



SUKH INITIATIVE

SHARING EVIDENCE PAPER AND PUBLICATION

Title: Association of HTSP messages with current use of contraception in women squatter settlements of Karachi, Pakistan

Authors: Sayyeda Reza, Zahid Abbasi, Nowshaba Naz, Meher Afshan,

Presenter: Sayyeda Reza

Mode of presentation: Oral presentation

Event: International conference on family planning-- Indonesia, Bali, 2016

Research Summary

To determine association of knowledge of HTSP messages with current use of contraception in women residing in squatter settlements of Karachi authors used the baseline data of 5,140 married women in the reproductive age group of 15 – 49. Using a cross sectional study design the women were targeted thorough multistage cluster sampling in four different towns (Bin Qasim, Korangi, Landhi and Malir) during Nov 2014 to Jan 2015. These women were interviewed through a structured questionnaire based on the fundamental themes socio-demographic information (age, marital status), pregnancy history, knowledge, attitude and practices regarding family planning (FP) and perceptions of women regarding duration of spacing after a live birth or an abortion, ideal age at first birth and the age for limiting births. All eligible women were invited and the written informed consent was obtained. Ethical approval was obtained from the Aga Khan University Ethics Review Committee.

The analysis was performed using SPSS version 19.0. The outcome of interest was current use of contraceptive methods. The descriptive statistics were reported as median (IQR) and proportions. The multivariable model was built by binary logistic regression using forward selection method.

The majority of the women were in the age group of 20 – 34 years (67.4%) and about 64% women had formal education. The overall percent demand for FP was about 76% and the met need for FP was about 38%. The knowledge about avoiding pregnancies in women younger than 18 years and older than 35 years was 91.5% and 56.7% respectively. About 37% women were aware of all four HTSP messages. Women having knowledge of all four HTSP messages were more likely to be current users of contraception (OR: 1.15, 95%CI: 1.07-1.49). Among other factors significantly associated with current use of contraception were higher levels of education compared, lower duration of marriage compared to the duration of 25 years and above ($p=0.003$) and the women having information related to family planning on television in last 12 months (OR: 1.20, 95%CI: 1.05-1.38) compared to their counterparts.

Based on the results – there is a need to revamp our strategies for improving literacy rate, family planning programs on television for increasing the knowledge about HTSP leading to increase the current contraceptive prevalence in Pakistan.

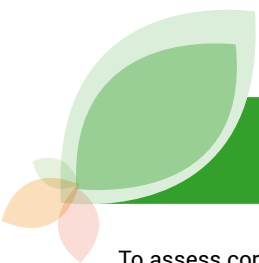
Title: Autonomy of women regarding marriage and inter-spousal communication for reproductive health

Authors: Sayyeda Reza, Zahid Abbasi, Nowshaba Naz, Meher Afshan,

Presenter: Sayyeda Reza

Mode of presentation: Oral presentation

Event: International conference on family planning-- Indonesia, Bali, 2016



Research Summary

To assess correlation between women's right of say regarding marriage and inter-spousal communication on family planning. Using the retrospective data of the project baseline survey which was conducted in November 2014 to March 2015 in all 10 study sites. Total 5,140 married women in the reproductive age group of 15-49 years were interviewed. Its major themes included socio-demographic information (age, marital status), pregnancy history, knowledge, attitude and practices of married women regarding family planning and inter-spousal communication. To assess currently married women's decision making autonomy, information was collected on their right of say regarding choice of husband and marriage time. Women were asked questions on ever having a discussion for planning a pregnancy, antenatal care and delivery care, importance of breast feeding, child immunization, maternal and child nutrition and family planning. Additional questions were asked on, who initiated the discussion and how couple reached to a decision. All eligible women were invited and the written informed consent was obtained. Ethical approval was obtained from the Aga Khan University Ethics Review Committee.

The analysis was performed using SPSS version 19.0. The outcome of interest was rights and services of reproductive health with the influenced of spousal communication.

Majority of women were in the age group of 20-34 years (67.4%). The reported median age at marriage was 18 years, with majority married at the age bracket of 15-19 years (48.1%). 98% of women were living with their husbands and duration of marriage was 10 years. About 43% had a say for choosing their husband, and 35% for deciding their age at marriage. The decision-making ability of a woman is directly linked with making fertility choices for her and selecting a method of contraception. About 42% were autonomous current users of any method, while more than 57% were non-users. About 47% of women held discussions with husbands to plan a pregnancy and/or had ever talked about antenatal care (33.3%) and delivery care (23.4). Only 20.2% of women discussed spacing after childbirth or abortion, and 24.5% about using a modern method of contraception. For main decision making, near equal proportion of men (8.9%) and women (8.7%) took the final decision.

