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ASSESSMENT OF KNOWLEDGE OF FAMILYPLANNING AMONG NURSES AT SERVICESHOSPITAL LAHORE, PAKISTAN

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Abstract:
Introduction: *Inspite of the recent advances in telecommunication and globalization, the international community has failed to bridle the giant of population explosion. Newly married couples fear and are hesitant to adopt family planning approaches. That is the reason they not only feel shy to buy but are also ignorant of their practical importance. Most of the couples aresurrounded by myths and lack of evidence regarding contraception. Since the healthcare*
professionals especially the nurses are the frontline companions at any health provision facility therefore his study was designed to evaluate the knowledge about the family planning among nurses at Services Hospital Lahore. ***Method:*** *A self-structured questionnaire containing the sociodemographic data and the content of the study was handed over to the 100 nurses of*
Services Hospital Lahore. ***Result:*** *All the participants had heard about different available familyplanning methods. The key sources of the knowledge were their instructors (67%) and social media (16%), self study (13%) and miscellaneous (4%) Fig.1 . About 86% of the study*
participants marked correct options regarding various types of contraceptives. ***Conclusion:*** *Ourstudy revealed that the level of knowledge was satisfactory regarding family planning among*
the nurses working in Services Hospital Lahore. In order to imbibe positive attitude and
enlighten the general public regarding the utilization of the birth control measures, the nurses working in different capacities across the country need to be trained and taught so that the cantrickle down the benefits of reproductive heath to the their clients and decipher the outlook of the country.

Keywords: *Family planning, population, contraceptives*

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INTRODUCTION:

WHO has defined family planning as a multi-dimensional process involving shared decision making among the couples to choose willfully the resources favourable to them according to their needs. [1] It involves practical approaches by the couples to brace the reproductive cycle and birth spacing by modifying the phsyiochemical anatomy of their reproductive systems.[2] Therefore an Ideal Family planning method should deal with both the general and reproductivehealth of the mother and the fetus, maintain the desired gap between two offsprings, check unwanted pregnancies and forced abortions, prevent sexually transmitted diseases, and enhance the quality of life of the mother, fetus, and family as a whole.[3]

Fertilization is the fusion of the male sperm and female egg during sexual intercourse inside the female genital tract. Contraception deals with either by interepting with the ovulation or by keeping the egg and the sperm at distance so that they do not fuse and get implanted onto theuterine wall thus avoiding unwanted and unplanned pregnancies.[4] According to the latest survey the world population today has reached above 7.7 billion mark and is predicted to hit 9 billion in the next 20 years.[5] Rapidly growing population is a matter of great concern for the bothe the developing and developed world Pakistan is among the top 10 densely populated countries of the world with an estimated population above 22 crore and a growth rate of about 10 million a year.[4] Despite several awareness campaigns and extensive population welfare and reproductive health initiatives we are facing the music to uplift the socioeconomic indicators for improving the determinants of human development at the national level. [6]

Therefore it has become essential that the national resources should only be reserved for theplanned and desired pregnancies who can develop into healthy and responsible citizens play their role in nation building. The contraceptives not only reduce risk of maternal mortality by 25% associated with unsafe abortions, unplanned and unbooked pregnancies but also protect the individuals from the sexually transmitted diseases such as AIDS(HIV), Chlamydia, Syphilis, Gonorrhea Genital Herpes and Hepatitis B etc.,[7] Developing countries mostly encounter the issues associated with the product information ,supply, cost and the usage of the contraceptives[8] Currently all public and private hospitals are offering both over the counter, short term and invasive permanent methods for birth control e.g vasectomy and tubal ligation.[9] According to study of Jimma, Ethiopia, envisioned that a sound knowledge is not enough to warrant to adopt the contraceptive practices.[10] WHO has issued guidelines regarding the delivery and administration of contraceptive methods for the health professinalsaccording to their domain and expetise.[11] Pllls and barrier methdod are usuallly offfered by the Lady Health Visitors and trained nurses and the vasectomies and bilateral tubal ligations are perfomed by gynaecologists or trained physicians [12] Therefore it is of sublime importance that all healthcare workers especially nurses possess sufficient knowledge attitude and sklls so that they can clear the doubts and motivate their clients for opting suitable contraception methods; [13][14] [15]. The myths in the minds of the young couples can only be cleared by delivering evidence-based information at their threshold [16,17] This study is aimed to evaluate the knowledge regarding family planning among nurses at Services Hospital Lahore.

