

# **Intrauterine device uptake among women seeking family planning services in Nairobi County, Kenya**

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## **Abstract**

### **Aims:**

The main objective of this study was to determine the uptake of the intrauterine device (IUD) among women seeking family planning (FP) services at Level 4 public hospitals in Nairobi County.

### **Methods:**

This was a descriptive, cross-sectional study that used both quantitative and qualitative approaches. Interviewer-administered, semi-structured questionnaires, focus group discussions and key informant interviews were used to collect data. Sample size was 380 women with 100% response rate.

### **Findings:**

The uptake of IUD was 7.9% (95% confidence interval (CI): 2.6–13.2%). The uptake increased with age, with those aged above 30 years using the device more compared with those aged below 30 years. Drivers of IUD uptake included: parity (adjusted odds ratio (aOR)=8.545 CI: 4.399–16.599%,  $P<0.001$ ), awareness of IUD provision in the facility (aOR=1.824,  $P=0.038$ ) and a favourable perception of IUD (aOR=5.816,  $P<0.001$ ). The qualitative data from the focus group discussion included common myths such as: 'IUD might travel to other body organs' and 'it spreads infection in the body'.

### **Conclusion:**

Uptake is low in the two hospitals and more awareness should be created on IUD availability. Uptake should be encouraged among young women and those of lower parity.

**Keywords:** Family planning, Intrauterine device, IUD, Uptake