

Sigma's 30th International Nursing Research Congress

Actual Situation of Family Planning Instruction for Married People and Future Challenges in Japan

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Introduction: According to the 2012 survey by the Japan Family Planning Association, 33.6% of married women experienced induced abortion after a marriage. To reduce the induced abortion among married women is urgent issue, but there were very few previous studies about such issues in Japan.

Aim/Purpose: The purpose of this study was to clarify the actual situation of family planning instructed by healthcare professionals.

Methods: After the approval of the ethics committee of the institution, we distributed the anonymous self-administered questionnaire to 1,000 hospitals or clinics, and 741 maternity homes.

Results: 415 facilities replied and we analyzed 412 valid responses. There were 342 midwives (83.0%), 10 nurses (2.4%), 1 public health nurse (0.2%), and 59 doctors (14.3%). The facilities handling delivery are 249 (60.4%). Among those facilities, the period of teaching the postpartum women about family planning were during the hospital admission after delivery at 231 facilities (92.8%), at outpatient visit at 5 facilities (2.0%). 6 facilities (2.4%) had no instruction about that.

The most common subjects of family planning instruction were all of the postpartum women at 195 facilities (84.4%). The instruction for their husbands were implemented when a husband could participate at 114 facilities (49.4%), when necessary at 15 facilities (6.5%), and no instruction 88 facilities (38.1%). One instruction time was less than 10 minutes at majority of facilities.

186 facilities (45.1%) had instructed married people about family planning. Most of family planning for married people was carried out before and after induced abortion, and the majority instruction time was less than ten minutes.

Conclusion: The result showed that healthcare professionals instructed few the postpartum women's husbands, and healthcare professionals instructed family planning for them in a short period of time.

Married people tended to have family planning instruction when they have unwanted pregnancies.

Healthcare professionals also instructed family planning for married people in a short time.

It is difficult to carry out the family planning without husband's cooperation, so healthcare professionals have to lecture about family planning not only postpartum women but also their husbands. It is necessary for married people to have family planning instruction by healthcare professionals in order to prevented pregnancy.

Title:

Actual Situation of Family Planning Instruction for Married People and Future Challenges in Japan

Keywords:

Family planning, Married people and Pregnancy

References:

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Abstract Summary:

This study tried to clarify the situation of family planning instruction. The healthcare professionals instructed few postpartum women's husbands about family planning. Married people tended to have instruction when they have unwanted pregnancies. It is necessary for married people to have family planning instruction to prevent unintended pregnancy.

Content Outline:

Presentation Content Outline

I. Introduction

- Background and actual situation of family planning in Japan

II. Aim

This presentation will describe the actual situation of family planning instructed by healthcare professionals.

III. Methods

- Quantitative descriptive design
- Anonymous self-administered questionnaire were distributed to 1,000 hospitals and clinics and 741 maternity homes.

IV. Results

- 415 facilities replied and we analyzed 412 valid responses
- Characteristics of the participants

- Actual situation of Family Planning Instruction by healthcare professionals
V. Conclusion

Topic Selection:

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First Primary Presenting Author

Primary Presenting Author

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Author Summary: My research topics are Women's health nursing and midwifery. I make a study of sex education. I have obtained Grants-in-aid for Scientific Research entitled 'Basic study for the development of family planning support of the married people'.

Second Secondary Presenting Author

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Author Summary: Her research topics are Women's Health Nursing and Midwifery. She make a study of Perineital loss. She has obtained Grants-in-aid for Scientific Research about process of Father's role of unintended pregnancy.

Third Secondary Presenting Author

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Author Summary: She does decision making and the study on ethic.We become the member of this society and it is long and carries out many activities.As for her study, the thing about recognition and the intervention method of the nurse about the decision making in the terminal phase of the life is substantial.

Fourth Secondary Presenting Author

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Author Summary: Her research topics are Women's Health Nursing and midwifery. She made study of incontinence, perinatal loss, and mothers who is taking care of her baby. She Reserches about process of father's role acquisition.