Encouraging inter-spousal communication and couple counseling would be helpful in increasing the rate of contraceptive use as a strategy for Sukh initiative in increasing the contraceptive rate.

Title: Availability of MCH and FP through private sector in underserved population of mega city Karachi, Pakistan

Authors: Dr. Sarah Saleem, Dr. Mohammad Azam

And Presenter: Dr Azam

Mode of presentation: poster presentation

Event: International conference on family planning- Indonesia, Bali, 2016

Research Summary

To understand the private sector providing MCH and FP services in squatter settlements of Karachi- we did the mapping of private clinics providing Maternal and Child Health and family planning services in ten squatter settlements- project targeted area. We further assessed the scope of the services in terms of kinds of services, cadres of human resource, types of FP methods provided, source of procurement of FP methods, disinfection/sterilization used, health management information systems and means of communication.

A total of 341 health facilities were providing provided family planning and MCH services. Of these, only seven were exclusively providing FP services. While 116 MCH facilities were giving some form of Family planning care. 219 (64%) facilities were further assessed on types of services offered- For MCH facilities (n=219) the two major services provided were; ante-natal care (ANC) (n=194 facilities, 88.5%) and delivery care (n=176, 80%). Only half of the maternal care facilities reported offering FP (n=116, 52.9%) and very few PAC (n=93, 42%) and PPFP (n=72, 33%) services. The commonly provided methods for family planning were Injections (n=102), pills (n=93) and condoms (n=77), IUCD (n=48), emergency contraception (n=44), and tubal ligation (n=11). Most of these facilities were procuring contraceptive methods from open market or shops (42%), Population Welfare Department of provincial government (19%), social franchise companies (16%), NGOs (15%), from other hospitals(6%) and from friend and relatives (2%). For disinfection and sterilization of instruments of 194 facilities, only 99 mentioned using some method. 44 (22.7%) used boiling, 42 (21.6%) used some disinfectants and 13 (6.7%) used autoclaves.

The situation of services provided by the private sector is of poor quality in urban squatter settlements of Karachi. Most of the service providers were TBAs who are unskilled providers. The disinfection and sterilization procedures were poor in these facilities. The private sector can be tapped and trained for provision of quality family planning and MCH services.

Title: Determinants of non-use of contraceptives – A cross-sectional study from ten squatter settlements of Karachi, Pakistan

Authors: Saleem Jessani, Haris Ahmed, Sharjeel-ul-Hassan

Presenter: Saleem Jessani and Sharjeel-ul-Hassan

Mode of presentation: Poster presentation

Event: International conference on family planning- Indonesia, Bali, 2016

Research Summary

To determine factors associated with the non-use of contraceptives in squatter settlements of Karachi, Pakistan –retrospective data of the project baseline survey was used. 5,140 married women in the reproductive age group of 15 – 49 were targeted thorough multistage cluster sampling in four different towns (Bin Qasim, Korangi, Landhi and Malir) during Nov 2014 to Jan 2015. These women were interviewed through a structured questionnaire based on the The fundamental themes included in the questionnaire were socio-demographic information (age, marital status), pregnancy history, knowledge, attitude and practices regarding family planning (FP). Information was taken on modern and traditional methods and whether they or their husbands were using any method of contraception at the time of survey. In case of not using any contraceptive method to prevent pregnancy; they were asked about the reasons. More than one response was accepted. All eligible women were invited and the written informed consent was obtained. Ethical approval was obtained from the Aga Khan University Ethics Review Committee.

The analysis was performed using SPSS version 19.0. The outcome of interest was non-use of contraceptive method.

Current use of any FP method was 42.3%. The overall percent demand for FP was 75.6% and the unmet need for FP was 33.3%. At the time of interviews, about 58% were not using any FP method and of them, about 50% were in between the age of 20-29 years. More than half of the women (53.4%) had never used any contraceptive method and 68.4% had not received any information of FP in last 12 months from any source. The multivariable model showed that younger age groups, age 15–24 (OR: 2.1, 95%CI: 1.8–2.5) and 25-34 year (OR: 1.3, 95%CI: 1.1–1.4), illiteracy (OR: 1.3, 95%CI 1.1–1.5), primary education (OR: 1.3, 95%CI: 1.1–1.5), and residing in Bin-Qasim town (OR: 1.7, 95%CI: 1.3–2.2) were significant factors associated with non-use of contraceptives. Furthermore, the awareness about FP from any source including radio, TV, newspaper or any other source had protective effect.

