

ABSTRACT

Introduction: Postnatal period is a six-week interval between birth of a new born and the return of the reproductive organs to their normal non pregnant state. Mothers and their newborn babies are vulnerable to illnesses and deaths during this period. Thus this study was carried out to “identify the factors influencing mothers to utilize post natal services in Nabiganda village, Butaleja District.

Method: The study adopted cross-sectional and descriptive study designs using both qualitative and quantitative approaches of data collection. A total of 50 mothers using purposive and convenient sampling were used with pretesting semi structured questionnaires

Results: The highest number of respondents 192(50%) disagreed that the level of education influences the uptake of postnatal care services in Nabiganda village, however 115 (30%) of the respondents agreed, and 77(20%) were not sure. The majority of the respondents 192 (50%) agreed that the first pregnancy influences mothers to uptake postnatal services, 77(20%) both strongly agreed and were not sure. However a significant number 115(30%) of the respondents disagreed. The majority 277 (72%) of the respondents disagreed that access to postnatal care services depends on the number of pregnancy and deliveries attained, 77(20%) agreed and 15(4.0%) were both unsure and strongly agreed. Majority 230(60%) of the respondents agreed that providing health education at the facilities influences the utilization of postnatal care services, 77(20%) strongly agreed, 54(14%) disagreed and there were no respondents who strongly disagreed. However only 23(06%) of the respondents were not sure

Conclusion and recommendations: According to this study, it has been concluded that the determinants for postnatal care utilization are majorly education level of the mother and that of the partner, ill health after delivery, place of delivery and marital status of women. The health unit needs to conduct routine and continuous health education to mothers so as to discuss different maternal mental health problems including postnatal depression.