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TREND OF TUBAL LIGATION AS A METHOD OF FAMILY PLANNING AT TERTIARY LEVEL CARE HOSPITAL

Gynaecology

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ABSTRACT

Objective: To study the TREND OF TUBAL LIGATION AS A METHOD OF FAMILY PLANNING AT TERTIARY LEVEL CARE HOSPITAL.
Method: A retrospective study was conducted at tertiary level care hospital .Data was collected from records for the year 2000-2015 and arranged in various demographic variables and compared with each other and also with the data of other nations.
Results: The Percentage of Tubal Ligation has decreased from 16.45% in year 2000 to 8.73% in year 2015.Tubal Ligation remains more common in Urban population, higher parity, higher education status, higher caste, age group between 20-35years. Use of other methods of contraception is more than Tubal ligation.
Conclusion: After two decades of stable rate there is a recent decline in Tubal Ligation. Improved access to wide range of highly effective reversible contraceptives and higher modes of education from ANM workers by one to one communication and media gives woman flexibility for deciding how to manage their reproductive ability.Trend of post partum IUCD is also increasing in present situation that lead to decline in Trend of Tubal ligation

KEYWORDS

Tubal Ligation, Family Planning, Trend

INTRODUCTION

Tubal ligation or tubectomies is a surgical procedure for sterilization in which a woman's fallopian tubes are clamped and blocked or severed and sealed, either of which prevents eggs from reaching the uterus for implantation. Tubal ligation is considered a permanent method of sterilization and birth control.[1]

Worldwide, female sterilization is used by 33% of married women using contraception making it the most common contraceptive method.[1]

POMEROY METHOD-MOST COMMON-FAILURE RATE-0.4%

IN present situation Laproscopic tubal ligation has increased considerably owing to ease of procedure and less complications as compared to conventional method.Tubal recanalization is also easy with this method as normal architecture of tube is not damaged much.

Younger women (ages 20-29) are more likely to undergo postpartum sterilization procedures2 in 50% of cases and are usually done within first 72 hours.

Older women (ages 35-49) are more likely to undergo interval procedures[2].

Increased interest in family planning coupled with safer and more effective methods allowed sterilization to become a viable method of contraception during the 1960s3-4

In present situation as population is increasing day by day, temporary methods of contraception plays an important role in halting its progress.Reversible contraceptions have higher failure rate as compared to permanent method of birth control(TUBAL LIGATION). These study is undertaken to emphasise the importance of tubal ligation as a permanent method of birth control and for understanding relationship of tubal ligation with various demographic variables .

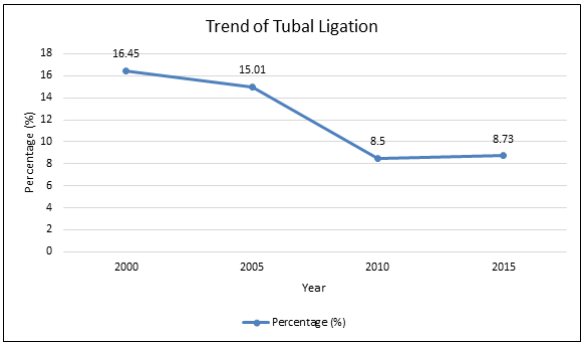
AIMS AND OBJECTIVES

- To study the trend of Tubal Ligation as a method of family planning at tertiary care hospital over period of 15 years.
- To study the trend of TL amongst different caste, age group, geographical locations.
- To study the trend of TL according to parity status of women.
- To study the association of TL with MTP.

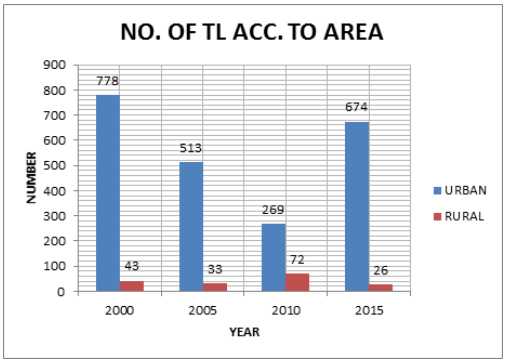
MATERIALS AND METHODS

A retrospective study was conducted at tertiary level care hospital .Data was collected from records for the year 2000-2015 .Data was collected from 5 yr interval which was arranged into various demographic variables and compared with each other. All women who underwent tubal ligation were included in the study.

