

Factors Associated with Intrauterine Device use among Women of Reproductive age attending Family Planning Clinics at Mbale District

**Ayeko Jackson**

**Associate Professor Kumakech Edward**

**Acen Joy**

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**Background:** Intrauterine Contraceptive Device (IUCD) is among the most effective contraceptive methods in the market with increasing use globally. The use is predominant in few parts of the world, with sub-Saharan Africa relying on other methods. In Uganda, IUCD utilization remains very low at 1.5% compared to other methods despite several interventions by the government. The objective of this study was to determine the factors associated with IUCD use among women of reproductive age attending family planning clinics in selected public health facilities within Mbale District.

**Methodology:** A facility based cross-sectional study was used among randomly selected women who came to obtain different contraceptive methods in the selected public health facilities. Information was obtained face-to-face by trained research assistants using a pre-coded structured questionnaire. Factors associated with IUCD use were identified by multi-variable binary logistic regression models using the backward stepwise method.

**Results:** After running multi-variable binary logistic regression, IUCD use was associated with women who were employed (Adjusted OR=14.00, 95% CI;2.80-70.07), those who wanted to wait for 6-10 years before having the next pregnancy (Adjusted OR=12.19, 95% CI;1.35-110.08), and those who thought IUCD was associated with cancer (Adjusted OR=0.15, 95% CI;0.03-0.68).

**Conclusion:** In conclusion, the study re-enforced the need to reach out with contraceptive methods especially IUCD to women who have a busy schedule and also points out the need for proper counselling to ensure that women who plan to stay for long should be counselled to also consider IUCD use which has a longer duration of action. Further, proper health education is needed through different channels to address the issues of myths and misconceptions which hinders utilization of IUCD.

**Keywords:** *Intrauterine Device, Women of Reproductive age, Family Planning Clinics, and Family Planning*