The exposure of family planning related information from any source had a protective effect and women were less likely to be non-users of contraceptives media/communication strategies should be planned on the awareness of FP methods in younger illiterate women and those with low literacy levels.

Title: Can Community midwives effectively integrate Family Planning Services in the community through Social Franchise Network? An observational study in Peri-urban Karachi, Pakistan

Authors: Hina Najmi, Hairs Ahmed and Lutaf Ali

Presenter: Umair Aslam

Mode of presentation: Oral presentation

Event: Annul Public Health International conference- Malaysia, Kuala lumpur, 2017

Research Summary

A low contraceptive use in Pakistan with limited resources is difficult to curtail the future decrease in Population. Community midwives had been previously utilized as skilled birth attendant to improve MCH services in the country. To balance the demand and supply Sukh Initiative inducted 40 social marketing clinics of dkt Pakistan. These health care centers in Sukh intervention area are owned and managed by midwives- These centers emphasize long-term methods (such as IUDs), adding diversity to a method mix in Pakistan.

To assess the integration of community midwives in family planning programs through social franchise network. We used an observational study design 57 social franchise clinic deployed 7 doctors, 6 nurses, and 39 franchises are managed and owned by CMWs during January 2015-Decmeber 2016 in peri urban slums of Karachi, Pakistan. These Midwives first received training on providing LARC (Long acting reversible contraceptives) and SARC (Short acting reversible contraceptives) to the MWRAs in targeted population. Based on one year data, descriptive analysis was performed in Microsoft excel and to figure out the estimated impact further calculations were done on MSI Impact application.

39 community midwives deployed in the Sukh-DKT social franchise network, added 1,029 modern contraceptive users-created 588 LARC user (included IUDs only) and 444 SARC users in the project during 2015-2016. Moreover 1,657 Oral contraceptive pills, 240 emergency pills 250 condoms and 1254 injections were distributed in the community. LARC trained (CMWs) providers, done 639 IUDs insertions during the year. Impact of this intervention generated 3,377 CYPs and an estimated 419 unintended pregnancies, 282 live births, 73 abortions and 44 unsafe abortions were averted in the same year. 22216 direct health cost saved for this intervention.

The integration of the Community midwives in Family Planning program appears to be an effective model for improving access to modern contraception in underserved communities in Pakistan.

Title: Improving access leads to potential savings with increased use of long-acting reversible contraception among Married Women with reproductive age residing in Peri urban- underserved areas of Karachi

Authors: Hairs Ahmed, Hina Najmi and Lutaf Ali

Presenter: Haris Ahmed

Mode of presentation: Oral presentation

Event: Annul Public Health International conference- Malaysia, Kuala lumpur, 2017

Research Summary

Access, better counseling and quality in the provision of family planning services remain big challenges. A high level of unwanted pregnancies and induced abortion appeared to be a reflection of this dismal situation in Pakistan. To assess the improvement in Long acting reversible contraceptive (LARC) among MWRAs by improving access in peri-urban-underserved population of Karachi. Using observational design, this study reports family planning service data collected during Jan 2015- Dec 2016 at peri-urban slums in Karachi. 46 public health facilities including 9 Maternal and Child Health (MCH) Center (providing 24/7 services) and 20 Family Welfare (FW) Centers and 10 Dispensaries Initiated postpartum family planning PPFP & Post abortion care PAC services through the platform of Sukh Initiative. 85 government providers working in the anticipated facilities received training from Jhpiego team on Infection prevention and FP counselling. Preliminary analysis was done on excel and MSI impact application was used to calculate health and demographic impact.

In two years (from January 2015 to December 2016) 46 health facilities total 22,751 clients were served, from the 9 MCH centers 4,730 clients were counseled for Family Planning of which 55% adopted a modern family planning methods- LARC are the most common methods 35% chose postpartum intrauterine device (PPIUCD) and 55% Implants. 21,290 clients from 20 FWCs received counselling of which 81% adopted a modern family planning methods- 48% were condom users and 23% are combined contraceptive pill users. From the 10 upgraded dispensaries 1,773 clients received counselling for Family Planning, 27 % adopted a modern FP method with the high use of implants i-e 46% and Injections-33%. Training on infection prevention showed a remarkable increase from 29%-71% during the year. An estimated 3,487 unintended pregnancies, 2270 live births, 587 abortions and 380 unsafe abortion were averted. Through improving access we saved 150,659 direct health cost.

