

# **Contraceptive Practice Among High Risk Postnatal Women in Klang Health District**

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# OUTLINE

- **Introduction**
- **Objective**
- **Methods**
- **Findings**
- **Discussion**
- **Conclusion**
- **Recommendations**
- **References**

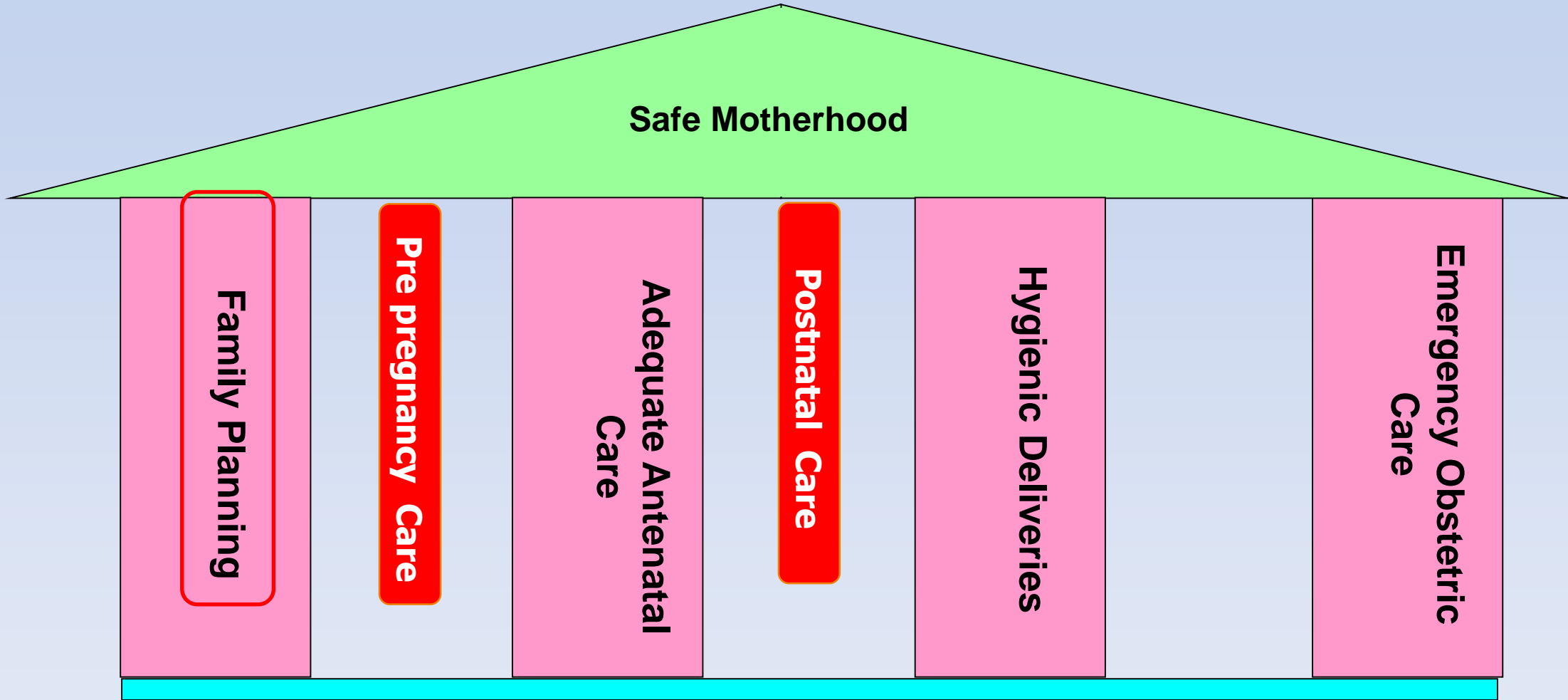
# INTRODUCTION



- Family planning allows a couple to control the number of children, avoid unplanned pregnancies and delay pregnancies at least for 2 years for women at risk of health problems.

Con't..... **INTRODUCTION**

**4 Pillars : Safe Motherhood Initiative**



⌘ **Family planning is one of four pillars introduced by the Safe Motherhood Initiative.**

# Maternal Deaths By Practice Of Family Planning : Malaysia 2006 - 2011

Family planning	2006		2007		2008		2009		2010		2011	
	n	%	n	%	n	%	n	%	n	%	n	%
Ever user	30	23.6	25	18.4	24	18.3	38	24.7	29	19.9	40	30.8
None user	68	53.5	86	63.2	82	62.6	114	74.0	86	58.9	65	50.0
Don't know	29	22.9	25	18.4	27	19.1	2	1.3	31	21.2	25	19.2
Total	127	100.0	136	100.0	133	100.0	154	100.0	146	100.0	130	100.0

Family Health Division, Ministry of Health (2014).

