



**“POST NATAL CONTRACEPTION & FAMILY PLANNING TREND
IN DISTRICT HOSPITAL OF KHARGONE DISTRICT, MADHYA
PRADESH ”**

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INTRODUCTION OF ORGANIZATION

- The national health mission (NHM) encompasses its two sub-missions, the national rural health mission (NRHM) and the newly launched national urban health mission (NUHM).
- The national rural health mission (NRHM) was launched by the Hon'ble prime minister on 12th April 2005
- The main programmatic components include health system strengthening in rural and urban areas- reproductive-maternal- neonatal-child and adolescent health (RMNCH+A), and communicable and non-communicable diseases.
- To provide accessible, affordable and quality health care to the rural population, especially the vulnerable groups.
- The state's vision has primarily two components, namely empowering the people living in the state with knowledge and skills required to keep them healthy and equity in access to effective and affordable health care.

OBJECTIVES & METHODOLOGY

Objectives

1. To assess the status of post natal contraception & family planning trend in district hospital of Khargone district, Madhya Pradesh
2. To cite recommendations with respect to the findings of the study, to bridge the identified gap.

Methodology

Study Location:- district hospital of Khorghone district, Madhya Pradesh .

Study Design:-cross-sectional study

Study Duration:- one month

Sampling Method:- Convenience Sampling

Study Size: 50 mothers

Study Area: the study has been conducted in district hospital of Khorghone district, Madhya Pradesh.

Study Group: all the mothers having 6-8 month baby who were present in the district hospital at the time of visit were covered in the study.

Data Collection Method:- survey-based, using the 'post natal contraception and family planning' related questionnaire

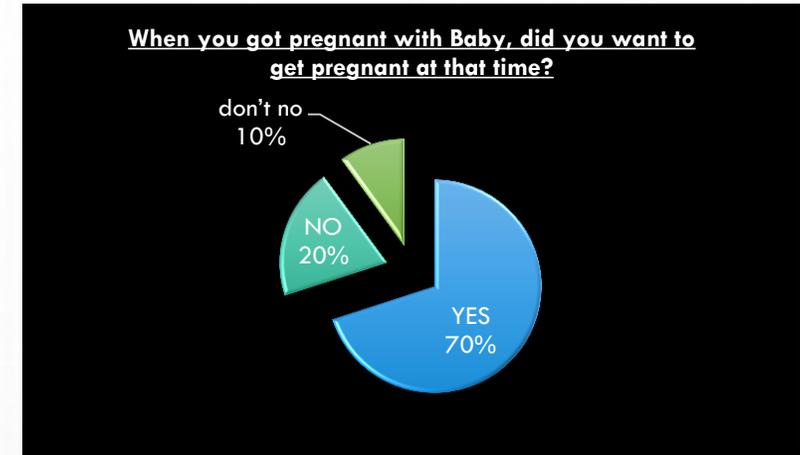
Data Collection Tools :- primary and secondary both. Visiting patient and their relatives of eligible respondents and conducting personal interactions.

LIMITATION

- The sample size for this study is small because there were very few no. Of families with 6-8 months year old child in the district hospital and near blocks.
- Time was a major constraint in the study.
- The study was limited to a confined area district hospital and near blocks

FINDINGS

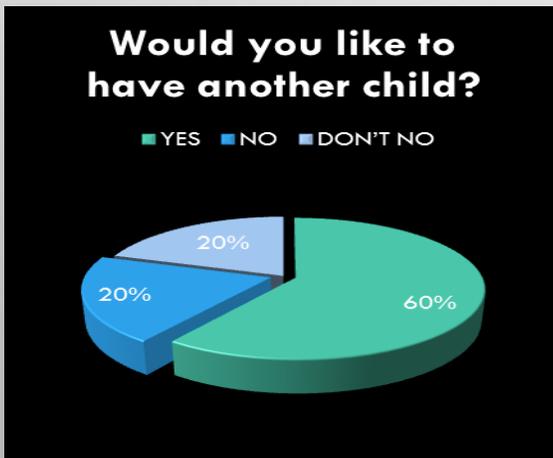
1. When you got pregnant with baby, did you want to get pregnant at that time?



