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## Increasing the uptake of family planning methods in post abortum care in the Dschang semi-urban zone (Cameroon)

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### Abstract

Increasing the uptake of family planning methods in post abortum care in the Dschang semi-urban zone (Cameroon)

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### Background

Preventing maternal deaths due to unsafe abortions involves the use of family planning (FP) methods, with unplanned pregnancies often leading to unsafe abortions. The post-abortion period should be an opportunity to meet the unmet needs for contraception. This justifies this study, which aims to investigate the factors associated with the use of modern contraceptive methods in the post-abortion period at the Dschang Regional Annex Hospital in the Western Region of Cameroon.

### Materials and methods

We carried out a cross sectional at Dschang Regional Hospital in obstetrical emergency unit. Data collection lasted 5 months from the 1st November 2024 to the 31st March 2025. The minimum sample size was calculated at 196 participants. We consecutively included every consenting woman admitted during the study period for post abortum care or therapeutic abortion as permitted by Cameroonian law. Each participant was counseled using REDI approach and offered free of charge a contraceptive method after uterine evacuation or within four weeks later. Prior to data collection, all the requirements regarding ethical clearance were met. We analyzed data using SPSS (Statistical Package of the Social Science) version 23.0. Categorical variables were summarized as frequencies and proportions. Associations between variables were assessed with the Fischer's test.

### Results

A total of 203 women were included and the response rate was 100%. The median age of participants was 26 years (Inter-Quartile Range (IQR): 23.0 –33.0)) and that of their male partners was 32 years (IQR: 26.8 –46.0). 195/203 (96.05%) received a contraceptive method before discharge from the hospital; The most commonly used contraceptive methods were: implant (43.07%), injectable progestins (28.57%) and copper intrauterine device (17.73%). Religion was significantly associated with the use of injectable progestins ( $p = 0.0272$ ), the scholar status was associated with uptake of Intrauterine device ( $p = 0.003$ ), and the number of previous abortions was associated with the uptake of implants ( $p = 0.0472$ )

### Conclusions

Patients who seek abortion care are young. The rate of post-abortion contraceptive use was high; The implant

is the most widely used contraceptive method in post-abortion. Religion, school status, and the number of previous abortions are significantly associated with contraceptive method choices

Implication: Continued family planning and free contraceptive methods would significantly reduce unmet need for contraception, unplanned pregnancies, unsafe abortions, and maternal mortality.

Keywords: Abortion, maternal deaths, family planning, contraception

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