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**TRENDS OF CONTRACEPTIVE CHOICES — 6 YEARS STUDY IN A TERTIARY CARE HOSPITAL**

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**ABSTRACT**

Introduction: Unmet need of contraception is an ongoing global concern. Rapid increase in population contributes to the rising of poverty and hampers development of a country. Adoption of small family norm is beneficial not only to the family but to a country’s wellbeing. Although most of the family planning services are offered free of cost by government the acceptance is variable and depends on the user’s choice. The aim of this study was to find the change in trends of contraception through years.

Method: The study background is a tertiary health care facility in a semi urban area. Data of different methods of contraception provided and implemented was obtained from computerised data entry register of the institution. Different methods of Contraception methods provided in the institution between January 2014 to December 2019 was taken into account.

Results: Interval sterilization started declining from 2016 (85) and was maximum declined in2018 (6), whereas post-partum (post LUCS or vaginal delivery) sterilization showed an increasing trend with maximum in 2019(621). More women opted for Post-Partum IUCD with a declining trend in interval IUCD with lowest in 2019(21). Demand and need of Oral contraceptive Pills also showed a gradual declining trend over years as other newer methods became available.

Conclusion: Change in trends in adopting to a newer available methods of contraception is noted in the study.

Keywords: choices, contraception, trends