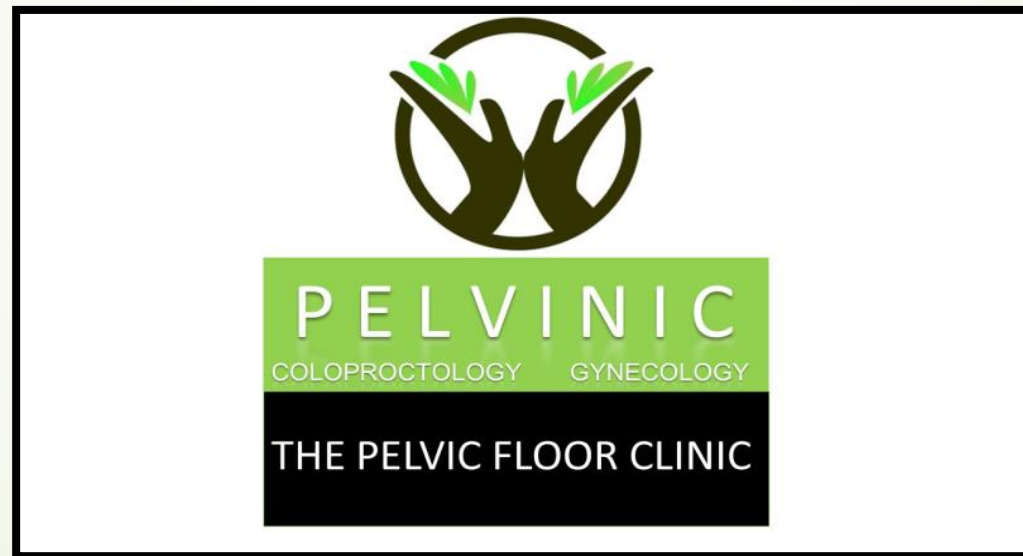


Knowledge assessment regarding Family Planning Services among pregnant women visiting a nursing home in Kalkaji, South Delhi.



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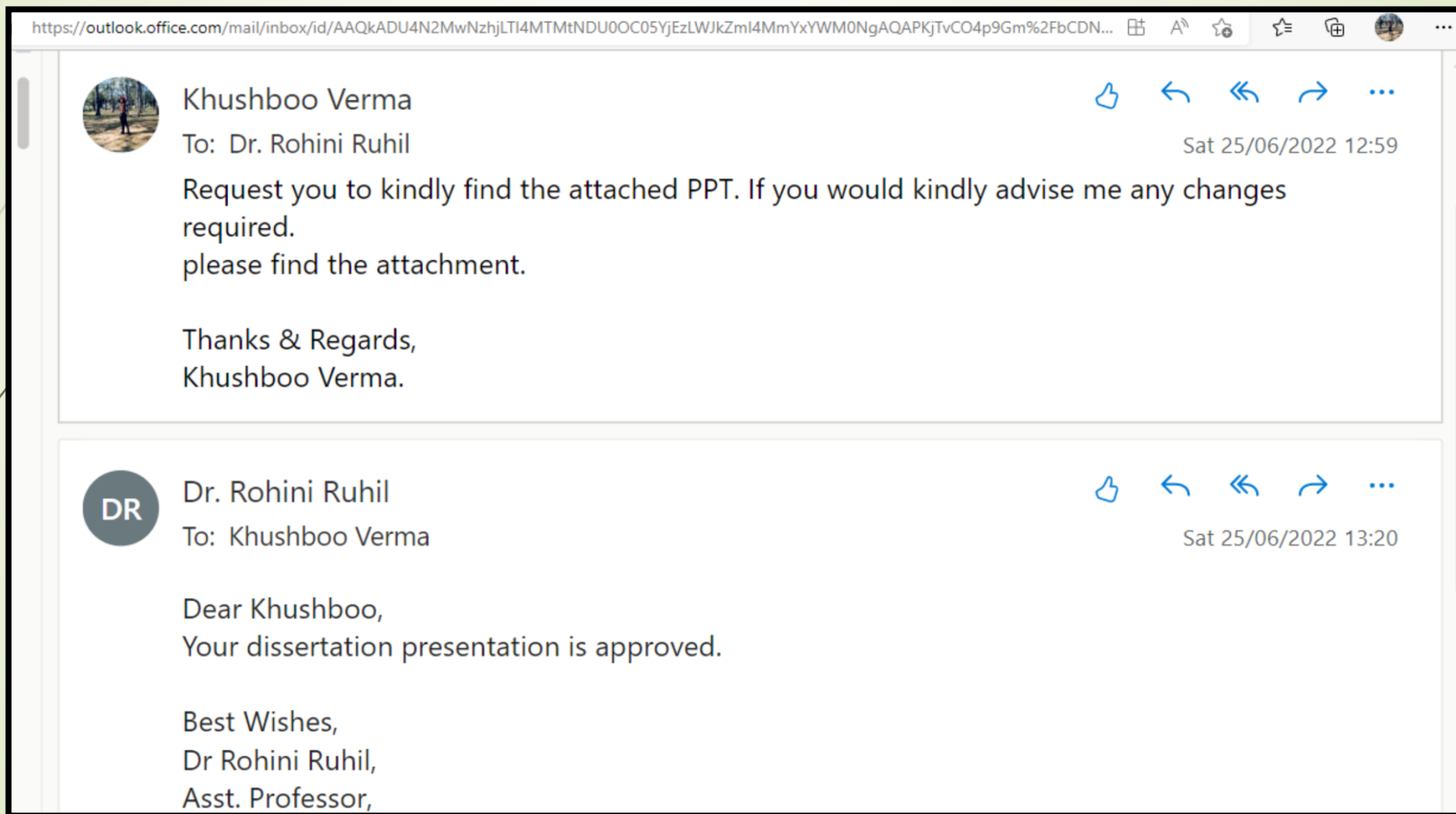
Presented by: Khushboo Verma

