

**UTILIZATION OF FAMILY PLANNING SERVICES AMONG SEXUALLY ACTIVE
PEOPLE LIVING WITH HIV/AIDS.
A CASE STUDY OF NYAGATARE DISTRICT**

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ABSTRACT

This study was about utilization of family planning among sexually active people living with HIV/AIDS in the District of Nyagatare. Rwanda has one of the highest total fertility rates of 4.6 in the world and a 45% contraceptive prevalence rate. In Nyagatare district Health facilities, 60% of the active clients are sexually active and use modern contraceptive options other than condoms is less than 34%. The study was conducted to document current family planning (FP) use, identify frequently used FP methods and possible underlying factors among sexually active clients seeking services across health facilities. The study was to assess utilization of family planning services among sexually active PLWHA in Nyagatare district, so as to design appropriate strategies for improvement in FP use thereby improving the lives of PLWHA. To achieve the objectives of the study highlighted above, descriptive cross –sectional study design, using a quantitative approach among sexually active PLWHA aged above 18 years in Nyagatare district was employed. A questionnaire was developed to collect information on utilization of family planning services among sexually active PLWHA. Purposive sampling was used to select the health facilities. Family Planning use for all methods was 87.3%. Frequency of methods used and provided by health facilities was 87% condoms, 7% pills and 6% Depo-Provera. Logistic regression results suggested that it was 9 times more likely for participants that reported approval of spouse to use FP [95% CI 3.35-26.00:P<0.001] than those that reported no spouse approval and 4 times more likely for participants who had knowledge about FP to use FP [95% CI 1.32-10.60: P=0.013], than those without knowledge about FP methods. Overall 87% currently used condoms, 13% use hormonal based contraceptives (pills and Depo-Provera). Knowledge of FP methods and approval of the spouse were more likely to be associated with FP use. The study underscored the need for FP programs to adopt approaches that improve method specific knowledge and target the spouses in order to promote FP use in line with National objectives for scale up of FP services.

Keywords: Utilization of Family planning services, sexually active, People living with HIV/AIDS, Nyagatare district