Title: Barriers and motivators associated to immediate postpartum family planning uptake in NYABIHU district, Rwanda

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Abstract

Background

Postpartum periods have long been recognized as significant opportunities to reach women with effective family planning. During pregnancy and childbirth, as well as during the year following childbirth, women are more likely to engage with the healthcare system during antenatal care, delivery, postnatal care, and first year infant immunizations. Availing women with modern contraceptive methods through immediate Postpartum Family Planning (PPFP) would help prevent from unintended pregnancies in developing countries. The aim of this study was to assess barriers and motivators associated to immediate postpartum family planning uptake in Nyabihu District in the Western Province in Rwanda.

Methods

A facility-based cross-sectional study was conducted with 350 women in Nyabihu District. Convenience sampling technique was used for sample selection. A structured and pre-tested questionnaire was used to collect data from women attending health facilities from September to October 2018 for postnatal routine immunization within 6 weeks after delivery.

Results

Overall 350 women have been recruited within 1 month. The mean age was 28.89 years old. 92% were married, (61%) had attained formal primary education, while 25% had no formal education. 57.4 % reported to have taken immediate PPFP method, 47% had never used a modern immediate PPFP method in their life while 53% had used immediate PPFP method in the previous year . 73 % were Christian (Catholics and protestants). Factors with potential influence on immediate postpartum FP uptake in Nyabihu were: education level, existing knowledge on PPFP methods, discussion with partner and / or joint decision on immediate PPFP, easy access to immediate PPFP services.

Conclusion

Education, knowledge, partner communication, making contraceptives readily available and affordable, and meaningfully engaging male partners are key determinants of immediate postpartum family planning service uptake, and should be considered in antenatal and postnatal family planning counseling.

Key words: postpartum period, family planning.