

Original Article

REVIEW OF FAMILY PLANNING METHODS USED IN GUSAU, NORTHWESTERN NIGERIA

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ABSTRACT

Objective: To review the usage pattern of various methods of family planning at the family planning clinic, Ahmad Sani Yarima Bakura Specialist Hospital, Gusau, Nigeria, over a five-year period.

Method: All clients that attended the family planning clinic from January 2018 to December 2022, had their records analyzed.

Results: A total of 1591 clients were seen over the 5-year period. 55% had injectables (the highest), followed by implants (31.7%), intrauterine contraceptive device (14.1%) and 1.1% (the least) had bilateral tubal ligation. There was no record of a male partner who had vasectomy and no record of use of female and/or male condoms as a method for family planning. There was an increase of use of implants from 28.8% (2018) to 36.8% (2022) whereas, decline in the use of injectables from 57.6% (2018) to 45.9% (2022) was noticed. **Conclusion:** There is an increasing trend in the use of long acting contraceptives (implants & IUCD) and vice versa in the use of injectables which might not be unconnected to the prevailing economic situation and increasing cost of injectables. There is total apathy to the use of male and female condoms possibly due to religious and traditional beliefs. There is also apathy for permanent male and female contraception. It is recommended that more advocacy and key public enlightenment are needed as well as women empowerment.

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INTRODUCTION

Globally, maternal and child health issues remain a serious concern as a result of the burdens of maternal and child mortality and morbidity¹. Unsafe abortions and complications from pregnancy has remained a major contributor to maternal and child mortality especially in the developing countries^{2, 3}. Annually, about 14 million unintended pregnancies are recorded in sub-Saharan Africa⁴. 214 million women were found in developing countries with an unmet need for modern contraception⁵. Nigeria is the 7th most populous country in the total fertility rates as high as 6.3 in north-east and 6.7 in north-west⁶. Northern Nigeria has one of the lowest

contraceptive use rates in the world and it's as low as 3% in the north-eastern zone compared to 38% in the south-west^{2, 5, 6, 7, 14}.

Family planning programs have been shown globally to reduce population growth as well as maternal and child mortality and morbidity. Contraceptions play key roles in decreasing maternal mortality by providing significant protection for women through prevention of intended pregnancy which most often than not culminate in unsafe abortions with its attendant

complications^{7, 8, 10, 14}.

There is a strong patrilineal influential family program in the northern part of Nigeria in which the males have great influence on many family

decisions with family planning not an exception. Hence^{2, 14}, it has been observed over the time of general low uptake of contraceptive methods in the northern part of Nigeria including Zamfara state. This five years of the family planning methods usage in Gusau, aim to establish the trends in usage of FP methods thereby, and providing recommendations on gaps noted to the appropriate authorities and implementing partners in the state.

MATERIALS AND METHODS

Study area: Zamfara state is one of the states in Nigeria, located in the northwestern geopolitical zone of Nigeria. The study was carried out in Gusau local government of the state between January 2018 and December 2022 at Ahmad Sani Yarima Bakura Specialist Hospital- the only state owned by tertiary hospital serving the 14 local government in the state as well as neighboring states.

All clients that attended the family planning clinic from January 2018 to December 2022, had their records reviewed and analyzed.

Data collection: The family planning registers in the family planning clinic were retrieved as well as gynaecology operation register. The records of all clients that attended family planning clinic over the study time period were reviewed and analyzed. Clients who also had bilateral tubal ligation for contraceptive reasons were also retrieved from the

operation register. Data entry and cleaning was done on Microsoft Excel 2010. Data was then imported onto IBM SPSS statistic version 23(© Copyright IBM Corporation 2011) and analyzed. Frequency tables, and figures were generated, percentage, bar and pie chart were generated as shown in the results below.

Ethical considerations: Ethical approval for the research was obtained from the research and ethics committee of the ASYBSH with ethical approved assigned number

ASYBSH/HREC/026/17. The aim of the study was thoroughly explained to the hospital authority, the health information department, matron in charge of family planning clinic as well as the in charge maternity theater and their permission to carried out the review of the register was seek. Confidentiality and privacy were also

shown in table1. 53% had injectables, 31.7% had implants, and 14.2% had IUCD while only

1.1% had BTL. In 2018, 57.6% had injectables, 28.8% had implants, 12.7% had IUCD and only

0.9% had BTL as shown in table1. In 2019, 54.8% had injectables, 29.5% had implants, 14.2 % (IUCD) and 1.5 % (BTL). In 2020, 53.3% had injectables, 30.5% had implants, 15.3 % (IUCD), and 0.9% (BTL). In 2021, 54.2% had injectables, 33.2% (implants), 11.8% (IUCD) and 0.8% (BTL). In 2022, 45.9% had injectables, 36.8% (implants), 16.5% (IUCD) and 0.8(BTL) as shown in table1.

