

Effect of Family Planning intervention during child immunization in PHC Ethiopia (RCT)

(In Progress)

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Background

Family Planning (FP) is recognized as a key life-saving intervention for mothers and their children. In Ethiopia, the service is mostly provided in Primary Health Care (PHC) settings. Postpartum FP service is one of the recommended public health interventions aimed at reducing maternal and child morbidity and mortality. The promotion of FP to delay conception after a recent birth optimizes maternal and child health outcomes. Irrespective of the number of opportunities to visit a health facility during the postpartum period, postpartum women are among those with the greatest unmet need for FP; postpartum FP utilization is low throughout Ethiopia, ranging from 10% in Northwest Ethiopia to 38% in Tigray.

Objective: To evaluate the effect of an intervention on the improvement of FP utilization during the postpartum period and associated barriers or enabling factors affecting uptake of FP during first 12 months of the postpartum period in PHC settings in Addis Ababa, Ethiopia

Methods: This randomized control trial takes an implementation science approach to studying pamphlet supported FP educational intervention among mothers presenting for vaccination of their infants (less than 6 months old). Mothers in the selected health centers are randomly allocated to one of two study arms (intervention or non-intervention) using Excel generated code numbers. The code numbers are placed in a non-transparent envelope and each mother randomly picks one. Mothers in the intervention arm receive counseling on the benefits of FP and are provided with FP pamphlets in addition to the routine immunization service, while mothers from the control arm receive the routine immunization service. Baseline and post-intervention assessment will be collected from both groups for comparison of differences on FP utilization when the participants return for measles vaccination. Quantitative data will be collected using a pre-tested structured questionnaire and SPSS will be used for data analysis.

Conclusion: Postpartum FP during infant immunization is considered to be a high impact Maternal Child Health intervention. The presence of Family Medicine in PHC settings give an opportunity to test the effectiveness of such an intervention in Ethiopia.