

## Pattern of contraception usage in the family planning clinic of Kogi State Specialist Hospital, Lokoja, Nigeria

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### Abstract

*Background:* Family planning helps women to prevent unwanted pregnancies and also to control family size. *Objective:* The study aims to determine the pattern of contraception usage in the family planning clinic of Kogi State Specialist Hospital, Lokoja. *Methods:* We carried out a retrospective review of the pattern of contraception usage in the family planning clinic of Kogi State Specialist Hospital, Lokoja between December 2021 and January 2023. We retrieved from the family planning clinic medical records information on the demographic characteristics of clients, parity, marital status and type of contraception usage. The data retrieved were analyzed using simple statistical tools of percentages and charts. *Results:* 660 women presented in the family planning clinic between December 2021 and January 2023. Out of these, the majority of the clients 301/660 (45.6%) had implants, followed by injectables which accounted for 232/660 (35.2%). The lowest was IUCD which accounted for 4.1%. The majority of the women were between 31-35 years of age 192/660 (29%) while the least age was between 51-55 years old which accounted for 0.6%; 89.7% were multipara while 5.8% were primipara and 4.6% were nulliparous. *Conclusions:* Implants were the most common contraception used in 45.6% of clients and the injectable followed this in 35.2%. The utilization of family planning services was mainly by women. There is a need to encourage men to participate in the family planning program for effective service delivery. Future study is advocated to find out why women prefer implants and injectables to other forms of contraception.

*Keywords:* Pattern, family planning clinic, contraception usage, reproductive health, Lokoja, Nigeria

### Introduction

Family planning/contraception methods are key issues in reproductive health<sup>1</sup>. Women have used contraception in one form or another for thousands of years. No one method will suit everyone and individual may use different types of contraception at different stages in their lives. The characteristics of ideal contraception are; highly effective, no side effects, independent of intercourse, rapidly reversible, cheap, available, acceptable to all cultures and religions, administration by health care personnel not required and easily distributed. All contraceptives will fail occasionally and some are more effective

than others<sup>2</sup>.

The prevalence of contraception in the United Kingdom (UK) in the early twenty-first century was high. Only 4% of sexually active potentially fertile women who did not wish to conceive reported not using a method of contraception in 2008/2009<sup>2</sup>. The average age of first intercourse in the UK for both men and women are 16 years, and the average age of the first child in 2008 was 30 years<sup>3</sup>. Since the mean age at menopause is 51 years, most women will need to use contraception for more than 30 years.

Contraception choice varies with age, ethnicity, marital status, facility intentions and education. In the UK as of 2008/2009, oral contraceptive pills, 25% of women and male condoms 25% were the most

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popular methods of contraception. Long-acting reversible (LARC) methods of contraception such as injectables, rings, implants, intrauterine devices and systems were used by 12% of women<sup>4</sup>. Despite high contraceptive prevalence, unintended pregnancy is common. In England and Wales, an abortion rate of 18 per 1000 women of reproductive age was recorded<sup>5</sup>.

In the last four decades, contraceptive practice has risen from 6% to 60%, reducing fertility in developing countries from about 6 to 3 births per woman<sup>6</sup>. However, in low to middle-income countries especially in Sub-Sahara Africa, contraceptive practice remains low while fertility population growth and unmet need for contraception are high<sup>6</sup>. According to WHO's recent statistics, an estimated 204 million women in developing countries would like to delay childbearing but are unable to use any form of contraception<sup>7</sup>.

Available reversible methods of contraception fall into two broad categories, hormonal and non-hormonal. Contraception protects women from high-risk pregnancies, unwanted pregnancies, unsafe abortions and sexually transmitted infections including HIV/AIDS<sup>8,9</sup>. Contraception is not just about limiting family size and spacing of birth, it is also about promoting and maintaining the well-being of the mother, child and that of the family as a whole.

The current contraceptive prevalence rate among married women in Nigeria is 17%<sup>10</sup> which is the lowest in the continent despite Nigeria's commitment to attaining a 36% prevalence rate by 2018 from 15% reported in 2013<sup>11</sup>. However, the awareness of contraception among women of reproductive age group in Nigeria remains high despite the low prevalence of contraceptive usage. In the North-West of Nigeria, 82.4% of awareness of contraception was reported<sup>12</sup>.

Several factors have been reported to influence a couple's decision on accessing and choices of contraception which include availability, fear of side effects and religious considerations. The desire for a high number of children is traditional to many African cultures and this to date is the practice in several communities in Nigeria, especially in the northern region. Evidence from the Nigeria

Demographic and Health Survey (NDHS) shows that the number of children per family in Nigeria ranges between 3.5 in the South-West to 5.5 in the North-West, with Kebbi State having 6.1 which is the highest for the region. High fertility also contributes the most to maternal and infant mortality figures in the country, with lower figures being reported in areas with lower fertility rates<sup>13</sup>.

Despite the overwhelming advantages of contraceptives to women of reproductive age groups, the side effects such as depression, weight gain, loss of libido, irregular vaginal bleeding or spotting can occur in some women to the degree of discontinuing the contraception.

The pattern of contraception usage in Kogi State Specialist Hospital has never been studied hence the desire to study the pattern of contraceptive usage among our clients who attended the family planning clinic between December 2021 to January 2023. This study was carried out to determine the pattern of contraception usage among clients attending the family planning clinic of Kogi State Specialist Hospital, Lokoja, Nigeria between December 2021 and January 2023.

