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Original Research Article

Knowledge, attitude and practice of contraception among paramedical staff at tertiary care centre

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ABSTRACT

Background: To assess the knowledge, attitude and practice of contraception among female paramedical staff, who is already working in the tertiary care hospital and identify the factors that hinders the use of contraception.

Methods: This cross-sectional study was done in the Dept. of obstetrics and gynecology, SMS Medical College and attached group of hospitals, Jaipur. The study group included 90 paramedical female staff of reproductive age group (20-45 years) working in this hospital. Their knowledge, attitude and practice on contraceptives were evaluated with the help of a predesigned questionnaire.

Results: It was found that 93% of female paramedical staff were using contraceptive method, most of them (70%) using condom (barrier method) as contraceptive. since they were health worker about 88% has Contraceptive Information and 63% also has knowledge about post-partum lactational amenorrhea. 58 % using contraceptive to Preventing unwanted pregnancy. 39% staff discontinued methods due to abnormal uterine bleeding and 20% not adopted any method due to fear of its side effect.

Conclusions: Although the level of knowledge, attitude and acceptance of contraception among female paramedical staff were very good but every health worker should teach the community on family planning holistically to increase the awareness so that family planning utilization will be enhanced. This study highlights that knowledge and awareness doesn't always lead to the use of contraceptives. There is still a need to educate and motivate.

Keywords: Knowledge, Attitude, Practice, Paramedical staff, Contraception

INTRODUCTION

The World Health Organization (WHO) defined family planning as giving chance to society to determine the number of children and pregnancy spacing through contraceptive method.¹ Contraception in the simplest terms is the prevention of pregnancy and contraceptive methods, by definition, are the preventive methods to help women avoid unwanted pregnancies.² Each year, about 79 million unintended pregnancies occur worldwide is well established fact that paramedical staff play important role in creating awareness and subsequently acceptance of contraceptives.³

Use of contraceptives can prevent at least 25% of all maternal deaths by allowing women to prevent unintended pregnancies and unsafe abortions, and protect themselves from sexually transmitting diseases including HIV. One fifth of the maternal death in the world occur in India, which is estimated as 130 per 100,000 live births, and about 15% of the maternal deaths are due to unsafe abortions.⁴

The aim of this study was to assess the knowledge, attitude and practice of contraception among paramedical staff and Identify factors that hinders the use of contraception.

METHODS

This cross-sectional study was done in the Dept. of obstetrics and gynecology, SMS Medical College and attached group of hospitals, Jaipur. The study group included 90 female paramedical staff of reproductive age group (20-45 years) working in this hospital. Study period of this study was February to July 2020.

Inclusion criteria

Female paramedical staff. Age 20–45 years who were willing to participate in our study.

Exclusion criteria

Paramedical staff age >45 years.

A well-structured questionnaire was used for data collection on general information, knowledge, attitude and practice regarding family planning methods, and contraceptive.

Descriptive statistics was used for data analysis. All the collected data were analyzed with regard to the information given by the paramedical staff in the set questionnaire.

RESULTS

Among the 90 female paramedical staff in the study group more than 80% were in the age group of 25 to 34. Majority were Hindus (75.5%) followed by others religion (13.3%). Majority female paramedical staff were primi gravidas (57.8%).

Table 1: Sociodemographic correlates.

Characteristics	Category	Number	Percentage
Age (years)	20-24	03	3.3%
	25-34	72	80%
	35-45	06	6.7%
Religion	Hindu	68	75.5%
	Muslim	10	11.1%
	Others	12	13.3%
Active married life	<5 years	38	42.2%
	>5 years	52	57.8%
Parity	P 1	52	57.8%
	P2 and beyond	38	42.2%

Knowledge

Almost all of them had heard about family planning and aware of contraceptive. Almost all (95.5%) of them had knew about barrier methods. about 80% were aware about

sterilization and oral contraceptive pills, and over half (53.3%) of them had heard about injectable contraceptives (Table 2).

Table 2: Knowledge about method of contraception (n=90).

	Number	Percentage
Barrier method	86	95.5%
IUCD (intra uterine contraceptive devices)	78	86.6%
Sterilization	72	80%
Pills	72	80%
Lactational amenorrhea	63	70%
Injectable contraceptives	48	53.3%

Table 3: Knowledge about source of contraceptive information.

	Number	Percentage
Health professional	79	87.7%
Friends	68	75.5%
TV /NEWS PAPER / RADIO	47	52.2%
Family	36	40%
Social media	34	30.6%

Table 4: Knowledge about method of post-partum contraception.