*Reports on the Confidential Enquiries into Maternal Deaths in Malaysia*



Towards MDG 5: Scaling Up the Capacity of  
Healthcare workers to reduce Maternal Mortality



# **OBJECTIVE**

**To describe the demographic characteristics of contraceptive practice among the high risk postnatal women who had accomplished 2 years spacing.**

# Methodology

## Study Design

- Cross sectional study

## Study Setting

- Klang Health District.
- 10 health clinics involved

## Study Population

- All postnatal women in Klang District.

## Inclusion Criteria

- High risk Postnatal women who are registered in the registration book ' QAP/PK/20'' Jan – March in year 2014.

## Exclusion Criteria

- Not contactable
- Non Malaysian

## Sampling Method

- Universal sampling.

## Sample size

- The minimum sample size required using (Raosoft, 2004) online sample size calculator is 195. By using universal sampling with expected non response rate of 25% (Mc Guckin, 2015), we need to get 293 respondents.

## Con't..... Methodology

### **Study Instrument**

**Data collection form - 3 parts:**

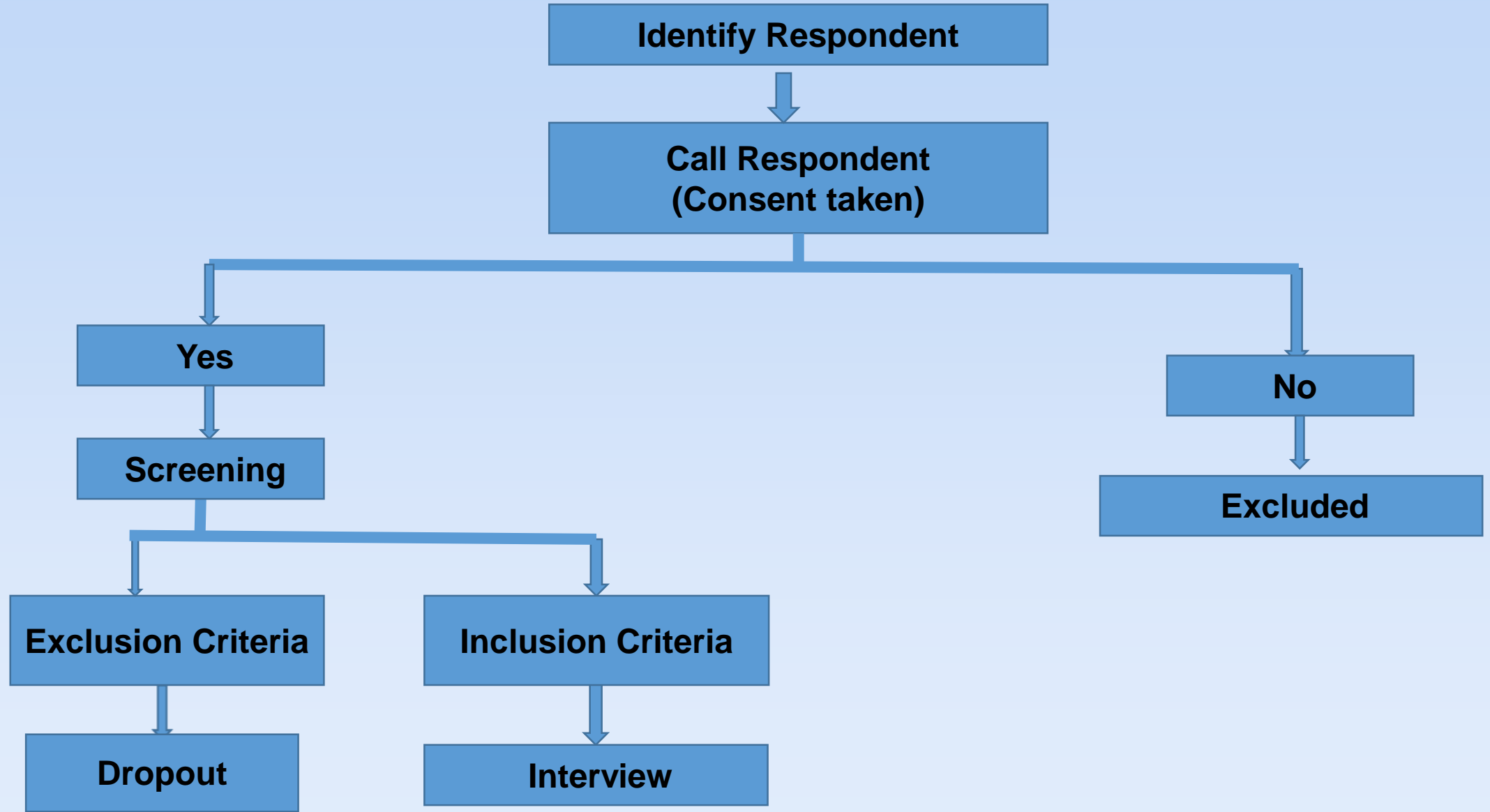
- **Section A :**  
to identify the respondents' pregnancy status
- **Section B :**  
demographic questions.
- **Section C :**  
family planning practice of the respondents.

