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