Improving access has the ability to promote and deliver high-quality family planning services, focusing on LARC, in an effective, equitable, and efficient manner.

Title: Support of Family Health Day for providing a wide range of contraceptives, including long-acting reversible contraceptives and permanent method in peri-urban slums of Karachi Pakistan- A high Impact practice in family planning service delivery.

Authors: Hina Najmi, Hairs Ahmed and Lutf Ali

Presenter: Hina Najmi

Mode of presentation: Oral presentation

Event: Annul Public Health International conference- Malaysia, Kuala lumpur, 2017

Research Summary

Low utilization of family planning services, particularly in areas of low contraceptive prevalence, high unmet need areas where geographic, economic, or social barriers limit-service uptake. To assess the provision of quality FP services especially long acting Contraceptive (LARCs) through Family Health Day.

In coordination with local government, we used their existing service delivery channel to organized camps named Family Health Day during Jan-Dec 2016. Multiple camps have been carried out under the purview of the Jhpiego team at various family planning service delivery points- MNCH and PWD centers and Dispensaries. Team consist of 1 or 2 dedicated providers of lower-level cadres, provides implants and other contraceptive methods to clients, Community health worker and driver facilitate women to reach the camp.

During the one year of the implementation of FHD camp activity total of 108 FHDs were held at 10 FWCs and 18 PWD facilities. 479 clients opted modern contraceptive methods of which 295 were LARC (long term reversible contraceptive) and 184 SARC (Short term reversible contraceptive). Few camps created a high impact in the community- 248 FP users have been made of this 214 LARC users, through this intervention an estimated 100 unintended pregnancies, 65 live births, 17 abortions and 11 unsafe abortion have been averted. Moreover it created an economic impact- 4,311 direct health expenditure on each MWRA was saved.

FHD is an effective and acceptable model for increase in provision of long-acting and permanent methods this innovative approach that has been adopted and scaled up in 10 districts all over Pakistan.

Title: Gender preference and desired family size in women using Long Acting Reversible Contraception in Underserved population of Sindh, Pakistan: A cross-sectional Survey.

Authors: Hina Najmi, Hairs Ahmed and Lutaf Ali

Presenter: Hina Najmi and Umair Aslam

Mode of presentation: Poster presentation

Event: Annul Public Health International conference- Malaysia, Kuala lumpur, 2017

Research Summary

Gender preference is a common phenomenon in many countries, strong preference for sons is often assumed to be a significant barrier to fertility reduction which is more pronounced in developing countries. To assess the gender preference and desire family size in women using long term contraception. We used a retrospective data of the baselines survey conducted between November to January 2015. Using a cross sectional study design 5140 MWRAs were interviewed in peri urban region of Karachi during. All face to face structured interviews were conducted with women aged 14-15 currently living with their husbands. Question on contraceptive score was adopted from PDHS 2013, Pakistan. Descriptive and inferential analysis was performed on SPSS version 19.

67% of the participants were educated 42.2% of MWRAs were using any form of contraception of 30.4% using modern contraception. Knowledge on the modern contraception was 97%, mean of method's knowledge was 7.6 (SD 2.4), unmet need in the sample was 36.5% and the need was higher in age group 20-29-32%. An adjusted risk difference of -4.1 (95% CI -7.8 to -0.28; p-value = 0.035) was estimated between richest and poorest profile of using Long acting reversible contraceptives (LARC). Whereas increased level of education was found to be more effective for using LARC with an adjusted risk difference of 1.8 (95% CI -2.7 to 6.4; p-value = 0.431). 38% of women restricted their family size by 2 children and with increased level of education and irrespective of having same gender (both boys and/or both girls) use of LARC was 84%-86%.

Survey population proved a strong link of education and use of modern contraception and gender preference has on impact the on contraceptive use and fertility objective in the patriarchal setting. Study also illustrated an important clue for future family planning programmes that services at door-step and close follow up is important for the sustainability in long term contraceptive use.