### **Data Analysis**

- **Using SPSS version 20**
- **Use Descriptive statistics (analyze in frequency and percentage)**



# Flow of Data Collection



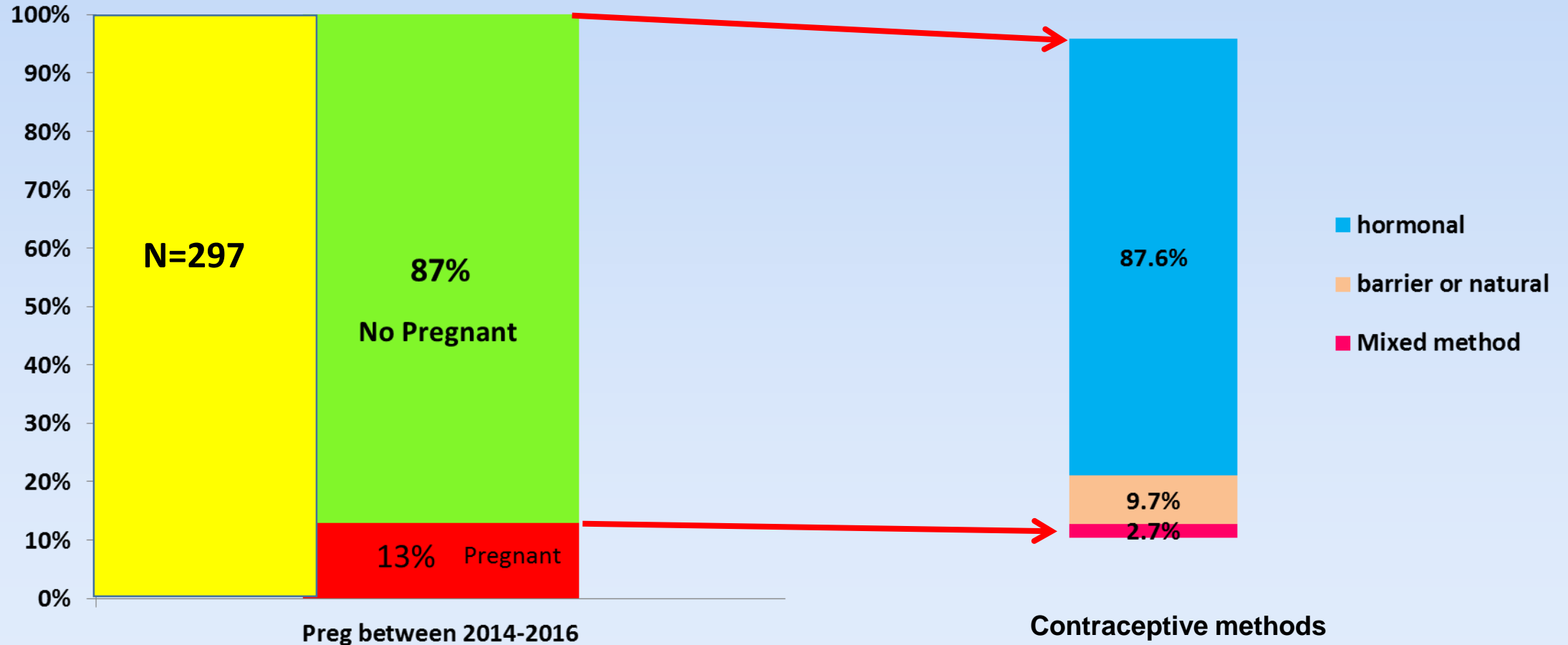
# FINDINGS

**Table 1: Demographic Data Among Postnatal High Risk Women (n=297)**

Variables	Frequency	%
<b>Age</b>		
<40 yrs old	234	78.8
>40 yrs old	63	21.2
<b>Parity</b>		
1 to 4	274	92.3
5 to 8	23	7.7
<b>Race</b>		
Malay	223	75.1
Chinese	35	11.8
Indian	23	7.7
Others 'Bumiputra'	16	5.4
<b>Education</b>		
Primary & No education	19	6.4
Secondary	222	74.7
Tertiary	56	18.9
<b>Occupation</b>		
Housewife	127	42.8
Self-employment	39	13.1
Government	32	10.8
Private sectors & Others	99	33.3
<b>Household</b>		
<5000	205	69
>5000	92	31

