

The Frequency of Different Contraceptives Uses and Their Side Effects in Clients Visiting Family Planning Center, BVH Bahawalpur

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ABSTRACT

Objective: The aim of present study was to determine the frequency of different contraceptive methods and their side effects in clients visiting Family Planning Centre, BVH Bahawalpur.

Study Design: Cross-sectional descriptive epidemiological study

Place and Duration of Study: This study was conducted at Family Planning Centre; BVH Bahawalpur From 5th May 2016 to 20th June 2016.

Materials and Methods: Data was collected through a pre-designed Performa after informal consent. It included questions about fertility history, use of contraceptives, their source of information and their side effects. The questionnaire was first translated into Urdu and then reverse translated in English and then filled by interviewing each client. Data was entered and analyzed by using SPSS 13. All results were presented in Frequencies, percentages and in the form of tables and figures.

Results: The most commonly practiced contraceptive methods in females were 36% hormonal injections and 29% oral pills while in males 75% condoms. The side effects, like menstrual irregularities and leucorrhoea of different contraceptive methods, were 38% with hormonal injectables, 35% with oral pills and 25% with IUCDs. No side effects were found in cases of condoms and vasectomy use.

Conclusion: Out of 80 users of female contraception, 29% developed side effects like menstrual irregularities and leucorrhoea. No side effects were found in cases of condoms and vasectomy use.

Key Words: Contraception, side effects, Clients.

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INTRODUCTION

Contraceptive methods are defined as preventive methods to help couples to avoid unwanted pregnancies.

During the past century, there has been a tremendous progress in all scientific fields. With the rapid increase in world's population, there was a great need for limiting family size according to available resources. For that purpose, there has been a worldwide rise in the practice of contraceptives during last 30 years. The developing countries also have had their share of this change in the urban areas but the scenario in the rural and slums is, unfortunately, not much different from what it was many decades before.

It has been estimated by WHO that some 120 million women in developing countries who don't wish to become pregnant are unable to use any contraceptive method for a variety of reasons. It is also estimated that there are 150,000 unwanted pregnancies terminated every day and 20-25% of pregnancy-related deaths in Asia are the result of induced abortions.¹

Pakistan is one of those countries who have a high population growth rate (2.1% per annum) and very low prevalence of contraceptive practice i.e. 37% with a distribution of 50% in urban and 30.5% in rural population.²

Pakistan is experiencing a rapid population growth and this indicates a large unmet need of family planning services. This unmet need is the product of both a lack of adequate services and social milieu that is generally unfavorable to the adoption of contraception. According to Pakistan Reproductive Health And Family Planning Survey 2000-01 33% of currently married women don't want another child immediately or in near future but are not using contraceptive method.³

We choose family planning center BVH Bahawalpur to find out the frequency of use of different contraceptive methods and their side effects among clients visiting there for consultations.

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MATERIALS AND METHODS

This cross-sectional descriptive epidemiological study was carried out at Family Planning Centre; BVH Bahawalpur From 5th May 2016 to 20th June 2016. A total of 100 married clients between the ages of 20-50 years were enrolled in this study out of which 80 were females and 20 were males collected by nonprobability convenience sampling (first 100 clients visiting in the center fulfilling eligibility criteria).

Both genders Married clients in their reproductive age were included in this study while clients who were not willing to enter into the study were excluded. Data was collected through a pre-designed Performa after informal consent. It included questions about fertility history, use of contraceptives, their source of information and their side effects. The questionnaire was first translated into Urdu and then reverse translated in English and then filled by interviewing each client.

Data was entered and analyzed by using SPSS 13. All results were presented in Frequencies, percentages and in the form of tables and figures.

RESULTS

Out of total 100 sample population, 80 were females and 20 were males. The study revealed that the most commonly used contraceptive methods in females, were 36% Injections, 29% oral pills, 25% IUCDs, 6% Norplant, and 4% tube ligation, In the case of Male clients the most commonly used methods were 75% condoms and 25% vasectomy.

The side effects of different contraceptive methods were reported as 38% and 35% with hormonal injections and oral pills respectively and 25% with IUCDs as shown in fig 4, 5 and 6. The common side effects were menstrual irregularities and leucorrhoea.

Table No. 1: Contraceptive use and age of Clients

| Age (Years) | Numbers | Percentage |
|--------------|------------|------------|
| 20-29 | 54 | 54 |
| 30-39 | 35 | 35 |
| 40-49 | 11 | 11 |
| Total | 100 | 100 |

Table No.2: Contraceptive use and Monthly Income of Clients

| Monthly Income | Numbers | Percentage |
|----------------|------------|------------|
| <5,000 | 39 | 39 |
| 5,000-10,000 | 54 | 54 |
| 10,000-15,000 | 7 | 7 |
| Total | 100 | 100 |

54% population of clients using contraceptive methods was under the age of 20-29 years, 35% were 30-39 years and 11% were under the age of 40-49 years.

The study revealed that the frequency of clients using contraceptive methods, having a monthly income of less than 5000 was 39%, 5000-10000 was 54%, 0 and 10000-15000 were 7%.

In the case of hormonal contraceptive method majority of clients i.e., 71% were under the age of 26-35 years and 29% were under the age of 15-25 years.

Table No.3: Hormonal Contraceptive Method and Age of Clients

| Age (Years) | Numbers | Percentage |
|--------------|-----------|------------|
| 15-25 | 15 | 28.85 |
| 26-35 | 37 | 71.15 |
| 36-45 | Nil | 0.0 |
| Total | 52 | 100 |

DISCUSSION

Despite the growth rate has fallen in recent years, still, its value is 1.8% per annum in our country Pakistan, which is higher than most of the developed and developing countries.⁴ As we are growing at a tremendously high rate, we are endangering our resources and the natural ecosystem. The contraception is the only way if applied adequately, to cope with this dreadful situation.

The present study was conducted to investigate the relative frequency of use of various contraceptive methods and their side effects among clients visiting Family Planning Centre BVH, Bahawalpur. The study revealed that the most commonly used methods by female clients were injections (36.25%) and oral pills (28.75%).^{5,6} The other important method used was IUCDs, whereas Norplant and tubal ligation were used by only 10% of the clients. These results are consistent with a study conducted on Muslim Arabs in rural Israel. The male clients of Family Planning Centre of BVH, Bahawalpur were using condoms (75%), the rest of them were vasectomized (25%). These findings are similar to a study conducted on Muslims Arabs in rural Israel.⁷

As for the profile of side effects is concerned, 37.9% women using injections reported side effects. A similar percentage of clients (34.78%) reported side effects with oral pills. The side effect profile with other methods was negligible. These findings are consistent with a study in Uganda.⁸

All the male clients developed no side effects with condoms and vasectomy. These results are similar to the findings of a study in RachaKoyas of Andhra Pradesh.⁹

CONCLUSION

It is concluded that Hormonal contraceptive method is the most commonly used method in females and condoms in the male clients.

Conflict of Interest: The study has no conflict of interest to declare by any author.

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