

UTILIZATION OF HEALTHY TIMING AND SPACING OF PREGNANCY (HTSP) SERVICES AMONGST PREGNANT MOTHERS IN POTISKUM LOCAL GOVERNMENT AREA, YOBE STATE NIGERIA

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ABSTRACT

- (1) **Introduction.** Maternal-Child Mortality has recently become high in Nigeria. Record shows that every year 400,000 women died which is equivalent to 576 deaths out of every 100,000 live birth. WHO/USAID recommend the Utilization of Healthy Timing and Spacing of Pregnancy (HTSP) services. The aim of this study is to assess the extent of Utilization of Healthy Timing and Spacing of Pregnancy (HTSP) services among Pregnant Mothers Attending Anti-Natal Care in Primary Health Care (Potiskum central). Yobe State Nigeria.
- (2) **Method.** One hundred (100) structured questionnaires with three (3) Research questions were administered each with five items and two options (Yes or No)
- (3) **Results.** The result of this study shows that 97 (100%) of the respondents are married and 67 (70%) have attended school higher than primary level. 84 (87%) of the respondents visits the health facility during each periods of their Anti-Natal care. 94 (97%) of the respondents were also informed about the benefits of the utilization of the HTSP services. The study further found that 89 (92%) of the respondents consult Doctors/Nurse or Health worker on spacing their pregnancy where 85 (88%) wish to space there pregnancy. 88 (91%) of the respondents also collect and use the HTSP tool in the Health facility. 67 (69%) of the respondents agreed that they use the services more than once.
- (4) **Discussion** Educational background helps them make wise decision in choosing appropriate time to be pregnant.
- (5) **Conclusion.** We conclude that HTSP services are more utilized in the study health facility in Nigeria and more adequate HTSP service tools should be provided and information on utilization be enhanced to further reduce the cases of Maternal-Child Mortality and complication by un-spaced pregnancies.

KEYWORDS: Healthy Spacing, Maternal-Child, Mortality, Pregnancy, Public Health

INTRODUCTION

Healthy Timing and Spacing of Pregnancy (HTSP) is an intervention devised to help mothers and families delay and or space their children to become the healthiest outcomes for the mothers, newborns, infants, within the context of free will and adequately informed options, taking into

consideration the fertility intentions and intended family size (USAID, 2015). Healthy Timing and Spacing of Pregnancy (HTSP) is an aspect of family planning with its focus on counseling mothers and their husbands to make a desirable decision about reaching their desired family size. Its typically involves delaying birth and spacing the subsequent pregnancies to achieve the healthiest outcomes for mother and children and families in general. HTSP takes into account fertility intentions and desired family size, and gives more consideration on the health of the mother and the child. Healthy woman can use any method of contraception to practice HTSP. The health care provider should prioritized on information, education and counseling delivered to women and couples on the best and desirable options that are available and can matched their body physiology. Women should freely choose the best family planning method, and that they can freely decide which method they would like to use with special consideration on her respond to some needs as age, marital status, parity and stage of life (EfPindia, 2012).

JUSTIFICATION OF THE STUDY

Maternal-Child Mortality has recently become high in Nigeria with alarming recorded statistical data of 400,000 women death out of every 100,000 live birth due to poor diet, diseases and unhealthy nutritional state that can support the developing baby due to breastfeeding. This makes Nigeria second highest Maternal-Child mortality in the world after India. This alarming record necessitated the WHO/USAID to recommend the Utilization of Healthy Timing and Spacing of Pregnancy (HTSP) in addition to the supply of nutritional supplements to support the growth and development of the baby.

AIM OF THE STUDY

The overall aim of this study is to assess the extent of utilization of Healthy Timing and Spacing of Pregnancy services among pregnant mothers attending Anti-natal care in Primary Health Care (Potiskum Central) Potiskum Local Government Area, Yobe state Nigeria

OBJECTIVES OF THE STUDY

1. To determine the level of Educational status of the pregnant Mothers attending the primary Health care facility
2. To determine the level of access to information on the HTSP services in the Primary Health care facility
3. To determine the level of Utilization of the available HTSP services in the Primary Health Care facility

RESEARCH QUESTIONS

1. What is the social class of the respondents?

2. What is the level of the access of information about Healthy Timing and Spacing of Pregnancy?
3. What is the level of utilization of HTSP services in the hospital by the respondents?

METHODS

Method of Data Collection

Data collected for this study were collected using structured questionnaire.

Description of the content of the questionnaire

The structured questionnaire used in this study consists of three tables. Each table is designed to answer a research question which are: What is the social class of the respondents?, what is the level of the access of Information about healthy timing an spacing of pregnancy (HTSP)?, and what is the level of utilization of HTSP by the pregnant mothers?'. Each of the research questions are followed by five items each with two responds options (Yes or No).

