

ABSTRACT

Introduction: There are very few research findings on factors associated with the use of Long Acting and Permanent family planning Methods (LAPMs) among Sri Lankan women. LAPMs are most effective and convenient methods and recognized as the best choice for achieving the all needs of family planning(FP) in low cost. Better understanding about the factors associated with the use of LAPMs is crucial to take necessary actions to promote the utilization of them.

Objective: To determine the prevalence and describe the factors associated with the use of long acting and permanent family planning methods among eligible couples in Medical Officer of Health area Akkaraipattu

Methods: This study was a community based descriptive cross sectional study conducted among eligible couples in Akkaraipattu Medical Officer of Health area. Pregnant mothers and women have fertility intention within 2 years were excluded. Two stage sampling used to select 344 participants. Data was collected through trained medical officers by using structured, pretested interviewer administered questionnaire. The dependent variable was use of long acting and permanent methods of family planning. Selected socio-demographic and socio-economic factors, reproductive related factors, contraceptive related factors and service related factors were the independent variables. Descriptive statistics used to describe the data and chi square used to determine the association.

Results: The prevalence of LAPMs among eligible couples in MOH area Akkaraipattu was 16.5%(n=55, 95%CI = 12.51 – 20.53). Client related factors that were found to have a statistically significant association with the use of LAPMs were, age of respondent ($p=0.015$), age of the husband ($p=0.008$), duration of marriage ($p = 0.002$), family type ($p = 0.021$) fertility intention ($p <0.001$), number of living children ($p <0.001$), number of pregnancy ($p <0.001$), age of the first child ($p=0.08$), unintended pregnancy ($p = 0.016$), inter spousal communication ($p <0.001$), husband's positive opinion ($p <0.001$) and positive attitude towards LAPMs ($p =0.046$). Health service related factors that were found to have a statistically significant association with the use of LAPMs were source of knowledge ($p =0$), perception of satisfactory services ($p <0.001$), receiving FP from government ($p <0.001$), who is the counsellor ($p <0.001$), number of FP counselling ($p =0.016$), ever husband counselled ($p =0.003$), number of

follow up ($p < 0.001$), satisfy with the FP services of the Public Health Midwives (PHM) ($p = 0.040$) and counselled by PHM ($p = 0.013$).

Conclusion and Recommendation: Prevalence of LAPMs was comparatively low. Age category of respondent and husband, duration of marriage, family type, number of living children, age of first child, fertility intention and history of an intended pregnancy are important client related factors to consider in providing LAPMs promotional activities. Improvement of inter spousal communication, husband's positive opinion and attitude through proper family planning counselling may have a beneficial effect on LAPM use. Most of the health service related associated factors with the use of LAPM can be positively improved by public health modifications and policy level actions. FP service provisions in the field and by PHM should be further strengthened.

Key words: *Long Acting and Permanent family planning methods, eligible couple, factors associated*