	Number	Percentage
lactational amenorrhea	70	63%
IUCD	52	57.7%
Sterilization	38	42.2%
Natural methods	28	31.1%
PO pills (progesterone only pills)	10	11.11%
Injectable contraceptives	4	04.4%

Since they were health worker about 88% has Contraceptive Information and about 75 % of staff got information about contraceptives form friends (Table 3)

About (63%) female paramedical staff had knew postpartum lactational amenorrhea and few (4.4%) of them were knew about postpartum injectable contraceptives (Table 4).

Attitude

All staff were willing to adopt family planning in future to delay or spacing the pregnancy and they would like to motivate their friends and relatives to use family planning (Table 5).

Table 5: Attitude towards contraception.

	Yes	No
To delay or spacing the pregnancy	100%	0%
Accessibility	100%	0%
Post-partum contraception	100%	0%
Motivation to others	100%	0%

Practice

About 90% of female paramedical staff were using contraceptive method, most of them (70%) using condom (barrier method) as contraceptive. Few (2.4%) of them were also used natural method of contraception (Table 6).

Table 6: Practice of contraception.

	Number (n=81)	Percentage
Barrier method (condom)	57	70.3%
IUCD	10	12.2%
OC pills	05	06.2%
Sterilization	04	04.9%
Injectable contraceptives	03	03.7%
Natural method	02	02.4%

Table 7: Reason for using contraception.

	Number	Percentage
Preventing unwanted pregnancy	52	57.7%
Spacing of birth	48	53.3%
Completed their families	40	44.4%
Want to improve their own and child health	36	40%
Prevents STDs	28	31.1%
Socio-economic	17	18.8%

A total 57.7% female paramedical staff were using contraception to Preventing unwanted pregnancy and 53.3 for spacing of birth (Table 7).

Table 8: Reason for discontinuation of contraception.

	Number	Percentage
Irregular menstrual bleeding	35	38.8%
Abdominal pain	14	15.5%
Back pain	12	13.3%
Desire to have child	09	10%
Spontaneous expulsion (IUCD)	05	05.5%
Failure	04	04.4%

A total 38.8 % staff discontinued the use of contraception due to Irregular menstrual bleeding and 15.5% due to

abdominal pain. About 5.5% staff also experienced spontaneous expulsion of IUCD (Table 8).

Table 9: Reason for not willing of contraception (n=51).

	Number	Percentage
Fear of side effects	18	20%
Desire to have child	09	10%
Already use natural method	06	06.6%
Opposition of friends/family/husband	05	05.5%
Husband work far away	05	05.5%
Ignorance	03	03.3%
Husband has used contraception	03	03.3%
Lack of information about contraception	02	02.2%

A total 20% female paramedical staff had the fear of side effect and 10 % desire to have child, as a reason for not using contraception. There were (about 5.5%) still had opposition from friends/relatives (Table 9).

DISCUSSION

Increasing program coverage and access of family planning will not be enough; providers should consider that their young patients may want to better understand benefits and side effects of their birth control outside of pregnancy prevention. Furthermore, young women may utilize their friends and family to make their contraceptive choice, which should be taken into consideration when counseling patients.⁵

In the present study more than 80% were in the age group of 25 and 34 years. The age group characteristics were similar to the study conducted by Renjhen Prachi et al in Sikkim, India.⁶ Mohanan et al in a study from Dakshina Kannada concluded that majority (52.4%) of the women using contraception were in the age group of 15-34 years.⁷

In present study, 90% of female paramedical staff were using contraceptive method, most of them (70%) using condom (barrier method) as contraceptive. Condom was the most common practiced method in this study followed by OCPs. Similar result was shown in other study as well.⁸⁻¹⁰ In contrast, study conducted by Skogsdal et al The most commonly used contraceptive method was combined oral contraceptives, followed by long-acting reversible contraception.¹¹

In present study, result showed 63% female paramedical staff had knew about postpartum lactational amenorrhea and postpartum pregnancy similar results were seen in study conducted by Singh et al.¹² Singh et al, mentioned that 60% women had awareness about postpartum high fertility rate.

In present study results showed 20% female paramedical staff had the fear of side effect and 10 % desire to have child as a reason for not using contraception in contrast, study conducted by Sato et al where the most common reason being side effects (11.7%).¹³ 59.8% of women who discontinued did not switch to another method within 3 months following discontinuation and 20.9% experienced pregnancy.

CONCLUSION

Although the level of knowledge, attitude and acceptance of contraception among female paramedical staff were very good but every health worker should teach the community on family planning holistically to increase the awareness so that family planning utilization will be enhanced. This study highlights that knowledge and awareness doesn't always lead to the use of contraceptives. There is still a need to educate and motivate.

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