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Screenshot of Approval



Introduction

- India's projected population will grow to 1.53 billion by the year 2050 that denotes that every fifth birth in the world is an Indian, and 50% of the Indian population is of reproductive age.
- Family planning is a way of thinking and living that is adopted voluntarily upon the bases of knowledge, attitude, and responsible decisions by couples and individuals.
- Family planning deals with reproductive health of the mother, having adequate birth spacing, avoiding undesired pregnancies and abortions, preventing sexually transmitted diseases, and improving the quality of life of mother, foetus, and family as a whole.
- The present study was conducted among the urban females of reproductive age seeking treatment at a Health Centre situated in Kalkaji, South Delhi. The present study is an effort to assess the Knowledge, Attitude and Practice (KAP) of family planning services among them.

Review of literature

- The ability to decide freely the number, spacing and timing of one's children is a basic human right, endorsed at the International Conference on Population and Development in 1994 (United Nations Population Fund, 1994).
- Family planning programmes are associated with lower fertility and lower maternal mortality (Cleland et al., 2006). Through family planning programmes, women gain access to contraceptives, increasing the likelihood that they can achieve their desired family size. Yet, despite the well-documented benefits of family planning, an estimated 40% of pregnancies are unintended (Sedgh et al., 2014) and unmet need for contraception remains high despite increased availability of methods (Cleland et al., 2014).
- According to Bongaarts the knowledge, attitude, practice surveys revealed no complete correspondence between knowledge and attitudes and between attitude and practice of family planning methods.

Objectives

- To assess the knowledge, and attitude of family planning among pregnant women visiting the nursing home in Kalkaji, South Delhi.
- To evaluate the family planning practices among pregnant woman visiting the nursing home in Kalkaji, South Delhi.

