

ABSTRACT

Introduction: Family Planning use in Uganda is 23% and the unmet needs of family planning of unknown proportion of women are accessed free of charge from public clinics. Therefore a study on the level of knowledge, attitude and practices of postnatal mothers towards the utilization of family planning services at Fort Portal Regional Referral Hospital, Kabarole District was carried out.

Methods: The study employed a descriptive and cross sectional study using quantitative method of data collection. A sample size of 398 respondents who were postnatal mothers was selected by ere simple random sampling. Data was collected using an interview guide.

Results: Respondents had good knowledge about the utilization of family planning because they had ever heard of it from health care workers and knew it was met to the number of children delivered particularly by means of contraception or voluntary sterilization. However, respondents had negative attitude because they believed they could still get pregnant while on contraceptives, could lead to infertility, felt stigma and their religion never acknowledged use of modern family planning methods.

Conclusion: respondents had good knowledge about the utilization of modern family planning services but they had negative attitude which could have led to poor utilization of modern family planning services

Recommendations: Health workers should regularly health educate mothers on the use of modern family planning so that they become more aware about it and gain more knowledge.