As shown in figure 2, the injectables used for the year under review were 186, 182, 178, 142, and 156 in 2018, 2019, 2020, 2021, and 2022 respectively. The implants used for the 5 year under review were 93, 98, 102, 87 and 125

respectively as shown in figure 3. The intrauterine

Table1 Contraceptive Methods Usage per Each Year Contraceptive Methods

Year	Injectables	Implants	IUCD	BTL	Total
2018	186 (57.6)	93 (28.8)	41 (12.7)	3 (0.9)	323
2019	182 (54.8)	98 (29.5)	47 (14.2)	5 (1.5)	332
2020	178 (53.3)	102 (30.5)	51 (15.3)	3 (0.9)	334
2021	142 (54.2)	87 (33.2)	31 (11.8)	2 (0.8)	262
2022	156 (45.9)	125 (36.8)	56 (16.5)	3 (0.8)	340
Total	844 (53.0)	505 (31.7)	226 (14.2)	16 (1.1)	1592

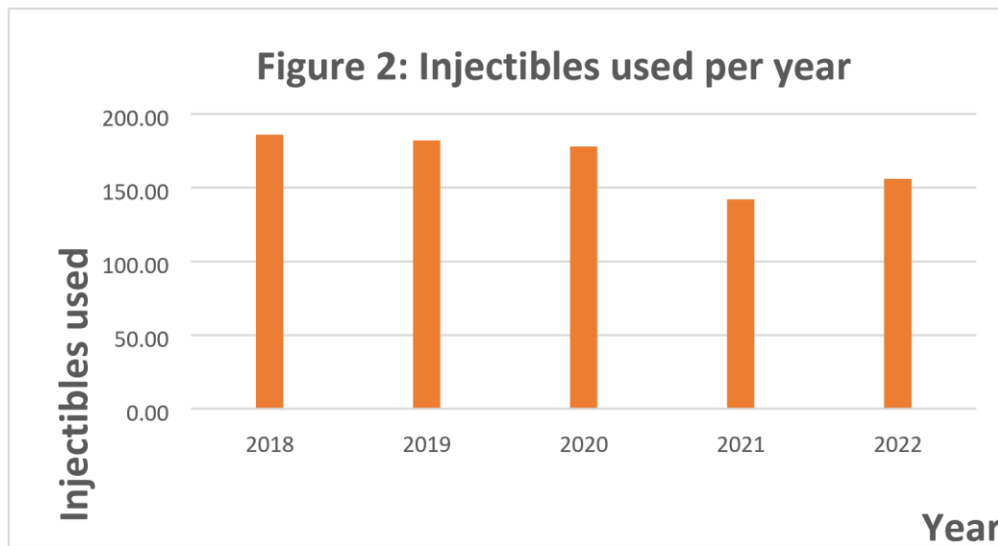
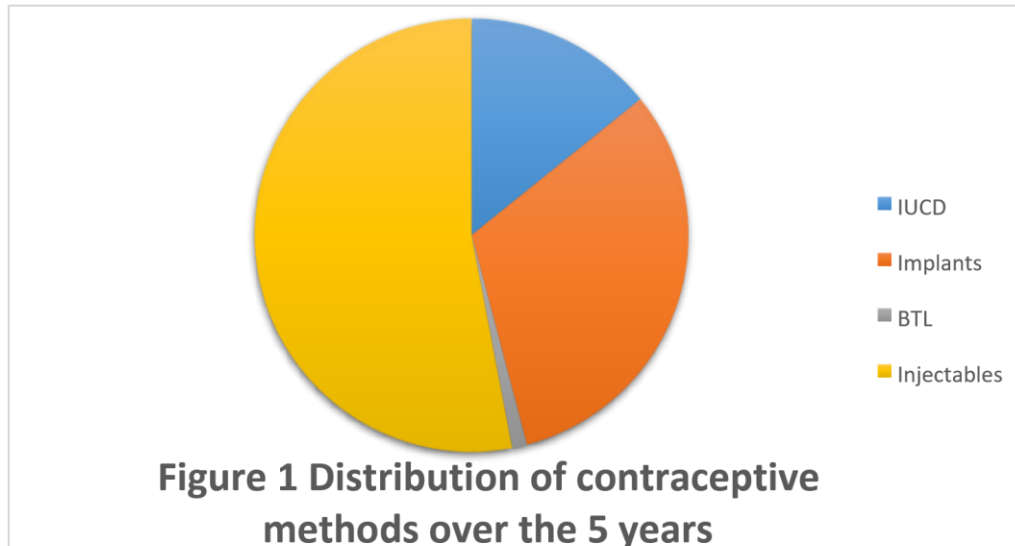
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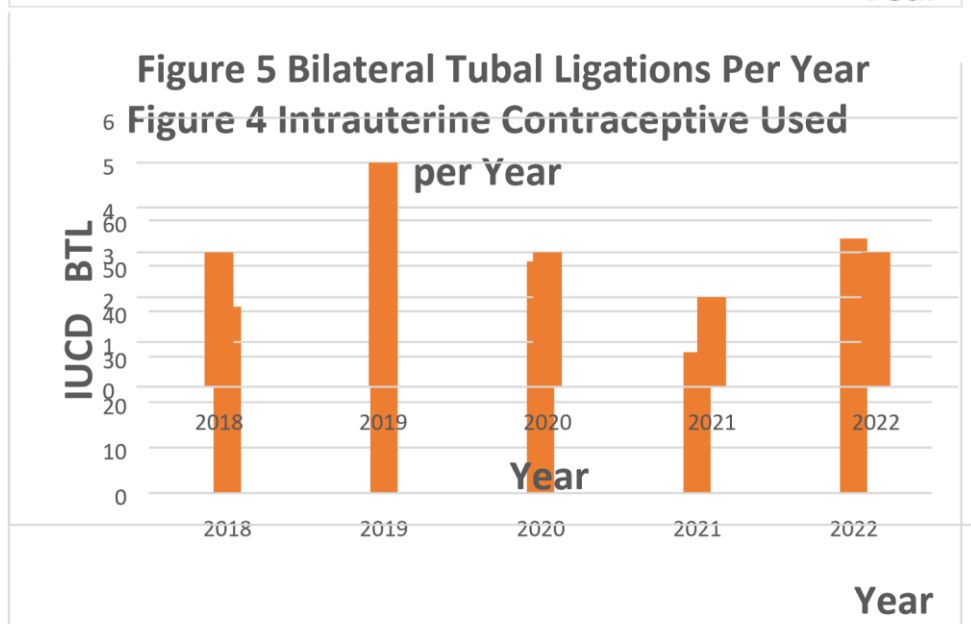
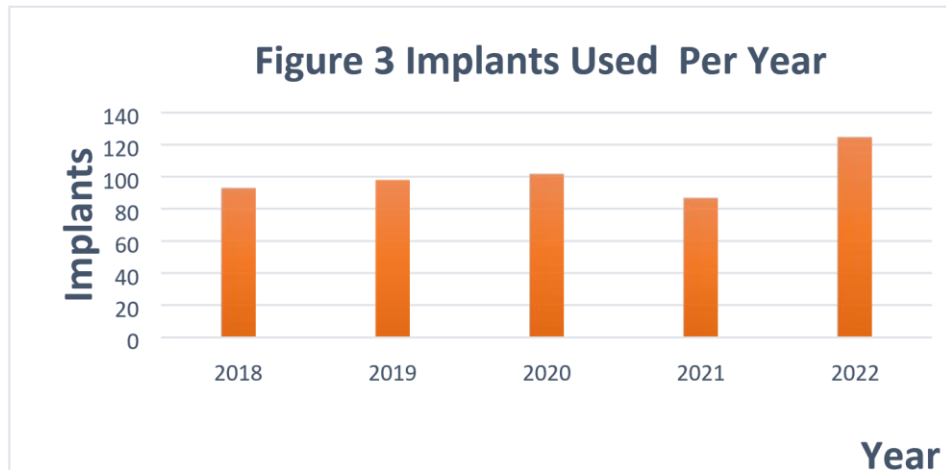
RESULTS

