility and want for male child, etc.

Table 3
Behavior regarding contraception

Contraceptive Method used	Group I	Group II
Natural	10	15
Barrier	22	16
Hormonal	22	4
IUCD	20	8
Sterilization	16	12
No method	10	45

Table 4
Reasons for not using any Contraceptive method

Personal	Fear of side effects.	16
	Want for male Child	7
	Religious Belief	7
	Lactational Amenorrhea	2
	Found inconvenient to use	5
Inter Personal	Apprehension regarding effect on future fertility	10
	Partners/Inlaws Objections	2
Social/Logistic Availability	Family Pressure	3
		3

5. Discussion

Although contraception is a major issue of family and hence society, very little emphasis is being given on its practice. As indicated in our study 100% of literate people know about the contraception but some less educated, under educated people do not even know about it (30%). This is similar to the study of Khan et al [1] and Smiriti Bhergora et al [2]. Though emergency contraceptive are available everywhere and are one of the over the- counter-drugs, the knowledge about them is less than the conventional type of contraceptive methods; being 50% in

group I & only 5% in group II in our study- over all being 27.5% while it is 40% in the study of Hooja N. et al [3]. Contraceptive usage was 90% in group I (educated Nurses) while as it was only 55% in the other group (group II) the results being consistent with the study performed by Anjum et al [4]. In this study, we found that 22% of group I participants & 16% of group II participants used barrier contraceptive method. Choi et al [5] in their study observed that 50% of the physicians advocate natural methods as the method of contraception. Fear of side effects & apprehensions regarding future fertility were found common reasons for not using contraception as a method to limit unwanted pregnancies [6].

6. Conclusion

Right Knowledge and motivation are the only means for the improved acceptance & utilizations of contraceptive methods in our setup. The fear about side effects and apprehensions regarding future fertility should be removed by more educational & motivational activities and improvement in family planning services.

References

- [1] Khan A, Hashmi HA, Naqvi Z. Awareness & practice of contraception among child bearing age women, J Surg pak. 2011; 16 (4): 179-82
- [2] Smiriti Bhargava, Nupur Hooja, Rajami Nawal et al. Knowledge and behavior regarding birth prevention of health care providers : J obst & Gynecology of India (July, August 2017) 67(4) : 282-285.
- [3] Hooja N, Mital P. Knowledge, attitude and practices relating to emergency contraception among college girls & their Mothers. Internet, J Gynecol obst 2012;16 (1): 1-5.
- [4] Anjum S, Durgawala PM, Shinde M. "Knowledge of contraceptive methods & appraisal of health education among married women," Int. J Science Res. 2014; 3(3): 584-90
- [5] Choi J, Choi S, Wiebe F, "Natural family planning: physician's knowledge, attitudes & practice," J obstet Gynecol can. 2010; 32 (7): 673-8.
- [6] Sunita TH, Desai RM, "knowledge, Attitude & Practice of contraception among women attending a tertiary care Hospital in India," Int J Reprod Contracept obstet Gynecol.2013; 2 (2):172-6.