

Family planning practice and RH needs among married women of selected rural area in KokangSelf Administered Zone, Myanmar

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*41st Myanmar Health Research Congress, 2013, (*Second Best paper award) **

Abstract

This community based cross-sectional descriptive study aims to explore family planning practice and reproductive health (RH) needs among rural married women in Laukkai Township. Three-hundred women are included in this study. Ten focus Group Discussions are conducted with those actively participated women to explore RH needs during 2012. Forty-seven percent of women are currently using a family planning method. More than 82% of them already have at least 4 children at initial practice. Methods used are daily-pill (37.7%), three-month injection (29.1%), Intra Uterine Device (19.1%), condom (10.6%), onthly-pill (1.4%), female sterilization (0.7%) and traditional methods (1.4%). Incorrect use of family planning is common. Forty-six percent of non-users intend to use in future. More than half of the women took at least one ante-natal visit during pregnancy but most perceive it unnecessary if in good health. Most of them practice home delivery without a skilled help but they go to hospital if there is complication. Post-natal care is very rare. Unwanted pregnancies usually end in medical included abortion. More than half of women have heard of HIV/AIDS and its transmission but few have knowledge on sings and symptoms. Menstrual irregularity, foul smelling white discharge and dysuria are common but few seek proper treatment. There is no maternal death within previous twelve months. They practice monogamy system and both husband and wife participate 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.