A total of 1591 women were seen in family planning clinic over the five years under review as

contraceptive method used over the 5 year review were 41, 47, 51, 31 and 56 respectively as shown in figure 4. The total number of women who had bilateral tubal ligation for contraceptive purposes

were 3, 5, 3, 2, and 3 respectively over the 5 year reviewed.





Discussion

This study was carried out to review and analyse the utilization of contraceptives among women in Gusau, over a 5 year period and based on observations, recommend appropriate interventions that will increase uptake of these family planning methods.

It was observed from the study that contraceptive use by men is very low or nonexistent as observed, similar to findings from

previous studies^{1, 2, 9, 10, 13, 14}.

The commonest method of family planning used was injectable, similar to findings in Kaduna, Kano and some other northern states in

Nigeria^{10, 11}.

However, there were decline in the usage of injectables from 57.6% in 2018 to 45.9% in 2022, whereas, use of long term contraceptive methods- implants and IUCD were increasing- 28.8% in 2018 to 36.8% in 2022 and 12.7% in 2018 to

16.5% in 2022 respectively, similar to findings in Lagos and Kaduna^{1, 2, 3, 4, 5, 13}. This might not be unconnected to the rising cost of injectables as well as desires for child-spacing and smaller family size due to the current economic challenges. The family planning usage was generally noted to be lower in 2021, which might not be unconnected to the global lockdown due to covid-19 virus global epidemic. The uptake of BTL was generally very low throughout the five year period similar to findings in Lagos, Kaduna and Kano^{1, 2, 8, 14}. This might not be unconnected to general aversion to permanent family planning method. There was no record of male vasectomy recorded.

Conclusion

The unmet need of family planning is very high. There are still gaps to the uptake of family planning in Gusau and northwestern Nigeria generally. However, there is currently more

for long term family planning methods by women. The cost of injectables are on the increase, thereby, discouraging its uptake. There is general aversion for permanent form of contraceptives by both women and men, but most especially men.

Recommendations

There is a need for more women empowerment and education in the northern zone of the country. The cost of family planning methods should be subsidized. There is also a need for more advocacy and public enlightenment using media houses, religious and traditional rulers to disseminate information on the importance of family planning and to demystify the public from negative information about family planning method. These will help improve its uptake.

Conflict of Interest: There is no conflict of interest declared by the authors.

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