

Family Planning Practice and Reproductive Health Needs among Rural Married Women in Laukkai Township, Kokang Self-Administered Zone, Northern Shan State, Myanmar

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Abstract

Information on Reproductive Health (RH) in Kokang Self-Administered Zone is scarce. This community-based, cross-sectional descriptive study aimed to explore family planning practice and RH needs among rural married women in Laukkai Township during 2012. Three-hundred women were interviewed face-to-face for exploring family planning practice. A total of 10 Focus Group Discussions were conducted with the women who actively participated in the face-to-face interviews to understand the RH needs. Over 95% of the women knew at least one method of family planning and 47% were current users. About 16% already had at least 4 children at initial practice. Methods used are daily-pill (37.7%), three-month injection (29.1%), intrauterine device (19.1%), condom (10.6%) and others (3.5%). Incorrect use of contraception is common and 46% of non-users intended to use in future. More than half took at least one ante-natal visit during pregnancy. Most women practiced home delivery without a skilled help but they went to hospital if there was complication. Post-natal care was very rare. Unwanted pregnancies usually ended in medical induced abortion.

About half of women have heard of HIV/AIDS and its transmission but few had knowledge on signs and symptoms. Menstrual irregularity, foul smelling white discharge and dysuria were common but few sought proper treatment. All said they never heard of maternal death within previous twelve months. They practiced monogamy system and both husband and wife participated in decision making for health seeking. It is required to improve knowledge on appropriate use of family planning, taking proper pre-natal, intra-natal and post-natal care, HIV/AIDS and gynaecological problems.

Key words: Family planning, Reproductive health needs, Rural, Myanmar