Title: Youth Friendly Space (YFS) – A Creative Strategy within Sexual and Reproductive Health and Rights (SRHR) Education in the Context of Pakistan

Authors: Sana Tajuddin and Aisha Ijaz

Presenter: Sana Tajuddin

Mode of presentation: Poster presentation

Event: International conference on family planning- Rwanda, Kigali, 2018

Research Summary

The paper aims to demonstrate the role of YFS as how a safe space, like YFS, is critical for the provision of SRHR education in a conservative context, like Pakistan. YFS initiative was undertaken in collaboration with the local government, which has not only helped with the procurement of resources but has also provided assurance about its sustainability. The space and the basic infrastructure for YFS was provided by the local government in the Government School, Korangi. This initiative was in July 2016.

From the sample of 571 YFS students and 25 health sessions conducted a sample of 40 individuals (both girls and boys) who attend YFS sessions on a regular basis was identified in the period of two weeks. This sample size comprises a diverse set of individuals, while also allowing the gathering of in-depth data regarding the experiences of these individuals. Multiple data collection methods were used including interviews and focused group discussions.

YFS was conceived as an accessible space for the community around it, so that the youth had a safe environment to learn about healthy and age-appropriate SRHR behaviors. This was achieved through a two pronged approach: the YFS staff undertook a variety of initiatives that focused on community engagement and gaining community trust; and it decided to employ the 'affective education model', which focuses on the development of intrapersonal resources and social competencies, as opposed to the 'information deficient model', which simply focuses on imparting information. YFS' success is a result of a variety of factors including flexible hours, personalized counseling sessions, confidentiality, co-curricular activities, visibility in the community and parental involvement and consent. Adolescent-specific activities and interior decoration has allowed YFS to establish an active relationship with the youth.

The case study identified that the practices at YFS are in accordance with the cultural nuances of the local context, also ensures that the interventions are both sustainable and socially acceptable. Furthermore, the ownership taken by the local government in such community interventions, is an effective way in promptly gaining community's trust and involvement

Title: Policy and programmatic implications of Task shifting in Pakistan: A Case Study

Authors: Haris Ahmed, Hina Najmi, Ghani Akhtar and Ehsan Ullah

Presenter: Haris Ahmed

Mode of presentation: Oral Presentation

Event: International conference on family planning- Rwanda, Kigali, 2018

Research Summary

Access to use of family planning services remains a concern in Pakistan. With 98% knowledge of family planning methods, only 34% women are using any form of contraception, and only 26% using modern contraception. Lady Health Workers (LHWs) are pivotal component of the FP and Primary Health Care- they are the only workforce that provides both contraceptive, and supplies including oral contraceptives and condoms, at the door step of beneficiary. Realizing the high demand of contraceptive injectable-a small sample of LHWs working in per urban (low socio economic) area have been trained to provide at dose of contraceptive injection, at the door step. To assess the change in contraceptive injectable use, an observational study design was used by reviewing the retrospective record of Lady Health service data from June 2016-May 2018. A sample of 200 LHWs working in the project intervention area were trained on screening and providing 1st dose of contraceptive injection through comprehensive 6 days training. To evaluate the intervention- research team used existing record to compare the utilization of contraceptive injectable before and after introducing 1st doses of contraceptive injectable to women at their door step. The data is available in hard copies and electronic form. The analysis was done on SPSS version 25.0). Differences in groups were assessed with χ^2 tests for association among categorical variables.

Total 28,361 women were approached during June 2016- May 2018. 1,812 number of women received DMPA injections in just one year and 534 new injectable users added in the cohort, with an increase of 18% during June 2017-May 2018. The overall contraceptive use in the targeted area has also increased by 10.5% from baseline (41.3%- 51.87%). Community-based distribution of injectable contraceptives by lady health worker is an exceptional example of appropriate task shifting in Pakistan-, now desired services are extended to underserve population with an average increase of 54 new contraceptive users every month. Significant association was found between young women (15-25) and low parity women with 0-2 kids, reported the highest acceptability and use of injection 47.2% and 42.0% (with p-value <0.05) respectively.

Our research experience influenced policy makers in the country for further expansion of community based distribution- Provincial LHW Program under Department of Health and Government of Sindh has notified that all 20,000 LHWs in Sindh to be trained on client screening and provision of 1st dose of DMPA injectable. Training of 1,000 LHWs has been initiated in the first quarter of 2019 by the Program in partnership with UNFPA and international nongovernmental organization.

