Bringing their method of choice to rural women: Community based distribution of injectable contraceptives in Tigray, Ethiopia

Ndola Prata¹, Amanuel Gessessew², Alice Cartwright³, Martine Holston³, Deborah Karasek¹, Malcolm Potts¹

¹Bixby Center for Population, Health, and Sustainability, University of California, Berkeley; ²Tigray Health Bureau and Mekele University, College of Health Science, Ethiopia ³Venture Strategies Innovations
Ethiopia

- High rates of unmet need for contraception (34%)
- 78% of married women want to delay next birth or have NO MORE
- Rural women prefer injectable contraceptives
- Low CPR in rural areas partially due to limited access to health facilities
- Health Extension Workers (HEWs) at health posts can give DMPA
- Services provided from Community-Based Reproductive Health Agents (CBRHAs)
Study Objectives

To demonstrate ability of Community-based Reproductive Health Agents (CBRHAs) in Tigray, Ethiopia to distribute injectable contraceptives as well as a control group of providers – Health Extension Workers (HEWVs)
Methods

- CBRHAs were trained to give DMPA injections
- Women self selected to HEW/CBRHA for family planning were invited to enroll in the study
- Enrollment, 3-month, and 6-month post-injection surveys conducted
- Morbidity, client satisfaction, client knowledge, continuation rates, effectiveness are compared between CBRHAs and HEWs
Characteristics of Clients by provider (N=1031)

- Desired # of children: 5.6 (CBRHA), 5.2 (HEW)
- # of living children: 4.0 (CBRHA), 3.7 (HEW)
- Age at first pregnancy: 18.3 (CBRHA), 17.8 (HEW)
- Age at first marriage: 16.1 (CBRHA), 15.3 (HEW)
- Age at enrollment: 30.0 (CBRHA), 28.6 (HEW)
Previous Use of Contraception by Provider (N=1031)

- Condoms only
- Condoms and Pills
- Condoms and DMPA
- Pills only*
- Pills and sterilization
- Pills and DMPA
- DMPA only*
- Other
- More than two methods
- Never used
- CBRHA*
- CBRHA*
- HEW
Reasons for DMPA use (N=1031)

- **Only method I know**
  - CBRHA: 6.0%
  - HEW: 3.2%
- **Tried before**
  - CBRHA: 10.8%
  - HEW: 10.6%
- **Fewer side effects**
  - CBRHA: 5.1%
  - HEW: 4.7%
- **More convenient**
  - CBRHA: 63.1%
  - HEW: 70.6%
- **Husband allows**
  - CBRHA: 21.2%
  - HEW: 18.3%
- **Privacy**
  - CBRHA: 14.2%
  - HEW: 12.3%
- **Long-acting**
  - CBRHA: 17.3%
  - HEW: 19.3%
Provider offered condom in addition to DMPA
Morbidity

13 week survey
- Pain
- Induration
- Ulceration
- None

6 month survey
- Pain
- Induration
- Ulceration
- None

CVRHA
HEW
Reported side effects
Client satisfaction with the provider

- 13 week survey
  - Satisfied: CBRHA (95%), HEW (95%)
  - Dissatisfied: CBRHA (5%), HEW (5%)

- 6 month survey
  - Satisfied: CBRHA (95%), HEW (95%)
  - Dissatisfied: CBRHA (5%), HEW (5%)

Legend:
- CBRHA
- HEW
### Discontinuation of DMPA

<table>
<thead>
<tr>
<th>Reasons for discontinuation:</th>
<th>Number of women</th>
<th>Provider</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>HEW</td>
</tr>
<tr>
<td>Forgot</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Development of side effects</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Trying to get pregnant</td>
<td>8</td>
<td>7</td>
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<tr>
<td>Using another method</td>
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<td>3</td>
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<tr>
<td>Afraid of side effects and thought it lasts for one year</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>I am alone/My husband is not around</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>I am old enough</td>
<td>1</td>
<td>0</td>
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<tr>
<td>My husband is not well</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>No reason</td>
<td>3</td>
<td>2</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>23</strong></td>
<td><strong>19</strong></td>
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</table>
## DPMA users

<table>
<thead>
<tr>
<th></th>
<th>1st injection</th>
<th>2nd injection</th>
<th>3rd injection</th>
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<tbody>
<tr>
<td>Group 1</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Group 2</td>
<td>yes</td>
<td>_</td>
<td>yes</td>
</tr>
<tr>
<td>Group 3</td>
<td>yes</td>
<td>yes</td>
<td>_</td>
</tr>
<tr>
<td>Group 4</td>
<td>yes</td>
<td>_</td>
<td>_</td>
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</table>
Continuation and Discontinuation Rates

<table>
<thead>
<tr>
<th></th>
<th>3 months</th>
<th>6 months</th>
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<tbody>
<tr>
<td>Continuation</td>
<td>82%</td>
<td>74%</td>
</tr>
<tr>
<td>Discontinuation</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Lost to follow up</td>
<td>13%</td>
<td>17%</td>
</tr>
</tbody>
</table>
THANK YOU