

## Exploring reasons behind Low acceptance for PPIUCD in postnatal women

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### Introduction

Despite counselling of the postnatal women admitted to our wards about the effectiveness, safety & benefits of postpartum IUCD insertion the lack of enthusiasm of patients towards IUCD insertion led us to explore the reasons behind the reluctance of patients to accept PPIUCD. Study design-Prospective longitudinal cohort study.

### Material & Methods

The study participants were randomly selected postnatal women admitted to postnatal wards of Safdarjung Hospital, New Delhi. A validated questionnaire including factors like background, parity, educational status, communication between husband & wives, religious beliefs, female autonomy, son preference and access to family planning services was used to explore the reason for unwillingness for PPIUCD insertion. Logistic regression analysis was used to find out significance of the above mentioned factors.

### Results

We found that the most common reason affecting the readiness for PPIUCD insertion was lack of involvement

of husband in counseling during antenatal period, regarding the need for birth spacing & benefits of PPIUCD as an effective means of contraception right from the time of delivery. The study revealed that more than 90% of the younger couples were not aware that the family size & birth spacing was to be decided by them. Most of the women with parity more than two (95%) believed that as there will not be menstruation during lactation, so there was no immediate need for contraception during lactational period. Predominant son preference & the belief that PPIUCD insertion might hinder their chance for future conception was the second most common reason for refusal in multipara (65%).

### Conclusions

In order to improve acceptance of PPIUCD it is important that there should be a separate unit for antenatal counseling of the couple regarding possibility of conception during lactational amenorrhoea, morbidities related with consecutive conceptions & the ease of birth spacing with PPIUCD insertion. Even in the postpartum period effectiveness of PPIUCD counseling can only be ensured if the couple is counseled together.