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Practice of family planning among pregnant women attending antenatal clinics in Benin City, Nigeria

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The use of contraceptives plays a paramount role in couples' attainment of their desired number of children, spacing and timing of births. Family planning has a positive impact on the woman's physical, psychological and reproductive health. Nigeria is the most populous country in sub-Saharan Africa with high fertility rates of about 5.5, low contraceptive usage of about 15% and very high population growth rate. Nigeria also accounts for about 4% of the burden of maternal mortality worldwide. The antenatal period is an important time for women to gain knowledge of family planning and make informed decisions of contraceptives usage during the postnatal period. Though family planning practices have been examined among adolescents, there seems to be a void in the practice of family planning methods among pregnant women. Consequently, this study investigates family planning practices among women attending antenatal clinics in three major health facilities in Benin City, Nigeria. The objective is to assess their knowledge, access and practice of family planning methods. This is a descriptive cross-sectional study using a semi-structured questionnaire to assess the practice of family planning methods among 400 pregnant women, who will be selected through systematic sampling technique. Informed consent was obtained from the participants prior to data collection. Data would be analyzed using frequencies and Chi-square tests. It is anticipated that the knowledge, access and practice of family planning would be below expectation. To obviate this situation, health education during pregnancy and postnatal period on the concept of family planning would be recommended.