

# Profile of modern contraceptive use among healthcare providers in Kelantan

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## ABSTRACT

**Introduction:** Healthcare providers (HCPs) are important sources of contraceptive information compared to friends, family, or media. One-third of HCPs share their personal experience of contraception during contraceptive counselling with clients, which influenced the clients' decisions. Hence, it is crucial to explore the HCPs' personal contraceptive use. The aim of this study is to describe the personal use of modern contraception among HCPs and compare the characteristics between users and non-users. **Materials and Methods:** A cross-sectional study was conducted among doctors and nurses working in Maternal and Child Health services from 24 Health Clinics in Kelantan. The eligibility criteria were married females who are within the reproductive age group. A self-administered proforma was used for data collection. The chi-square test, Fisher exact test, and independent t-test were applied to compare the characteristics of modern contraceptive users and non-users. In this study, the users were defined as the HCPs who ever used any modern contraception. **Results:** A total of 338 doctors and nurses were involved in this study. Most HCPs were Malay (99.1%) and nurses (67.8%), with a mean (SD) age of 40.08 (5.66) years old. The most common modern contraception used is pills (50.0%), followed by injections (28.4%). Whereas the least popular contraceptive methods were implants (12.4%), intrauterine devices (10.4%) and bilateral tubal ligations (2.7%). Notably, 23.1% (n=78) HCPs never use any modern contraception. Among the non-users, 52.6% were older than 40 years old and 9.0% were grand multipara. The average number of children was significantly lower among the non-users compared to the users (2.27 vs 3.37,  $p < 0.001$ ). **Conclusion:** The study showed that modern contraception usage among HCPs was higher than that of the general population. Despite having vast experience in providing contraceptive services, these HCPs preferred short-acting reversible contraception compared to long-acting reversible contraception; and the non-use of contraception was a concern.