OBSERVATION AND DISCUSSION



This Chart signifies the Trend of Tubal Ligations in the mentioned years. It shows the declining trend of this procedure which is supported by the research conducted in various countries. [7,8,9,11]



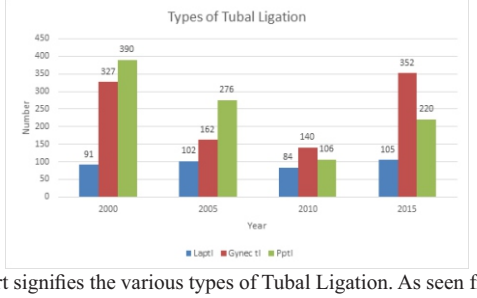
This chart signifies trend of tubal ligation is lower in rural population as compared to urban population at tertiary level care hospital ,as rural population patients are being operated at tubal ligation camp which are now organised at rural health care centers due to improved health care services .This is supported by Lunde B, Rankin K, Harwood B, et al. Sterilization of Rural and Urban Women in the United States.[12]

Correlation of Tubal ligation with parity				
N o. of children	**2000**	**2005**	**2010**	**2015**
0	0	0	0	0
1	7	16	5	0
2	240	241	98	116
3	442	226	186	452
More than 3	132	63	52	132

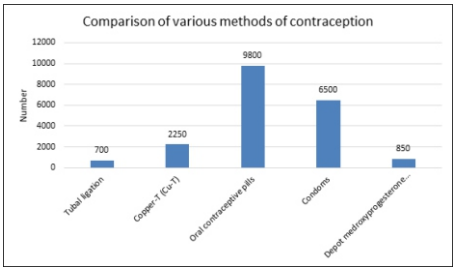
This Chart signifies the number of Tubal Ligation based on the number of Children. As per the observation, people having two or three children are more acceptable to this procedure due to completion of family size this is supported by study at el Naqsbandi irfa[13]

Correlation of Tubal ligation with Age				
	2000	**2005**	**2010**	**2015**
25-29	335	221	132	259
30-34	218	178	117	225
35-39	66	52	33	87
More than 40	10	8	8	4

This Chart signifies the number of Tubal Ligation based on the age of the female. As we can see from the above chart, females between the age group of 25 to 34 years are more acceptable to this procedure as this is most common reproductive age group this is supported by study of Demographic trends in tubal sterilisation in United States 1970-1978 at el **FRANK DESTEFANO.**[14]



This chart signifies the various types of Tubal Ligation. As seen from the above chart number of Gynec Tubal Ligation have increased compared to post partum tubal ligation due to increase in the number of Caesarean Section and completion of the procedure during single surgery and less risk of repetitive operative / Anaesthesia exposure. This is supported by study at el **T. Z. Swende, T. S. Hwande** [15]



This chart shows comparison of various methods of contraception. From the above chart it can be concluded that other reversible methods of contraception are used more than tubal ligation. Reversible methods of contraception like cu-T , Newer generation OC pills, Condoms, Depot medroxy progesterone acetate(DMPA) are safer ,noninvasive, compliant which lead to their increased use amongst women of reproductive age group. This is supported by study at el BHARDWAJ Perception of reversible and permanent methods of contraception.[16]

CONCLUSION

From the above study we can say that there is a declining trend of tubal ligation as a method of family planning at tertiary care hospital.

There is 8 % fall in trend of this procedure from year 2000-2015. This study is supported from various other studies conducted throughout the world.

In USA, decreased by 12 %.(7),In New South Wales, Australia decreased by 60 %.(8),In United Kingdom, decreased by 30 %.(9),In Norway, sterilization decreased by 67 %.(11)

The recent decline in female sterilisation observed in India may be a result of demographic, economic, social and cultural influencing factors. The prevalence in accordance with age, race, region, income and education remains complex but unchanged. Other causes of declining trend are increased use of reversible contraceptives like IUD(long acting progesterone releasing device) is gaining popularity, newer generation oc pills,DMPA(depot medroxy progesterone acetate).Availibility of safer ,reversible ,non invasive ,compliant, contraception options led to declining trend of tubal ligation As of June 2010, there is a recent decline of tubal ligation procedures in world after two decades of stable rates, possibly explained by an improved access to a wide range of highly effective reversible contraceptive.(6)

The recent decline in Tubal Ligation in India is modest compared with that of other countries.

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