Title: Male perception on family planning quality, accessibility and utilization: A Context from urban slums of Karachi, Pakistan

Authors: Hina Najmi, Haris Ahmed and Ghani Akhtar

Presenter: Hina Najmi

Mode of presentation: Oral Presentation

Event: Annual Public health conference- Pakistan, Islamabad, 2018

Research Summary

Evidence from the last three Demographic and Health Surveys (DHS) in Pakistan shows slow progress in family planning (FP) uptake, while trends shows high popularity of male-controlled (rate of condom). This clearly indicates that men have an important role in decision-making and strongly influence family planning choices. So the current research is important as it explore the male involvement as men showed little interest in participating in family planning issues and it also investigate the men's and perceptions on utilization, accessibility and quality of family planning services.

Using a qualitative exploratory design, we used purposive maximum-variation sampling to select three districts, with a high proportion of male residents in the poorest wealth quintile including peri urban- indigenous, and non-indigenous communities of Karachi, Pakistan. We developed semi-structured guidelines based he questions included open-ended prompts. To explore men perspective and involvement in the family planning practices- a total of 15 in-depth interviews and 10 focused group discussion were conducted between Jan- March 2017. All interviews were audio-recorded, transcribed and translate for thematic content analysis, based on grounded theory framework. The data was and themes related to men's knowledge, attitudes, and behaviors regarding family planning, accessibility and utilization of contraceptive method, equity and accessibility to contraceptives, choice and quality concerns were covered.

Men have limited knowledge about family planning, that family planning services do not adequately meet the needs of men, and that spousal communication about family planning issues is generally poor. However, almost all men expressed great interest in practicing modern contraceptive methods. Since women individually can't take the decision so men involvement is important and a more couple-oriented approach to family planning is needed. Measures could include, for example, recruiting males as family planning providers, offering more family planning counselling to male in a support group meeting and there should be a place where men can be facilitated and counseled. In All FGDs and I DIs, men recognized the importance of community health workers, they are providing door to door services and reducing the accessibility barriers as, women receives, counselling supplies from the community representatives and before such innovation they were unaware of the fact that Health timing and spacing can bring a positive change and important for women's health and next child.

Men's experiences and suggestions for improvements in service delivery should be considered in future plans. Multifaceted intervention is narrowing the existing gap between Men's needs and rights and the actual quality of services.

Title: Increased availability and accessibility of family planning services: An approach leading to improved contraceptive uptake and reproductive behavior of women living in Pakistan

Authors: Lutaf Ali, Haris Ahmed, Hina Najmi and Ghani Akhtar

Presenter: Sharjeel-ul-Hassan

Mode of presentation: Oral Presentation

Event: Annual Public health conference- Pakistan, Islamabad, 2017

Research Summary

Access, better counseling and quality in the provision of family planning services remain big challenges.

To assess the improvement in family planning and reproductive health behavior among MWRAs by improving access in peri-urban-underserved population of Karachi. For this purpose we used the project interim survey data –which was based on a cross sectional study design a total of 3801 married women with reproductive age (MWRAs) were interviewed in peri urban region of Karachi during November 2016 to January 2017. All face to face structured interviews were conducted with women aged 15-49 currently living with their husbands. Based on the project intervention question on reproductive health were developed and questions on contraceptive use were adopted from PDHS- Pakistan 2013. Descriptive and inferential analysis was performed on SPSS version 22.

65% of population sample are literate, 51% women were in young age group- 15 – 29. On the poverty index, 6% of the population sample living at national poverty line 1.25\$ and 52% at 2.50\$. During the project years 79% women opted for facility based delivery; private facilities are the priority choice. 61.7% women initiated the contraceptive use in last two years (after the project). Use of family planning was increased irrespective of education level and poverty index- about 55.5% women with no formal education are using any form of contraception and trend of current modern contraceptives across poverty scores strata equally distributed amongst all groups. Age specific modern contraceptive prevalence rate (mCPR) (between 2 5-34) was found to be 43.8%. About 23% of this contraceptive ascertained from door to door services- short acting, (pills and condoms) are common, 29.5% from public facilities and 47.6% are from public facilities in which long acting and permanent method most received methods.

Finding suggests that Strategy of expanding access and choice in a form of providing family planning information and supplies at door step and availability of quality family planning services in the peripheries of underserved may improve the behavior of women regarding FP/RH.