2. Are you or husband currently using any family planning method?

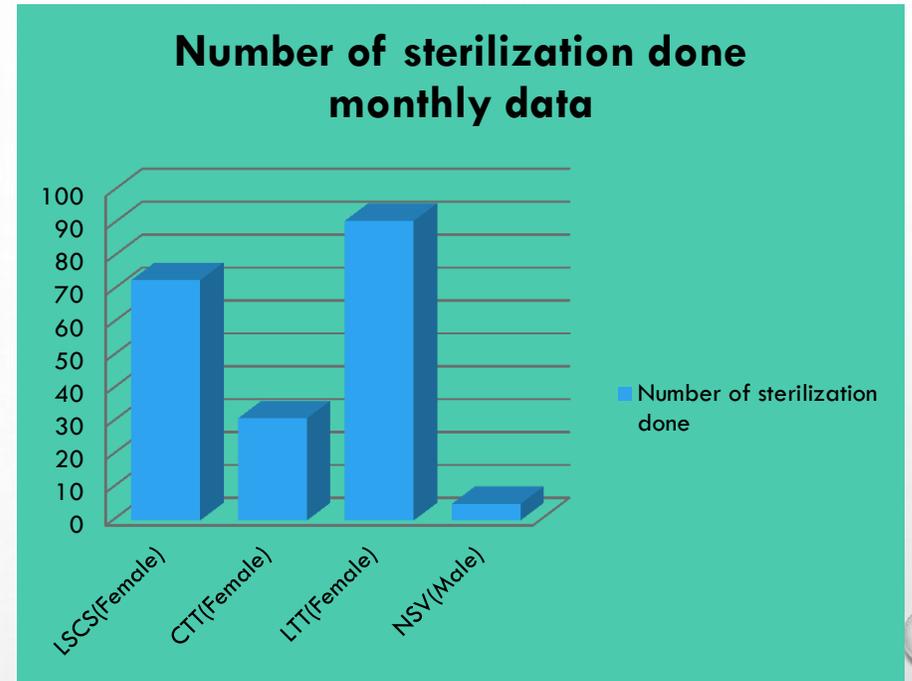


3. Would you like to have another child?

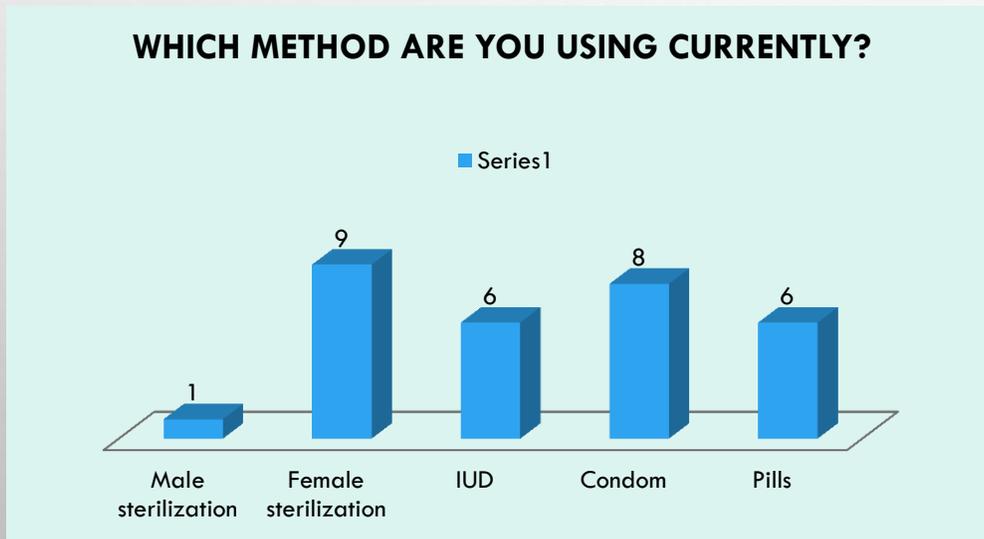


4. Number of sterilization done monthly data

STERILIZATION	Number of sterilization done
LSCS(Female)	73
CTT(Female)	31
LTT(Female)	91
NSV(Male)	5

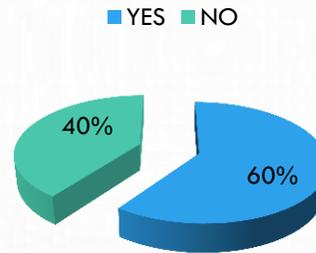


5. Which method are you using currently?



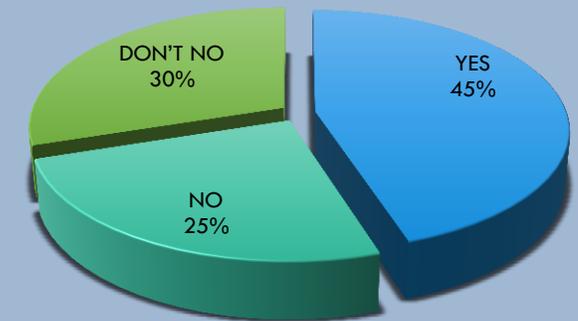
Have you ever used IUCD/PPIUCD?

