

Improving the quality of sexual and reproductive health and rights (SRHR)
through pre-service training, research, and evidence-based clinical care
delivery in Sub-Saharan Africa



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Intention to use lactational amenorrhea method as a family planning by postpartum women in Ethiopia: A multicenter study

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Abstract

Background: Although the Lactational Amenorrhea Method (LAM) is one of the safest family planning methods, there is limited evidence regarding intention of women to use it and its associated factors in many settings, including Ethiopia. This study was conducted to assess intention of postpartum women to use LAM and factors affecting associated with it in Ethiopia.

Methods: A multi-center hospital-based study was conducted on postpartum women who gave birth in major referral hospitals in Ethiopia. Data on their birth experience and intention for family planning were collected through face-to-face interview at discharge. Factors associated with intention to use LAM were identified using binary and multivariable logistic regression. Finally, the adjusted odds ratio along with the 95% confidence interval (CI) were reported, and statistical significance was declared at a p-value < 0.05.

Results: Of 3148 postpartum women interviewed, 1317 (41.8%) reported their intention to use LAM. Intention to use LAM was associated with urban residence (AOR 2.38; 95% CI 1.29–4.41), receiving counseling about family planning (AOR 1.29; 95% CI 0.87–1.90), hearing about the importance of LAM (AOR 1.97; CI: 1.28–3.02), and a history of LAM utilization (AOR 1.65; 95% CI).

Conclusion: The intention to use LAM as a family planning method was low in Ethiopia. Residence, knowledge about LAM, and prior experience were factors associated with intention to use LAM. Counselling about family planning including LAM is important to increase LAM utilization especially for those who has low access and doesn't want to use modern contraceptives, LAM is a very effective natural method to use it.

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