

The study was based on assessing knowledge, attitudes and practices of women towards having Birth plan in Mubende Hospital, Mubende district. Data was collected using the questionnaires and interviews whereby the researcher visited the health centres and asked the respondents about their routine usage of a birth plan. However the key informants such as the health workers were interviewed following the interview guide and their responses were noted down.

The study was a descriptive cross sectional study design. Data was analyzed using SPSS version 16 whereby data was analyzed using Uni – variate, Bi – variate and Multi – variate analysis. The results showed a weak relationship between the pregnant mothers' knowledge, attitude and practices towards use of birth plan. However, there was an association between their knowledge and use of birth plan but with low utilization in practice. The common practice was that pregnant women just think of buying clothes, and even without any written birth plan. Only a few pregnant mothers had completed, filled birth plans.

Sensitization of women about the usefulness of a birth plan especially emphasis on the usefulness of a birth plan in empowering a pregnant woman to make decisions that are accurate and relevant during pregnancy. This is likely to improve the attitude towards the use of a birth plan by the pregnant women in Mubende hospital. The midwives should learn to integrate the creation of awareness on the uptake of birth plan into their daily activities especially during antenatal visits; a pregnant mother should receive an integrated kind of services. This will uplift their preparedness, redness and help them make informed choices and decisions.

In conclusion, the knowledge of pregnant women regarding the use of birth plan is generally low especially among the rural women as compared to the urban women despite the fact that it empowers a pregnant woman to make decisions that are accurate and relevant during pregnancy, at birth during labour pains as well as after birth care. The attitude of pregnant women towards use of a birth plan was also found to be negative with majority of the pregnant women ignoring the completion of a birth plan.