PREVALENCE AND FACTORS ASSOCIATED WITH USE OF POSTPARTUM CONTRACEPTION AMONG TEENAGE WOMEN IN MBALE MUNICIPALITY: A CROSS SECTIONAL STUDY

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Declaration

I Muyama Doreen Loy, declare that this dissertation is my original work. It has been done in partial fulfilment for the award of Masters of Public Health of Busitema University. This work has not been published before or submitted for any other academic qualification in other institutions.

Sign ..... **Date**....10/3/2020

Approval

We hereby acknowledge that this dissertation has been prepared under our supervision and is approved for presentation.

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Dedication

This thesis dedicated to my family for always being by my side throughout.

I also dedicate this research report to my aunt; teacher Namuhenge Mary Gorret for encouraging me always.

List of abbreviations

CDC - Centre for Disease Control

IUD - Intra Uterine Device

LARCs - Long Acting Reversible Contraceptives

LAM - Location Amenorrhea

MEC - Wheel – Medical eligibility criteria wheel

PPFP - Postpartum Family planning

SDA - Standard Days Method

UDHS - Uganda Demographic Health Survey

WHO - World Health Organisation

ANC - Antenatal Care

PNC - Postnatal care

Operational definitions

- **Postpartum Contraceptive use among teenage mothers is** the use of modern contraceptive methods after child birth at the intervals of 0-3 months, 3-6 months, and 6 months to 1 year immediate or delayed postpartum by teenage girls to prevent pregnancy.
- **Factors associated with use of contraceptive;** are conditions that influence a teenage woman's decision to take up postpartum contraceptives
- **Methods of contraceptives;** are the different modern contraceptive methods such as IUD, Implants, Depo provera, Microgynon, norigynon, sayana press, among others that women use to prevent pregnancy.
- **Postpartum;** is a period after a woman has given birth up to one year.
- **Teenage girls;** are all girls between 13-19 years.
- **Rapid repeat pregnancy;** is birth to pregnancy interval of less than 2 years.

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Abstract:

Introduction: Teenage pregnancies are associated with adverse health, social and economic outcomes. A rapid repeat pregnancy may therefore compound onto these poor outcomes. Postpartum Contraceptive uptake is a key intervention in preventing rapid repeat pregnancies. There is limited data on postpartum contraception uptake among adolescents in Uganda in the face of high teenage pregnancies most especially in Eastern Uganda.

Objective: To determine prevalence and factors associated with use of contraceptives during postpartum period (first 12 months) among teenage women resident in Mbale municipality.

Methods: This cross sectional study included 511postpartum teenage women in Mbale municipality. Analysis was at three levels, univariate, bivariate and multivariate using STATA Version 14. Logistics regression were used at bivariate and multivariate levels. The level of significance was set at 5% and 95% confidence intervals.

Results: There was a high use of contraceptives among post-partum teenage women as 314(61.5%, 95%CI: 57.1% - 65.6%) were using it. Of the 314 study participants reported to have used contraceptives during postpartum period, majority 202 (64.3%) used injection and stared use within 3-6 months post-partum, 161 (52.6%).Religion and intention to go back to school were significantly associated with contraceptive use among these teenage women as Pentecostals had lower odds of using any FP method as compared to the protestants with AOR of 0.46 (95% CI: 0.24-0.87), and those who had no intentions of going back to school had higher odds of using FP with AOR of 1.79 (95% CI: 1.16-2.74).teenage women whose husbands were solely responsible for deciding when to get pregnant and those who decided together with their men had lower odds for contraceptive usage with AOR of 0.39(95%CI 0.15-0.86) and 0.53(95%CI; 0.33-0.84) respectively as compared to women who were solely responsible for deciding when to get pregnant. Teenage women who did not attend PNC had lower odds of contraceptive use with AOR 0.40(95%CI; 0.25-0.63). Teenage women who had not talked to their partners about contraceptives had lower odds of contraceptive utilization with AOR of 0.28(95%CI; 0.18-0.44).

Conclusion: The study found that; religion, intention to go back to go back to schools significantly influence use of contraceptives during postpartum period among teenage women in Mbale municipality.

CHAPTER ONE: INTRODUCTION

Background

Postpartum contraception is defined as use of contraceptives to prevent unintended pregnancy, and closely spaced pregnancies through the first 12 months after childbirth (Morhe E S K et al., 2017).

Postpartum is a period from when a woman has given birth to one year (Eliason S et al., 2013). According to 2006 World Health Report by World Health Organization, it was found that if couples could space their pregnancies by at least 2 years, up to 35% of maternal deaths and 13% of childhood mortalities could be averted. On the other hand, 25% of under 5 mortalities could be averted if birth intervals were at least 3 years (World Health Organisation, 2006). As a result, World Health Organization, 2013 advises an interval of at least 24 months before mothers attempt to become pregnant to prevent; adverse maternal, prenatal and infant outcomes like spontaneous abortion, postpartum bleeding, anaemia, low birth weight, and preterm birth. Also, the index child might receive inadequate care and support which, thereafter, could lead to vulnerabilities to disease and malnutrition.

Teenagers in urban and peri-urban areas are vulnerable since they may be prone to sexual assault and exploitation, poor access to health services and information yet they have a potentially high fertility (Robert Kiwanuka & Eva - Britta Rassjo, 2010). Therefore, knowing their postpartum contraceptive uptake is crucial in designing targeted programs to prevent rapid repeat pregnancies and consequently improved health and economic status as well as general development to the study population.

In sub-Saharan Africa, uptake of contraceptives during postpartum period remains low, and there is little information about how pregnant women arrive at their decisions to use contraceptives during postpartum period (Eliason S et al., 2013).

Whereas the current contraceptive utilization rate in Uganda is at 39% according to the Uganda demographic survey of 2016, this is a low rate compared to the set out contraceptive use target of achieving a contraceptive prevalence of 50 percent by 2020. In addition to that, Uganda's contraceptive prevalence is also low compared to all the other East African countries whose contraceptive prevalence is at 66.3 percent, and 53.2 percent for Kenya and Rwanda respectively

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