Methodology (1/2)

- **Study Design:** Cross-sectional Study
- **Study Population:** Pregnant Women aged between 15 to 49 years visiting a nursing home in Kalkaji, South Delhi.
- **Source of Participants / Data**
 - **Eligibility Criteria:** Pregnant women between the age group of 15-49 years.
 - **Sample Size Calculation:** In order to calculate the sample size we assume that adoptions is 15% decrease, incidence population is 77%, alpha is 0.05% and power is 88%. Hence, our sample size is 113. (By clincalc calculator)

Methodology (2/2)

- **Tools:** A self-administered structured questionnaire was used.
- **Study Duration:** April- June 2022
- **Sampling Method:** Non-probability sampling method- Convenience sampling
- **Data Analysis Method:** Descriptive Statistics, Chi- Square
- **Ethical Considerations:** This study did not involve any invasive procedure or sample study. I have followed all the protocols and did at the time of the administration of the questioner. I have followed informed consent from the subject.

Results (1/3)

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Table 1: Knowledge about Family Planning and its methods

Have you received any family planning education ?	Percentage
Yes	67%
No	33%
In which age did you know about family planning education?	
10-15	05%
16-25	61%
26-35	23%
36-49	11%
From where you have received family planning education?	
School	35%
Parents	10%
Healthcare Provider	54%
Other	01%
Are you aware about the family planning/contraceptive methods available ?	
Yes	89
No	11

Results (2/3)

Table 2: Practice

Have you ever used birth control method?	Percentage
Yes	49%
No	51%
What are the reasons to use birth control / contraceptives?	
Want to improve my own health	10%
Preventing unwanted pregnancy	45%
Prevent (STDs)	05%
It is recommended by health professionals	35%
What are the reasons to use birth control / contraceptives?	05%
Do you find family planning services ease to access?	
Yes	67%
No	07%
Do not know	26%

Results (3/3)

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Table 3: Attitude

I find it difficult to get family planning services / contraception?	Percentage
Yes	24%
No	56%
Do not know	20%
After my delivery, I want to use birth control / contraception?	
Yes	49%
No	34%
Do not know	17%
In my opinion, using birth control / contraception profitable?	
Yes	69%
No	09%
Do not know	22%
I will support the family and friends to use birth control / contraception?	
Yes	77%
No	13%
Do not know	10%

Discussion (1/2)

- The results of this study showed that all of respondents had ever heard of family planning and their major source of information were Healthcare providers and the majority (67%) of the respondents had a favourable attitude toward family planning and around (45%) of study participants had practiced one or other method of family planning.
- *Knowledge:* As the major segment i.e. 67% of the respondents have received family education and 89% of the total population were aware of the family planning methods. Hence, 42% of these were aware of oral contraceptive pills, 23% about male condom and 18% about IUD.

Discussion (2/2)

- *Practice:* 49% of the total population have used birth control method and 45% of them considered prevention of unwanted pregnancy as the primary reason to use contraceptives. 67% of the population also considered family planning services accessible.
- *Attitude:* 56% not found difficult to access family planning services, 34% of them did not use birth control methods and 69% of the total population considered it profitable.

Conclusion

- Overall, women (pregnant) residing in urban communities have an understanding of family planning services and most of this segment were provided with the information through healthcare providers. This, therefore, shows an uptake of family planning services among community. The study shows the knowledge, attitude and practice of family planning among the society but still more studies are needed to explore a wider practice, attitude and a knowledge towards the family planning.

Limitations of the Study

- Since the data were collected using a self-administered questionnaire, some of the participants would have been unable to understand the questionnaire completely and the reported KAP might be overestimated or underestimated.
- The respondents might have not included their actual opinions for certain which could be confidential in nature.

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Thank You

Suggestions to the Organization where the Study was Conducted

- ▶ Team was well-organised and coordinated well. Hence, it was not difficult for me to collect the data. I do not have any particular suggestions to the organisation except more health camps can be organised that can impart a wider dissemination of health information regarding family planning services.

Dissertation Experiences

What did you learn (skill/ topic)?

- Research Methodology- How to conduct a study, tools involved, ethical considerations and how to implement the study?
- I learnt about academic writing.
- I became more familiar with how to prepare and deliver a presentation.

Overall self comments on Dissertation

- As it was my first experience, I have tried to put my best efforts but I still need to go a long way to reach to being a core public health researcher.