

# Trends in Contraceptive Practice; An Overview of Family Planning Clinic, Fatima Jinnah Medical University Hospital, Lahore

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## ABSTRACT

**Objective:** Contraceptive practices at Sir Ganga Ram Hospital, Lahore during last five years.

**Design:** A Cross Sectional Study.

**Settings:** Conducted in Family Planning Centre at Sir Ganga Ram Hospital, Lahore.

**Duration of study:** From July, 2011 to June, 2015.

**Material & Method:** The data regarding different methods of contraception utilized by married women aged 15-49 in Family Planning Centre at Sir Ganga Ram Hospital, Lahore was assessed.

**Result:** Over five years, 6,763 contraceptive surgical procedures (Minilap) were performed. In 2496 females injectable contraceptives were used. 2383 intrauterine contraceptive devices were inserted. 5578 packets of oral contraceptive pills, 56411 packets of condoms were utilized. Implanons were inserted in 170 women. There is marked increased in women who relied on implanon.

**Conclusion:** This study showed that there is rising trend in the use of implanon during 5 years in Family Planning Centre at Sir Ganga Ram Hospital, Lahore because Implanon is highly effective, easy to use and has minimum side effects. Implanon is not user dependent as compare to combined oral contraceptive pills and condoms.

**Key words:** IUCDs (Intrauterine Contraceptive Devices), OCPs (Oral Contraceptives), CPR (Contraceptive Prevalence Rate)

## INTRODUCTION

Rapid growth in population of any country has bad influence to its social progress, economic stability, health environment and law & order. Due to high population growth rate, Pakistan is the 6<sup>th</sup> most populous country in the world, at present. <sup>(1)</sup> Pakistan's population was 37 million in 1950, ranking it world's 13<sup>th</sup> most populous country, while its population has reached to 184.35 million in year 2012-13, with a growth rate of 2%. <sup>(2)</sup>

In order to balance between country's resources & population the family planning programs of Pakistan contribute significantly to reduce the population growth. Family planning program in Pakistan started in the mid 1960s and have tried many initiatives and policies. And yet the current contraceptive prevalence rate (CPR) stand at 38.7% (for all methods), 30.8% (for modern methods), 54.3% for IUCD. Substantial target of family planning for 2020 is 55%. <sup>(3)</sup>

In this study, we used available survey data to estimate contraceptive use, and unmet need at Sir Ganga Ram Hospital, Lahore during past five years.

## MATERIAL AND METHODS

From July, 2011 till June, 2015 different methods of contraception utilized by the client were assessed. The family planning team in our hospital comprises doctors, midwives, lady health visitors. The health visitors make the client aware of different methods of family planning available and to promote them to use the method most suitable for them, their side effects and how long the method protects them from unwanted pregnancy. Once the client has made a choice her complete history (past medical and gynecological history) and general physical examination done to rule out contraindications).

## RESULTS

Over five years, 6,763(9.16%) contraceptive surgical procedures (Minilap) were performed. In 2496(3.38%) females injectable contraceptives were used. 2383(3.22%) intrauterine contraceptive devices were inserted. 5578(7.55%) packets of oral contraceptive pills, 56411(76.43%) packets of condoms were utilized. Implanons were inserted in 170(0.23%) women. The year wise data is given in table.

During the period 2011-2012, the number of implanon users did not increase, the main increase in implanon user occur between 2013 – 2015 and this is because the clients became aware that

implanon is highly effective, has minimum side effects and it is not user dependent as compare to combine oral contraceptive pills and condoms.

Year wise data of the contraceptive methods used

Year	Minilap	IUCDs	Oral Pills	Injections	Condoms	Implants
July, 2011to June, 2012	1628	638	1143	590	8796	09
July, 2012 to June, 2013	1482	542	1280	600	14500	37
July, 2013 to June, 2014	1876	552	1420	638	15800	48
July, 2014 to June, 2015	1777	651	1735	668	17315	76
Total Percentage	9.16%	3.22%	7.55%	3.38%	76.43%	0.23%

## DISCUSSION

Family planning was first recognized as human right in 1968 and it has gained universal acceptance over the past 2 decades.<sup>(4)</sup> Family planning services helps the couples to freely & responsibly decide the number and spacing of birth and provide information to do so.

Married women in our society have little control over decision making regarding contraception. Husbands and in-laws influence a woman’s choice of particular type of contraception. Moreover, women do not use contraception because of poor understanding of their risk for pregnancy potential side effects and opposition from their husbands. <sup>(5, 6)</sup>

The information on contraception is important for couple to make an informed choice.<sup>(7)</sup> This study has highlighted couple’s contraceptive knowledge and usage in our hospital and thus help to control high birth rate.

Implanon use was found to be in rising trends during 5 years because of its minimum side effects, long term use after a single insertion and rapid return of fertility after removal. If the number of years of use is considered, implanon is found to be cost effective.

Pakistan is facing the problem of high birth rate. The trends in the Pakistan are different. The resources here are limited and education level especially of female is low. 79% of the women have no education. Family size is large with a single person responsible for earning. <sup>(8, 9)</sup>

The profile of contraceptive performance report in 2012 – 2013 by Pakistan Bureau of Statistics, Compared with the preceding years shows increase in condoms (25.7%), oral pills (3.8%), and injectable 7.6% while decrease in IUCDs (6.6%) and permanent method by surgery. These trends are similar to our observations. <sup>(10, 11)</sup>

In order to reduce the future fertility rates and hence population growth of country, it is important to educate the people to reduce barriers to contraceptive use. Another important factor is to improve the quality of services including offering a range of methods to meet the different needs of couple. Trained staff should be allocated to provide counseling and flow up care.<sup>(12)</sup>

## CONCLUSION

This study showed that there is rising trend in the use of implanon during 5 years in Family Planning Centre at Sir Ganga Ram Hospital, Lahore because Implanon is highly effective, easy to use and has minimum side effects. Implanon is not user dependent as compare to combined oral contraceptive pills and condoms.

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