Validation of the questionnaire

The questionnaire was validated by the health educators and research experts at Umaru Saleh College of Education, Azare, Bauchi State, Nigeria.

Administration of the questionnaire

One hundred (100) structured questionnaires were administered to the pregnant mothers attending Anti-natal care at the Primary Health Care (Potiskum Central), Potiskum Local Government, Yobe State. Nigeria, among which three (3) of the questionnaires were returned invalid with remaining (97) well ticked on the options.

Method of Data Analysis

The method of Data Analysis adapted and employed in this study is simple percentage of the responses showing the number in percentage (%) saying (yes) or (No).

RESULTS

The results of the survey of the Utilization of HTSP are shown in the tables below (Table 1, 2, 3). A structured questionnaire were designed, three research questions were made each with five items with two (2) responses (yes) or (No).

Research question 1, Table 1 below shows the responses of the respondents on the question, what is the social status of the respondents? In Item 1 (Table 1), 67 respondents responded the question "Have you attended any school other than Primary school" the response (yes) was at high

percentage of (70%) while 29 respondents responded (No) at the lower percentage of (30%). This shows that the level of the literacy of the respondents is very high

In item 2, the response to the question “Are you presently married” is (100%) yes with 0% No of the respondents. This shows that all the questionnaires were administered to the married mothers. Moreover, despite the level of the literacy of the respondents (70%, item 1) only 47% of them that is 46 out 51 (53%) are working with either State, Federal or Local Government according to the responses of the item 3 (Table 1)

However, the fact that most of the respondents do not work with either Federal, State or Local Government despite their level of literacy about 63 (65%) are engage in business either at home or outside home while only 34 (35%) of the respondents are either not doing any business or are part of those that are working with either Federal, State or Local Government (Item 4).

Majority of the respondents 55 (57%) also possess Mass Media while only 22 (23%) do not possess any Mass Media that can help the hear about HTSP information (item 5)

Research question 1.What is the social class of the respondents?

Table 1. Results of the responses on the social class of the respondents

S/n	Items	Responds (yes)	Responds (No)
1.	Have you attended any school other than Primary School	67 (70%)	29 (30%)
2.	Are you presently married	97 (100%)	0 (0%)
3.	Are you working with either Federal, State or Local Government	46 (47%)	51 (53%)
4.	Are you running any Business at home or outside home	63 (65%)	34 (35%)
5.	Did you possess any Mass Media	75 (77%)	22 (23%)

Table 2 shows the responses on the question “what is the level of the access of information about Healthy Timing and Spacing of Pregnancy (HTSP)”. In item 1, about 84 (87%) of the respondents that they are visiting the Primary Health Care for their Anti-Natal Care at all their pregnancies while only 13 (13%) are not. In Item 2 and 3, almost all of the respondents, about 94 (97%) met with women that are using the HTSP services for their birth space. But only 3 (3%) of the respondents are not and have not met with women using the HTSP services. This means that the information on the HTSP is highly disseminated in this health facility. This may enable high level

of utilization. High number of the respondents, about 71 (73%) listen to Television, Radio and other media where they also acquire other information about HTSP but only 26 (33%) are not (Item 4). Also about 87 (90%) have also read the information on Posters and Bill-boards but only 10 (10%) of the respondents are not (Item 5).

Research question 2. What is the level of the access of information about healthy timing an spacing of pregnancy (HTSP)

S/N	Items	Responds (yes)	Responds (No)
1.	Have you being visiting Primary Health Care for Anti-natal care at all you pregnancies	84 (87%)	13 (13%)
2	Have you being told about healthy timing and spacing of pregnancy in this hospital (HTSP)	94 (97%)	3 (3%)
3	Have you met with any woman in this hospital who is practicing HTSP	94 (97%)	3 (3%)
4	Did you listen/watch any Radio/Television or any media programme on HTSP	71 (73%)	26 (33%)
5	Did you read any poster or bill board about HTSP in this hospital	87 (90%)	10 (10%)

Table 3, answers the research question, the level of utilization of the Highly Timing and Spacing of Pregnancy (HTSP). Item 1, about 85 (88%) of the respondents wish to space their pregnancy while only small number of about 12 (12%) do not want to space their pregnancies using HTSP services. In item 2, about 89 (92%) of the respondents have been consulting doctors on spacing their pregnancies while only 8 (8%) of the respondents are not. In item 3 and 4 about 88 (91%) of the respondents obtained and use the HTSP tools in the Health facility but only 9 (9%) of the respondents are not. Despite high number of the respondents that obtained the HTSP services in the health facility only 67 (69%) use the services more than once, the remaining 30 (30%) are not (Item 5).

