

Barriers to uptake of Bilateral Tubal Ligation (BTL) family planning method among grand-multiparous women in the Copperbelt province, Zambia: An Exploratory Qualitative Design

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Abstract

Objective: This qualitative study explored the barriers towards the uptake of Bilateral Tubal Ligation (BTL) among grand-multiparous women. Study design: The study used an exploratory qualitative methodology. Study Setting: research participants were drawn from the Copperbelt communities. Study Population: Grand multiparous women Methods: Semi-structured interviews were utilised to collect data. Twenty-five semi-structured interviews were held with grand multiparous women who were attending clinics for family planning services. All interviews were audio recorded and transcribed verbatim. A thematic approach underpinned by some aspects of the Silences Framework was utilised for data analysis. Results: The study revealed that barriers to the uptake of BTL included desire to maintain productivity, pressure from spouses, stigmatisation of family planning, safety fears and loss of self-esteem. Conclusion: our findings show that there is need to engage women in communities to make sure that their family planning needs are effectively addressed. Key words: Multiparity, Women, Bilateral Tubal Ligation, Mortality

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