

## **Background**

Despite evidence of Long acting reversible contraceptive methods (LARC) being effective and safe, actual uptake in resource-poor settings is still low. In Uganda, only 13% of women are using a long acting reversible contraceptive method. In Buikwe district, use of LARC is less than the national average at 10%.

## **Objectives of the study**

The main objective of the study was to determine the factors influencing the use of long acting reversible contraceptive methods among women of the reproductive age group in Ngogwe sub county, Buikwe District.

## **Methods**

A cross sectional study involving both quantitative and qualitative data collection methods was carried out in Ngogwe sub county, Buikwe District. Women of the reproductive age group (15- 49 years) participated in the study. An interviewer administered questionnaire and key informant interview guide were used to collect data from 217 women and 3 in-charges of health facilities respectively.

## **Results**

A total of 217 women were interviewed. The average age of women was 29.8, SD=7 with majority of them being of age 25-34 years. Half of the women were of primary education level, 71% of women were married/living together. Women had 3.9 (SD=2.4) live children in their life time. Slightly three quarters (69%) of women had ever used a contraceptive method of which only 8% of women were currently using a long acting contraceptive method. Majority of women, 38% were not knowledgeable about long acting reversible contraceptives. Women who were well knowledgeable about the LARC were 6.7 times more likely to use LARC than those not knowledgeable ( $p=0.010$ ). Women of formal employment were 4.1 times more likely to use long acting contraceptive methods compared to those not employed ( $p=0.027$ ).

## **Conclusion**

Use of LARC methods is relatively low; women of the reproductive age group in Buikwe District generally have inadequate knowledge on the LARC methods, stock outs of the LARC methods are among the factors hindering the use of these methods by all women who need a contraceptive method.

## **Recommendations**

Increasing the availability of LARC methods in rural settings is very crucial. This could be done by increasing awareness, knowledge, and acceptability of LARC methods in the communities through continuous education and sensitization of women on LARCs. It is also important to increase funding and commitment for procurement of LARC commodities by the Government of Uganda in rural settings in order to avoid stock outs.