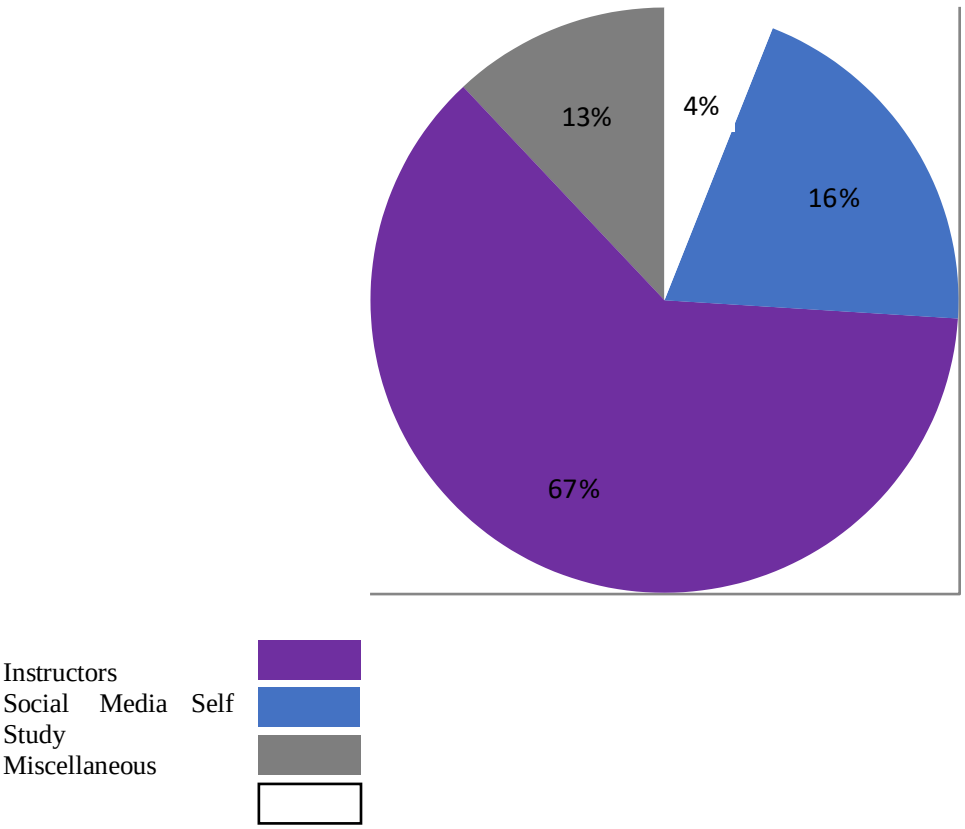
MATERIALS AND METHODS:

After seeking formal approval from the ethical review committee of Services Institute of Medical Sciences (SIMS), Lahore. Purposive sampling was done for the sample size. A self-structured questionnaire containing the sociodemographic data and the content of the studywas handed over to the 200 nurses working in dfferent departments. This questionnaire contained the sociodemographic data and the variables to examine knowledge regading the family planning control. All the participant included were married at the time of conducting thisstudy. The data was analayzed by SPSS version 21.

Table.1 Sociodemographic data of the participants

Age groups	Frequency(n=200)	Percentage (%)
≤25	48	24
2629	72	36
>30	80	40
Total	200	100
Income (Rupees)	Frequency(n=200)	Percentage (%)
<50,000	64	32
50,00075,000	108	54
>75,000	28	14
Age at the time of marriage	Frequency(n=200)	Percentage (%)
≤20	68	34
20-25	72	36
>25	60	30
Length of marriage (years)	Frequency(n=200)	Percentage(%)
<5	96	48
5-10	64	32
>10	40	20
Number of children	Frequency(n=200)	Percentage(%)
0	52	26
1	46	23
2	56	28
3	26	13
>3	20	10
Number of trainings	Frequency(n=200)	Percentage(%)
≤5	144	72
≤5	56	28
Years Of Experience	Frequency(n=200)	Percentage(%)
≤5	76	38
≤5	124	62
Residence	Frequency(n=200)	Percentage(%)
Rural	72	36
Urban	128	64
Qualification	Frequency(n=200)	Percentage(%)
Diploma	124	62
Bachelors	48	24
Post Graduation	32	16

