

## OP-ID 27

### Level of Knowledge and Factors Affecting Postpartum Family Planning Use in Mothers in Nallur MOH

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**Introduction & Objectives:** Postpartum family planning is needed for at least one year after childbirth to prevent unintended pregnancy. This study was aimed to assess the knowledge and associated factors on postpartum family planning utilization among mothers under twelve months of post-delivery who are attending polyclinics in the Nallur MOH area.

**Materials & Methods:** A descriptive cross-sectional study was conducted among postpartum mothers under one year of post-delivery from January 2025 to July 2026 in the Nallur MOH area. There were 410 mothers recruited as study participants in the Nallur MOH area via a stratified proportionate sampling technique. Data was collected by using a self-administered questionnaire and statistical software SPSS 27 was used to analyze the data. Totally there were 31 points for knowledge questions. Data was presented in frequencies, percentages and Chi-square test was used to find the association. Ethical approval was obtained from ERC, Faculty of Medicine, University of Jaffna.

**Results:** Response rate is 100%. The mean age was 29.63 years. Most of them were Sri Lankan Tamils (96.3%). More than half of mothers (53.2%) had inadequate knowledge of postpartum family planning, even though 99.5% had received antenatal education and 97.8% had received postnatal education. Most of them (95.9%) knew the correct definition of the postpartum family planning and 79% of mothers knew the recommended two-year birth spacing interval. Race, education, occupation and family monthly income were shown the statistical significance with the level of knowledge.

**Conclusions:** Knowledge of postpartum family planning remains inadequate among a substantial proportion of mothers even though antenatal and postnatal education is provided adequately, which indicates a gap in education quality rather than access.

**Keywords:** *postpartum, family planning, knowledge, mothers, Jaffna*