

ABSTRACT

Introduction: Post placental Intrauterine devices being one of the family planning methods, the level of awareness and knowledge is very high among mothers attending antenatal and postnatal care in Nakuru provincial general hospital at 78% as cited by FHI (2006). However, the adaptation of this method of family planning seems to be very poor as it is estimated at <1%.

General objective: The main objective of the study was to identify the factors that influence the uptake of post placental IUCD's among puerperal mothers giving birth at Nakuru provincial general hospital.

Methodology: The study was carried out among 280 puerperal mothers at Nakuru provincial general hospital using a descriptive study design. Participants for quantitative study were selected using convenience sampling methods. Data was collected on mothers socio demographic factors, health system factors, and mothers attitude and knowledge towards uptake of post placental IUCDs using a pre-tested questionnaire and interview guides. Quantitative data was entered and analyzed using SPSS version 16.0.

Results: Findings generated by the descriptive analysis of the total 280 respondents, revealed that only 45/280 (16.1%) are using post placental IUCD's. The social demographic factors influencing the uptake of post placental IUCD's included religion:- where majority, 233/280 (73.2%) of the puerperal mothers were Christians ($X_2 = 0.846$, $P = 0.016$), Education level:- Most, 119/280 (42.5%) of the respondents had attained tertiary level of education ($X_2 = 19.25$, $P < 0.000$), Income per month:- where majority, 140/280 (50%) earned less than 5000/= kshs ($X_2 = 5.96$, $P = 0.015$), as indicated in table 2 health system factors affecting uptake of post placental IUCD's were Distance:- where the majority 156/280 (55.7%) resided more than 5km away from the hospital ($X_2 = 8.11$, $P = 0.017$), Availability of services:- where majority 188/280 (67.1%) of the respondents reported being aware about post placental IUCDs services ($X_2 = 26.238$, $P = 0.001$), and health workers attitudes where most 139/280 (49.6%) of the respondents reported that health workers were rude towards them ($X_2 = 55.38$, $P < 0.001$). Individual factors influencing uptake of post placental IUCD's included mothers knowledge and attitudes towards post placenta IUCD's where majority, 217/280 (78.1%) of the respondents knew about post placental IUCDs ($X_2 = 15.09$, $P < 0.001$), while most, 178/280 (80.5%) of the respondents knew the reason of using post placental IUCD ($X_2 = 4.90$, $P = 0.027$), the majority, 106/280 (47.7%) of the respondents knew when the post placental IUCDs should be removed ($X_2 = 22.12$, $P < 0.001$), while 145/280 (51.8%) of the respondents did not know who is supposed to take up post placental IUCDs ($X_2 = 13.69$, $P < 0.001$), the majority 103/280 (36.8%) of the respondents did not care about post placental IUCDs ($X_2 = 48.37$, $P < 0.001$) while 99/280 (35.4%) of the respondents disagreed that insertion of IUCDs was convenient ($X_2 = 82.97$, $P < 0.001$), the majority 124/280 (44.3%) objected to the fact that insertion of post placental IUCDs involves less risks ($X_2 = 1.23$, $P < 0.001$), the majority 114/280 (40.7%) of the respondents spouse had a negative attitude towards post placental IUCDs ($X_2 = 75.61$, $P < 0.001$) while most 130/280 (46.4%) of the respondents cultures was against post placental IUCDs ($X_2 = 23.82$, $P < 0.001$), the majority 116/280 (41.4%) of the respondents had a negative peer influence on uptake of post placental IUCDs ($X_2 = 36.16$, $P < 0.001$).

Conclusion: As it is reflected in the findings of this study, only 16.1% of the mothers were using post placental IUCDs which shows that the level of utilization of post placental IUCDs is very low as compared to the acceptable standards.

Recommendation

Awareness programs on post placental IUCDs should be strengthened or initiated in Kenya especially in Nakuru where the prevalence is very low and policies should be put in place to involve the men during antenatal uptake. Religious and local leaders should also be involved in Programs aimed at increasing modern contraceptive use especially the post placental IUCDs.