Title: Evaluating the potential group from the modern contraceptive users: A snap short of multi-faced project in Karachi, Pakistan

Authors: Hina Najmi, Haris Ahmed and Ghani Akhtar and Jawad Khan

Presenter: Ghani Akhtar

Mode of presentation: Oral Presentation

Event: Annual Public health conference- Pakistan, Islamabad, 2017

Research Summary

Currently unmet need of contraception and increased population growth is one of the serious threat for Pakistan. Contraceptive methods have differing attributes, women's preferences for these attributes may influence contraceptive decision making. Sukh Initiative is a five-year program, with goal of increasing the use of modern contraceptives amongst one million underserved peri-urban population of Karachi city of Sindh, Pakistan. To explore the women's practices of using modern contraceptive methods. A cross sectional analysis was conducted on 2544 married women residing in peri-urban area of Karachi. Structured face to face interviews were conducted with women in November 2014. Practices and behavior of contraceptive use were recorded against age, parity, wealth profile, education, fertility intention, and child/sex preference. Basic and inferential analysis was done SPSS version 21

Over all use of contraceptives was 42.3% of this, permanent use (16.8%), LARC (6.4%), short term (49%) and traditional contraceptive usage (25.6%). For birth spacing women most rely on short term method specifically with 0-2 parity, injection and condoms are preferred choice i-e 42%, moreover 80% of condom user wanted to have another child as male. As compare to LARC- 50% women with 0-2 parity opted Implants but they were not sure about the next fertility. 50% women with 4 children and above children opted Female sterilization- as they didn't have further fertility desire. There was no significant association between the socio demographics factors and use of contraception as wealth index from poorest – richest shows, 21-20% were pills, 17-21% were condom, 22.2%- 21.1% were IUCD. Un educated Women were more fond of using contraceptives- 45.45% short term users were uneducated, from LARC- 41% implant users were uneducated and 45% female sterilization were un educated.

Gender preference and fertility desire may limit the use of contraception. However, improving awareness and access reduced the socio demographic barriers related to FP use in the targeted area. There is need to integrate FP/RH services appropriately that positively impact reproductive health in the community.

Title: Pattern of abortion and post abortion care practices amongst married women of reproductive age in urban slums of Sindh, Pakistan: A Cross sectional Analysis.

Authors: Hina Najmi, Haris Ahmed and Ghani Akhtar

Presenter: Haris Ahmed

Mode of presentation: Oral Presentation

Event: Asia Pacific conference on family planning, -Halong bay, Vietnam, 2017

Research Summary

While induced abortion is considered to be illegal and socially unacceptable in Pakistan, it is still practiced by many women in the country. Poor family planning and unsafe abortion practices have daunting effects on maternal health. To assess the post abortion care practices amongst married women of reproductive age in peri urban slums in Karachi, Pakistan

Using a retrospective record of the baseline project data -which was based on a cross sectional study design a total 5140 MWRA were approached and were interviewed in peri urban region of Karachi during November to January, 2015. Face to face structured interviews were conducted with on themes socio-demographic information (age, marital status), pregnancy history, knowledge, attitude and practices of married women regarding family planning and abortion care- which were adopted from PDHS 2013 survey – however questions related to abortion and post abortion care were extract from the pop council abortion tool kit. Descriptive and inferential analysis were performed on SPSS version 19.

30% women reported abortion, out of which 15.6% women were between the ages 15 to 24 years, 31.5% women were between 25 to 34 years. 38.1% women were between the ages 35 to 44 years and 14.8% women were 44 plus. 33% women aborted their child during the third month of pregnancy, 28.6% during the second month and 12.9% in the first month and fourth month of pregnancy. 88% sought medical care from doctor and 7.4% went to nurse. 45% experienced vaginal complications, 38% infection and 22% bleeding. Only 20% received information on family planning of this only 23% adopt modern contraceptive methods and again use of condom and pills were most common i-e 7.2% and 3.6% respectively, MWRA most trusted the natural method-77% opted natural method. 14.7% used the method for at least 6 months 57% continued the method for more than 6 months moreover 18.7% women want to have a child in next 6 months.

Results suggests that the legal status of abortion does not appear to affect levels of abortion in the country there is an urgent need to improve the awareness of regular and appropriate use of contraceptives to reduce the burden of abortion and related complications.