Figure.1 Source of knowledge for family planning



RESULTS:

According to the sociodemographic details, out of 200 respondents 64% belonged to urban parts of the Lahore district while 36 were from rural parts of the province. About 62% of the participants were Diploma holders. The monthly family income of the majority (54.0%) of the participants had their salary between 50,000 and 75,000 PKR. Regarding the family size of the participants, majority (28.0%) of them had two children. The majority (36%) belonged to the age group 26-30 year. The mean age of participants was 29.2 ± 5.4 years [Table 1].

Knowledge status of participants

Almost all the respondents had heard about the various available methods of family planning. The key sources of knowledge were their instructors (67.0%) and social media (16.0%), self-study (13%) and miscellaneous (4.0%) Fig.1 About 86% of the study participants marked correct options regarding various types of contraceptives. About 87.0% marked correct response regarding over-the-counter short term contraceptive methods, 78.0% gave correct answers regarding long-term hormonal birth control methods, 94.0% answered correctly regarding permanent method of contraception e.g vasectomy and tubal ligation and 84% gave correct response regarding natural/traditional methods used for family planning. About 76% could correctly name the different types of oral contraceptive pills. Only 64% can recall the adverseeffects of OCPs.

DISCUSSION:

Despite several awareness campaigns and extensive population welfare and reproductive health initiatives we are facing the music to uplift the socioeconomic indicators for improving the determinants of human development at the national level. [6] Therefore it has become essential that the national resources should only be reserved for the planned and desired pregnancies who can develop into healthy and responsible citizens play their role in nation building. The contraceptives not only reduce risk of maternal mortality by 25% associated with unsafe abortions, unplanned and unbooked pregnancies but also protect the individuals from the sexually transmitted diseases such as AIDS(HIV), Chlamydia, Syphilis, Gonorrhea Genital Herpes and Hepatitis B etc.,[7] Developing countries mostly encounter the issues associated with the product information ,supply, cost and the usage of

the contraceptives[8] Currently all public and private hospitals are offering both over the counter, short term and invasive permanent methods for birth control e.g vasectomy and tubal ligation.[9] According to study of Jimma, Ethiopia, envisioned that a sound knowledge is not enough to warrant to adopt the contraceptive practices.[10] WHO has issued guidelines regarding the delivery and administration of contraceptive methods for the health professinals according to their domain and expetise. The results of this study showed that all of respondents had atleast came across the term of family planning and their major source of information were their instructors (67%) and social media (16%), self study (13%) and miscellaneous (4%). Fig.1 About 86% of the study participants marked correct options regarding various types of contraceptives. These results are higher than a study conducted in Jimma zone, Southwest Ethiopia,[10] and another study done in Rohtak district, India.[20] The difference may be attributed to the sample population comprising only married/commited and professional women working in a tertiary care setup. However, the statistics were better than a study conducted in Northwest Ethiopia in 2018.[14]Previous studies encompassed gross differences between the reproductive health care offered by the community and professional organizations [21,22). Both these setups can perform their best only when they are provided with the technical support, funding and skill development for the efficent evidence based error free expertise.[23-29]. About 76% could correctly name the different types of oral contraceptive tablets. Only 64% can recall the adverse effects of OCPs.

Therefore, to implement the national family and reproductive health policy under the initiative of the federal and provincial government. It is extremely essential that the recommended guidelines of WHO and UNO should be endorsed in full swingfor the provision of hassle-free doorstep reproductive and family health coverage for all sectors of the community. For this puprose the nurses ought to revise the fundamentals of family planning regularly so that theycan act as facilitators in the community.

CONCLUSION AND RECOMMENDATION:

Our study revealed that although the extent of knowledge regarding the family planning approaches was satisfactory but only 64% could recall the potential side effects of the oral contraceptive pills. Our study revealed that the level of knowledge was satisfactory regarding family planning among the nurses working in Services Hospital Lahore. In order to imbibe positive attitude and enlighten the general public regarding the utilization of the birth control measures, the nurses working in different capacities across the country need to be trained and taught so that the can trickle down the benefits of reproductive heath to the their clients and decipher the outlook of the country by imparting themm user and health friendly advices.

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