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**KNOWLEDGE AND UPTAKE OF MODERN CONTRACEPTIVE METHODS AMONG POST-CESAREAN SECTION PATIENTS IN AN URBAN HOSPITAL IN ELDORET, KENYA**

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**Background** Cesarean section is a life-saving mode of delivery in view of compelling indications. However, it poses a substantial amount of risk to future pregnancies if they are not well spaced out, thus the importance of family planning through modern contraceptive methods.

**Objectives** The aim of this study was to determine the knowledge and uptake of these modern contraceptive methods among post Cesarean section patients in an urban hospital in Eldoret, Kenya.

**Methods** A cross-sectional study carried out among 250 post Cesarean section patients in the post natal clinic of the Moi Teaching and Referral Hospital, Kenya over a nine month period (September 2012 to June 2013). A researcher administered questionnaire highlighting socio-demographic variables and information on knowledge and uptake of various modern contraceptive methods was used. Epidata 3.1 software was used for data entry and STATA 13 used for data analysis.

**Result** Of the 250 post-Cesarean section patients, 233 (93.2%) were knowledgeable on one or more forms of modern contraception, 165 (66.0%) were willing and offered one of the various forms of modern contraception, with 128 (51.2%) of the willing patients accepting it due to child spacing so as to avoid future delivery complications. Of the 85 patients not willing to use the modern contraceptive methods, 50 (58.8%) attributed their refusal due to side effects.

**Conclusion** The uptake of modern contraceptive methods among post-Cesarean section patients was relatively high as compared to patients who deliver vaginally, possibly due to family planning counseling post-surgery, though the counseling still needs further intensification.