

Contraceptive Discontinuation and Non Usage of Family Planning Methods Rates in the Poorest Villages in Beni Suef

Thesis

*Submitted for partial fulfillment of the master degree of
Master degree in Public Health*

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا
عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ

صدق الله العظيم

سورة البقرة آية (٣٢)



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List of Abbreviations

CDC	:	Center for Disease and Control and prevention
DMPA	:	Depot medroxyprogesterone acetate
EDHS	:	Egypt Demography and Healthy Surveys
FP	:	Family Planning
ICPD	:	International Conference on Population and Development
IUD	:	Intrauterine contraceptive device
LAM	:	Lactation Amenorrhea Method
MOHP	:	Ministry of Health and Population
MWRA	:	Married Women in Reproductive Age
OCPs	:	Oral Contraceptive Pills
PHCU	:	Primary Health Care Unit
QIP	:	Quality Improvement Program
SPSS	:	Statistical Package of Social Science
TFR	:	Total Fertility Rate

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Introduction

Family Planning is a behavior that allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through the use of contraceptive methods and treatment of involuntary infertility. A woman's ability to space and limit her pregnancies has a direct impact on her health and well being as well as on the outcome of each pregnancy (Andrew, ۲۰۰۵).

Family planning could prevent as many as one in every three maternal deaths by allowing women to delay motherhood, space births, avoid unintended pregnancies and abortions, and stop childbearing when they have reached their desired family size (Martine C et al., ۲۰۰۴).

Governments around the world are focused on combating poverty and achieving a range of health and development goals, such as those outlined in the United Nations' Millennium Development Goals (MDGs). Family planning can contribute to nearly all of these goals, including reducing poverty and hunger, promoting gender equity and empowering women, reducing child mortality, improving maternal health, combating HIV/AIDS, and ensuring environmental sustainability. (Campbell M, et al., ۲۰۰۷).

Unintended pregnancy has been associated with increased risks of maternal morbidity, health behaviors during pregnancy that are associated with adverse maternal health, and adverse fetal, infant and child health outcomes.(Centers for Disease Control and Prevention (CDC), ۲۰۱۱).

Unintended pregnancies are the consequence of multiple factors including non-use of contraception among women who do not want to get pregnant, contraceptive failure among users of contraception, and contraceptive discontinuation, that is, the starting and stopping of contraceptive use (**Barden-O'Fallon JL, et al २००८**).

Contraceptive discontinuation definition is “non-pregnant women who had previously used a family planning method but were not using any method at the time of the survey”. (**Mishra, et al १९९९**). Another researcher from USA identified contraceptive discontinuation as “stopping contraceptive use while still at risk of unintended pregnancy (**Karen, et al., २००२**). A study in Brazil mentions contraceptive discontinuation as “having used a contraceptive method at least once in the past, whether or not the method was properly used or provided adequate coverage” (**D'antona et al, २००९**).

Family planning programs need to pay more attention to improving continuation rates and preventing contraceptive failure as fertility in a given area declines. Studies on contraceptive discontinuation have significant programmatic implications concluded that, with a decline in fertility, programs should shift their emphasis from simply providing contraceptive methods toward providing services such as counseling in order to reduce discontinuation rates. (**Blanc AK, et al २००२**). So while encouraging new adopters of contraceptive methods is undoubtedly important, equally important is continuity of use among current users and studies are needed to determine the factors associated with contraceptive discontinuation (**Parr, N. २००३**).

The focus on quality of care has become important with contraceptive continuation as one of the outcomes of quality of care (**Blanc AK, et al १९९९**).

A key concern for the family planning program in Egypt is the rate at which users discontinue use of contraception and the reasons for such discontinuations. Although users may discontinue because they want another child, they often stop for other reasons including contraceptive failure, dissatisfaction with the method, and health concerns, leaving them exposed to the risk of an unintended pregnancy (**El-Zanaty, and Way. ٢٠٠٩**).

Studies on non-use of family planning and contraceptive discontinuation have demonstrated a number of sociodemographic factors associated with these outcomes. Factors associated with non-use of contraception include education, residence, socioeconomic status, and fertility goals. Women who are less educated, live in rural areas, are poorer, opposed to contraceptive use, or desire more children are less likely to be using contraception (**Westoff CF. ٢٠٠٦**).

Women's demographic and socioeconomic characteristics have also been found to be associated with contraceptive discontinuation and failure. Women under age ٢٥ have higher contraceptive discontinuation rates than women ٢٥ years of age or older (**Moreno, ١٩٩٣**). Higher parity is associated with longer episodes of continuous injectable use (**Riley et al., ١٩٩٤**) and decreased risks of abandonment in need (**Curtis and Blanc, ١٩٩٧**). Additionally, women with children are less likely to experience method failure or discontinuation than women without children (**Steele et al., ١٩٩٦**). Higher socioeconomic status has been shown to be associated with lower levels of failure and abandonment in need and higher levels of switching (**Curtis and Blanc, ١٩٩٧; Steele and Curtis, ٢٠٠٣**).

At the individual and household level, poverty is often associated with low levels of educational attainment and rural residence. Education is thought to be a key mechanism through which poverty affects contraceptive use. It is believed

that lower levels of education among poor women translate into less knowledge of contraceptive methods and more difficulties in accessing services. Living in a rural area is also associated with higher contraceptive discontinuation and failure rates. Evidence indicates that methods that require a regular supply, such as condoms, are quicker to be discontinued in rural areas than in urban settings (**Ali M, Cleland J 1999**).

Most studies found evidence that place of living (residence) is associated with the risk of contraceptive discontinuation. Women who lived in urban areas were less likely to discontinue contraceptive use due to contraceptive failure than those who lived in rural areas. (**Arifin in 2003**).

High activity outside the household (women employment) also contribute to the decrease of women's desire to have more children that will lead to the increase of contraceptive adoption as well as its continuation to delay or even stop pregnancies, women who had their own occupation or are working out-side their household, tend to desire a small family and thereby increase the acceptance of contraceptive use (**Hardee, et al., 1999**).

The type of contraceptive method also relates to the rate of discontinuation. Women using the user-dependent contraceptive methods, such as the pill, injections, condoms, and withdrawal, are more likely to discontinue than are those using non-user-dependent methods, such as the intrauterine device (IUD) and implants (**Blanc AK, et al 2002**).

More than one-third of all discontinuations during the five-year period before the 2008 Egypt Demographic Health Survey (EDHS) occurred because the user wanted to have a child. Wanting another child was most often cited reason for discontinuations among IUD users (49 percent) and pill users (33 percent). (**El-Zanaty, and Way. 2009**).