## Materials and Methods

It was a retrospective study among women who attended the family planning clinic of Kogi State Specialist Hospital, Lokoja between December 2021 and January 2023. Lokoja is located in the North-Central zone of Nigeria. Only clients that attended family planning and had contraception in the hospital were reviewed. Their case files were retrieved from the family planning clinic and information on age, parity, marital status and types of contraception used were analysed. The results were reported using simple statistical tools of percentages and charts.

Ethical approval: Ethical approval was obtained from the ethical committee of KSSH, Lokoja, Kogi State for the study.

## Results

A total of 660 women attended the family planning clinic within the period of the study and had used contraception; out of these 301/660(45.6%) had implants while 232/660(35.2%) had injectables, then

60/660(9.1%) had pills; 40/660(6.1%) collected condoms, while 27/660(4.1%) had IUCD. The age distribution of the clients is shown in Figure 1. The majority of the clients were in the age range of 31 to 35 years.

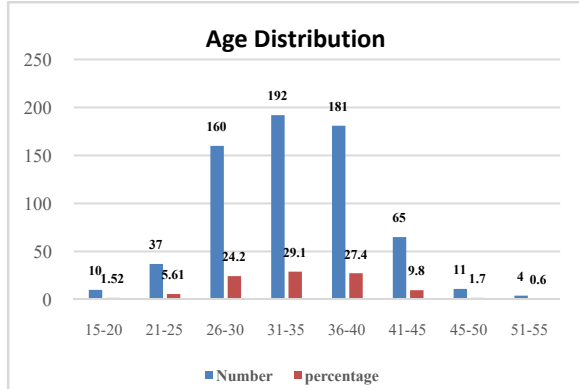


Figure 1: Age distribution

The parity of the clients is shown in Figure 2. The majority of the clients were of the parity 3.

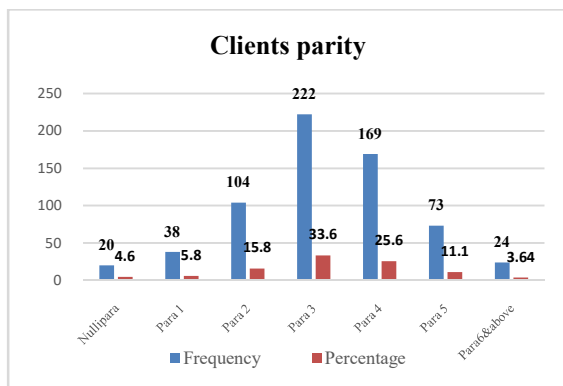


Figure 3 shows the pattern of contraception usage in the family planning clinic. Implant contraception was the most used among the clients accounting for 45.6%.

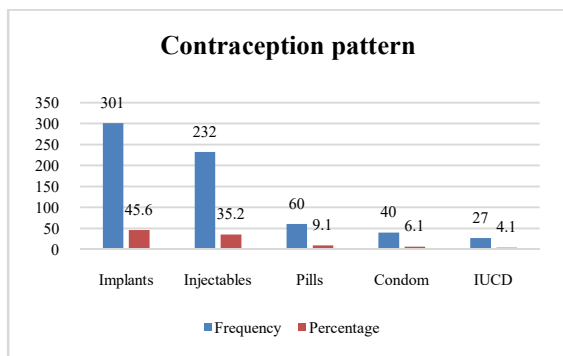


Figure 3: Contraception pattern

## Discussion

Contraception which is the act of preventing pregnancy can be a device, a procedure or medication. This study described the pattern of contraceptive usage in the family planning clinic of Kogi State Specialist Hospital, Lokoja between December 2021 and January 2023. 660 clients attended the family planning clinic of the hospital during this period and 100% of them were female. The absence of male clients could be explained by the fact that family planning is conceived by Nigerians as concerns of women and not men, moreso, the location of a family planning clinic in the antenatal area of the hospital might discourage men from seeking family planning there. Of the few men who needed condoms 40/660(6.1%) sent their wives to collect condoms for them.

The study has revealed that out of the 660 women who attended the family planning, the majority of them were between 31-35 years of age which accounted for 29.1% followed by those within 36-40 years of age 27.4%. Almost all the patients 97% were married while 3% were not. Some unmarried clients were single while a few were widows but had children.

Concerning parity, most of the women who reported for family planning were para 3 which accounted for 33.6%, followed by para4 which was 25.6%. This might be due to the current trend of fewer children.

The most commonly used contraception in this study was implants which accounted for 45.6%, this is comparable with findings in Cameroon with 28.4%, though the value here is higher. One is unsurprising as that study was done in a rural area while the index study was carried out in the State capital. This was followed by injectable which was 35.2%. The least contraception use in this study was IUCD which accounted for 4.1%. Pills accounted for 9.1%. No male came for vasectomy as the decision was influenced by sociocultural and religious barriers. The importance of men's education about contraception cannot be overemphasised because it has a huge role to play in improving the uptake of family planning and other health services. Men's awareness and support for the use of contraceptives are associated with their spouses' desire to use

contraception<sup>16</sup>. Those that have up to three to four children were the highest 59.2% among contraceptive users compared to lower parity, this result is lower than 71.9% reported in the southeast of Nigeria<sup>17</sup>. This is not surprising as the study was prospective while the index study was retrospective.

## Conclusions

In conclusion, it is clear from this study that implant contraceptive users are more than other forms of contraception. This is followed by injectable but IUCD had fewer users. There is a need for further study while women prefer implants and injectables more than other forms of contraceptives.

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