

A draft small study proposal on family planning services

Training Course in Sexual and Reproductive Health Research
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Background

In the area of Reproductive Health, family planning has been identified as essential for the country from all socioeconomic perspectives. Family planning methods available to the Bhutanese population include oral pills, DMPA and IUD.

Goal of Reproductive Health

To improve the quality of reproductive life of Bhutanese men, women and adolescents, through establishing high quality reproductive health services, that will contribute towards enhancing their social, mental and economic wellbeing.

Core Components of RH:

- **Family Planning Services**
- **Safe Motherhood**
- **Newborn care**
- **Cervical Cancer Prevention**

Hypothesis

Better knowledge and awareness can substantially improve the utilization of family planning services.

Purpose of the study

To assess the knowledge, attitude and practices regarding family planning services.

Study design

- 1st stage: Selection of district-Purposeful sampling.
- 2nd stage: Selection of Block and Household-Random sampling (Use Basic Health Unit in each Block).
- Study site: Trashigang district.
- Sample size: 440 households.
- Use Annual Household Survey as Sampling framework: Taking every 3rd household.
- Study questionnaire to be pre-tested.
- Literature review.

Data collection, entry and analysis

- Data collection will be carried out over the period of one month.
- A standard data entry format developed in Epi data will be used for household questionnaire.
- SPSS will be used for data analysis.

Ethical clearance

- Ethical clearance – Research Ethical Board of Health.
- Informed verbal consent – Obtained from all respondents.

Time frame for the study

- Ethical & administrative clearance - 1 month
- Data collection – 1 month.
- Data entry, analysis and report writing – 1 month.
- Presentation of preliminary findings and dissemination.

Tentative study plan

Activities/Month	April	May	June	July
Administrative and ethical clearance	XXXXX			
Data collection		XXXXX		
Data entry and analysis			XXXXX	
Report writing				XXXXX

Budget estimation

Total Nu. 390,000/-

Conclusion

Though the growth rate has reduced to 1.8%, we still need to strengthen and sustain the family planning services as our population is young with 56% below age of 25 & high incidences of STIs and teenage pregnancy.



THANK YOU