# Con't.....Findings

## Have been Pregnant between 2014-2016 & methods' of contraceptive used



# **DISCUSSION**

**Majority high risk postnatal women opted for hormonal methods but small number of them utilised barrier or natural method and mixed method also successful in two years spacing.**

**Recent national data shows an increase used of hormonal method from 78.6% to 79.8% between 2016-2017 (MOH).**

# **LIMITATION**

**Unable to determine postnatal women who achieved 2 years spacing that might due to secondary infertility instead of contraceptive practices.**

# **CONCLUSION**

- Most of the high risk postnatal women opted for hormonal method of contraception because of our current policy are encourages to use hormonal methods.
- Therefore, we should consider promoting other methods that can be proven effective if it is used correctly.

# RECOMMENDATIONS

- Further studies at a bigger scale could be done to explore the effectiveness and feasibility of using non-hormonal methods for successful contraception.
- It could change current or existing protocol for the improvement of postnatal care and maternal wellbeing in the country.
- Strategies to improve contraception use would ultimately reduce overall disease burden and healthcare cost to our nation.

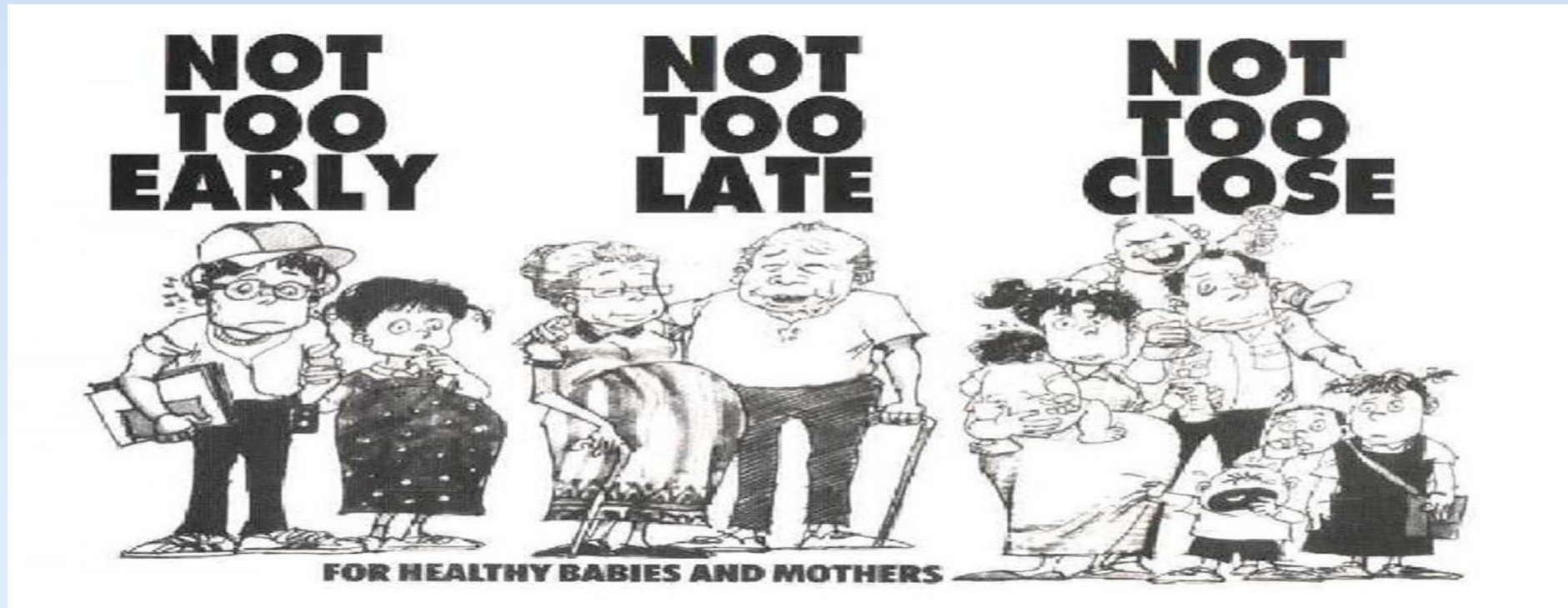


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# *TAKE HOME MESSAGE*

Contraceptive methods can be effective if used correctly



**Thank You**