

Acceptability of Postpartum Intrauterine Device (PPIUCD) in Pakistan

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PPIUCD is an effective, reversible method of long term contraception that can effectively address the large unmet need in Pakistan

This study was conducted to understand the knowledge, experiences, and challenges on the uptake of PPIUCD from a provider and a client's perspective.

An exploratory qualitative study was conducted with Greenstar network providers that include high and low performing provider and clients including satisfied, non-satisfied, non-adopter and rejecters. A total of twenty (20) providers and forty (40) clients were interviewed. Content analysis technique was used to analyze the data.

Providers from both segments have clarity on the concept of PPIUCD, its types and technique. The barriers identified were lack of awareness, fear of side effects including heavy bleeding and expulsion from clientele side. Counseling considered being a time consuming task. The role of outreach workers was felt important to dispel the socio-cultural and religious beliefs of clients and influencers through household visits, which ultimately leads to get maximum benefit in terms of demand generation. On the other hand, all categories of clients described that PPIUCD uptake can reduced post-delivery visits to the health facility. However, resistance in insertions in postpartum period was due to myths and misconceptions being heard from immediate family members. It was revealed that husband consent was not taken on PPIUCD due to their unwillingness.

Reinforcing the importance of starting contraception (IUD) immediately after delivery could go a long way in promoting use of contraception for both limiting and spacing.