Title: Factors associated with the discontinuation of modern methods of contraception in the low income areas of Sukh Initiative Karachi: A community-based case control study

Authors: Rozina Thobani, Saleem Jessani, Iqbal Azam, Sayyeda Reza, Neelofar Sami, Shafquat Rozi, Farina Abrejo, Sarah Saleeml
Published July 2019

Research Summary

Discontinuation of a contraceptive method soon after its initiation is becoming a public health problem in Low middle income countries and may result in unintended pregnancy and related unwanted consequences. A better understanding of factors behind discontinuation of a modern method would help in designing interventions to continue its use till desired spacing goals are achieved.

To determine factors associated with the discontinuation of modern contraceptive methods within six months of its use compared to continued use of modern method for at least six months a community-based case-control study was conducted in low-income areas of Karachi. Cases were 137 users who discontinued a modern contraceptive method within 6 months of initiation and were not using any method at the time of interview, while controls were 276 continuous users of modern method for at least last six months from the time of interview. Information was collected by using a structured questionnaire. Applied logistic regression was used to identify the associated factors for discontinuation.

The mean ages of discontinued and continued users were 29.3 ± 5.3 years and 29.2 ± 5.4 years respectively. A larger proportion of the discontinued users had no formal education (43.8%) as compared to the continued users (27.9%). The factors associated with discontinuation of a modern method of contraception were belonging to Sindhi ethnicity [OR: 2.54, 95%CI 1.16–5.57], experiencing side effects [OR: 15.12; 95% CI 7.50–30.51], difficulty in accessing contraceptives by themselves [OR: 0.40, 95%CI 0.19–0.83] and difficulty in reaching clinics for management of the side effects [OR: 4.10, 95%CI 2.38–7.05]. Moreover, women having support from the husband for contraceptive use were less likely to discontinue the method [OR: 0.58, 95% CI 0.34–0.98].

Sindhi ethnicity and side effects of modern methods of contraception were identified as major factors for discontinuation in low-income populations. Similarly, women who had difficulty in travelling to reach clinics for treatment also contributed to discontinuation. Findings emphasize a need to focus on Sindhi ethnicity and trainings of service providers on management of side effects and provision of high quality of services.

Title: Community-based integrated approach to changing women's family planning behaviour in Pakistan, 2014–2016

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Research Summary

The study aims to assess the effectiveness of community based integrated approach to change the behavior of women for contraceptive use during 2014-2016. For this purpose A comparative cross sectional was conducted to assess the effectiveness of community based interventions by using the retrospective data of the surveys conducted in 2014 (before intervention) and in 2016 (after intervention). "Sukh Initiative"- baseline was conducted between Jan to June 2014 and mid evaluation of 3801 married women of reproductive age was conducted between December 2016 to June with the sample of sample of 5140 and 3810 respectively. Collected data of both surveys (2014) and (2016) is available in hard copies and electronic form in (SPSS version 19). Study variables were extracted from electronic consolidated data base which is password protected and only authorized persons (Research team of SUKH Initiative) can access of the data. Descriptive statistics of demographic characteristics and Inferential analysis of the outcome indicators- contributing factor in the FP increase, improvement in spousal communication and type of contraceptive method was performed on SPSS version21. In order to adjust the variation weighted analysis was performed.

About 50% of the population lies between the ages of 25-34 years with the median age of women was 30 years (IQR 25-35year) and fertility rate of 3 births per women. An estimated 35% of the sampled population had no formal education during 2014 -2016, whereas 65% were educated with the difference of 7% in secondary and above education Through mixed community based approach, overall increase in the contraceptive prevalence rate (CPR) was 10.7 % from the baseline- 42.3% vs midline 53.0 % with (95% CI 80.1 to 90.0), modern contraceptive prevalence rate (mCPR) was 9.2% increased of which 32.2% women were continuing using modern contraception for the past two years. Significant association was found between door-to-door counseling with the use of contraceptive methods (OR 3.4, 95% CI 2.9 – 4.1), access to of public and private facilities for modern contraceptives (OR2.4, 95%CI 2.0 – 3.0). However, support group meeting and 24/7 helpline did not show any association with use of contraceptive method.

Community based door to door counselling targeted married women of reproductive age at their door step, positively contributed to improve the access, choice and utilization of modern contraceptive in resource-constrained setting. Preliminary data findings could also be taken as a lesson learnt. Local community health workers, model produced great demand for FP services- could be sustain by engaging lady health workers to fill the gap of uncovered area.

**Sukh Initiative, a project of Aman Health Care Services
aims to increase modern contraceptive prevalence rate in
the one million underserved peri-urban population of
Karachi, Sindh, Pakistan**

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