Research question 3 What is the level of utilization of HTSP services in the hospital by the respondents?

S/n	Questions	Responds	
		(Yes)	(No)
1.	Do you wish to space your pregnancy	85 (88%)	12 (12%)
2.	Did you consult any Doctor/Nurse or Health worker on how to space your pregnancy	89 (92%)	8 (8%)
3.	Did you obtained the HTSP tool of spacing pregnancy in the hospital	88 (91%)	9 (9%)
4.	Did you use the HTSP tool you collected in the hospital	88 (91%)	9 (9%)
5.	Did you use the tool more than one time	67 (69%)	30 (30%)

DISCUSSION

The social class of women particularly educational background helps them make wise decision in choosing appropriate time to be pregnant. In table 1, Item 1, 67 of the respondents (70%) agreed that that they have attended primary and other higher school, also (100%) of the respondents are married and living with husband and 46 (47%) of the respondents are working as civil servants and posses Mass Media that help the hear more about HTSP information (item 5) This findings are in agreement This result was in agreement with findings of the work of Stephen et al. (2016) on the Knowledge, sources and use of family planning methods among women aged 15-49 years in Uganda: a cross-sectional study which found that majority of the women using HTSP are married (73.1%), and 51.1% had primary education and more than half (57%) were employed and engaged as civil servants.

Similarly, this finding was in agreement of the work of Nigussie et al. the subject and found that most of the women use family planning methods are married and literate but concluded that health care providers should promote contraceptive service and counseling among pregnant women and postnatal. The finding of this study on the educational status of the study area was not in agreement with the findings of the study by Rubina et al. (2007) on the Relationship of Female Literacy to Contraceptive Use In Urban Slums of Khushab (Punjab) where they found that the female literacy level in the study area was low with only 30.6% women were literate and the use of HTSP use was low this could be due to availability of schools in this study area and level of difference in literacy

between male and female is not significant. Also husbands are not stopping their wives from continuing education after marriage even if pregnant

The access of information on HTSP services in the study area by the respondents was universal through the health workers during their Antenatal care at (87%), some also access information through their friends who are using the services and visiting the health facility at (97%). Radio, television plays a role in disseminating information about HTSP at (33%) but majority of the respondents acquired the information through bill boards in the study area (Table 2). This findings were in agreement with the results of the study by Islam et al. (2000) which reported that radio and television two crucial mass media for utilized today in disseminating family planning messages in Bangladesh with about 40% (42.1%) of the respondents reported that they had heard family planning messages via radio while 17.2% said they had heard through television, 8.4% said through poster and 5.4% through billboard. Similarly the findings of this study was in agreement with findings of the study by Okigbo et al. (2015) on the Exposure to family planning messages and modern contraceptive use among men in urban Kenya, Nigeria, and Senegal: a cross-sectional study where they found that more than 50-80% of men in this three countries were exposed to modern contraceptive use through television, radio, posters and print media. Also the study is in agreement with the findings of the work of Miriam et al. (1999) on the The Impact of Multimedia Family Planning Promotion on the Contraceptive Behavior of Women in Tanzania and found that exposure to media sources of family planning information resulted in increased in the utilization of modern HTSP tools. Increased in the media sources of the information enabled wide coverage of areas not previously covered.

The overall level of utilization of the Highly Timing and Spacing of Pregnancy (HTSP) (table 3) 88 (91%) of the respondents obtained and use the HTSP tools in the Health facility, (88%) of the respondents wish to space their pregnancy and (92%) of the respondents have been consulting doctors on spacing their pregnancies. 67 (69%) are using the services more than once. This finding was in agreement with the result of the work of Martha et al. (2015) in their study on the Effect of Access to Contraceptive Services on Injectable use and Demand for Family Planning in Malawi. They found that over 70% of their respondents wish to space their pregnancies and reduce the possibilities of their pregnancies to about 2 - 3 years intervals despite the changes of their access to the health facility in acquiring HTSP tools. Although the information about the services was far reaching through the mass media with about 60% of the respondent have more access to the information. It is also in agreement with result of the study by Girma et al. women are currently using different HTSP tools with about 143 (48.5%) are using injectables contraceptives, implant 45 (15.3%) and pills 16 (5.4%) and 11 (3.7%) used Intra Uterine Devices IUDs also Mohammed et al.

(2014) reported similar result from Ethiopia with similar findings and concluded that the utilization of HTSP tools among married women in the study district was high

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