6. Have you ever used IUCD/PPIUCD?



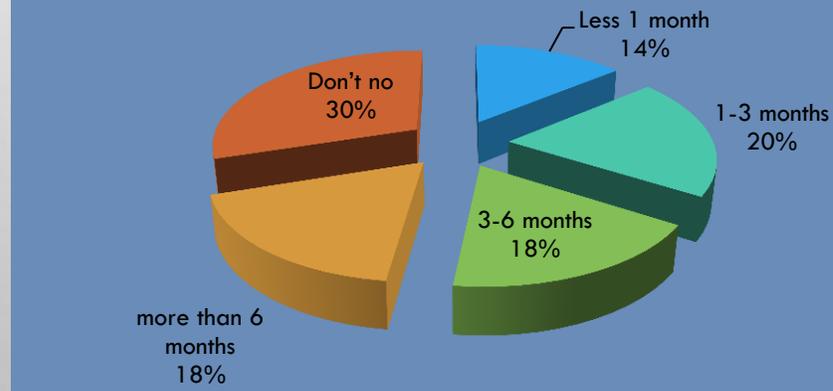
7. Do you intend to use any method of family planning to delay or prevent the next pregnancy?

Do you intend to use any method of family planning to delay or prevent the next pregnancy?



8. How long after birth family planning method can be started

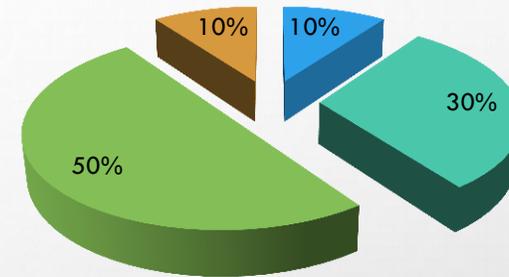
How long after birth family planning method can be started



9. How long should one wait between two children?

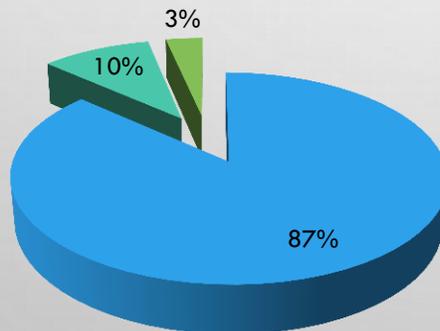
How long should one wait between two children?

■ 1 year ■ 2 year
■ 3 year ■ Don't no



10. Does family planning methods prevent the unwanted pregnancy & helps birth spacing?

■ Yes ■ No ■ Don't No



RESULTS AND INTERPRETATION

- ❑ 35 women want to get pregnant because of culture believe but 10 women did want to get pregnant that time and 5 women say don't know out of 50 women.
- ❑ Maximum women/husbands are not using use family planning and only 30 women/husbands are using FP method out of 50 women/husband.
- ❑ Women those are not using any FP method for another child then we found that 6 women not decided, 9 women said yes and 9 women said no out of 20.Hence, 30 women are already using out of 50.
- ❑ According to the data those are using FP method, maximum women/husband using pill and condom which is got from ASHA/AWW and some women got PHC for sterilization.
- ❑ According to the data, men prefer to stay away from sterilization and adopt other methods of family planning but not about female.
- ❑ A lot of couples would prefer not to utilize the IUD since they mistakenly trust that utilizing the IUD will cause either no monthly bleeding, painful, stomach ache and more frequent menstrual bleeding.
- ❑ Maximum women aware about FP method that its help birth spacing but some women don't know that "how long after birth FP method can be started?"

CONCLUSION

- ❖ Study indicate that women don't want to pregnant but due to their family member want at least four to five child because they wait for baby boy.
- ❖ Men prefer to stay away from sterilization and adopt other methods of family planning but not about female.
- ❖ Many couples do not want to use the IUD because they incorrectly believe that using the IUD will cause either no monthly bleeding, side effect like stomach ache, painful, and more frequent menstrual bleeding.

RECOMENDATIONS

- ❖ Need to aware about FP that what is advantage of FP.
- ❖ Use IEC material and activity like street play to increase awareness about fp.
- ❖ Effective home visit of ANM/ASHA/AWW and ask about any problem regarding the method.
- ❖ Effective training of all health workers regarding FP method and organized proper FP camp.
- ❖ Improve the health services and facility as well as make friendly environment in all health center.
- ❖ Regular feedback from beneficiary by higher authority to avoid gap.
- ❖ Encourage community health workers to include family planning messages in their health activities in their communities.

A blue rectangular sign with a white border is centered in the image. The sign contains the text "Thank You" in a white, bold, sans-serif font. The sign is set against a background of a blue sky with white clouds. The entire scene is framed by a light gray background with several water droplets of various sizes scattered around the edges.

Thank You