

# Status of Abortion Services in Jumla

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## ABSTRACT

**Introduction:** Abortion was legalized in Nepal in September 2002. Only a trained and listed provider can provide abortion services at a health. For many women, especially in developing countries like Nepal, safe abortion may not be available, affordable or accessible despite the liberalization of abortion law. The aim of this study was to determine the status of abortion in Jumla.

**Methods:** This retrospective study was conducted from the record of District Health Office; Jumla from the month of Ashad 2074 to Jestha 2075. Total Enumerative sampling technique was used. Data of public health sector and Marie Stopes Center, Jumla were retrieved and analyzed in terms of frequency, rate, and percentage.

**Results:** Total 1196 women have received abortion services and abortion rate was 36.077 per 1000 (15-49 Years women). Most of the women(90%) were more than 20 years of age and majority of women (82%) chose medical method for abortion service. Majority (88.62%) have used Post abortion family Planning services.

**Conclusions:** The abortion rate of Jumla was still high. Nine out of ten women who received abortion services were more than 20 years of age. Women preferred medical method rather than surgical method for abortion service. Nearly one tenth women had not used any post abortion family planning method.

**Keywords:** abortion; jumla; status.

## INTRODUCTION

Abortion means termination of pregnancy before 22 weeks of gestation. Abortion was legalized in Nepal in September 2002. The government began providing comprehensive abortion care services in March 2004. It is available up to 12 weeks' gestation on request, up to 18 weeks' gestation in cases of rape or incest, and at any time if the pregnancy poses a danger to the woman's life or physical or mental health or if there is a fetal abnormality.<sup>1</sup> One, only a trained and listed provider can provide abortion services at a facility that is listed. For many women, especially in developing countries like ours, safe abortion may not be available, affordable or accessible despite the liberalization of abortion law.<sup>2</sup>

According to the abortion surveillance conducted by CDC in 2014 in the United States, the abortion rate was 12.1 abortions per 1,000 women aged

15–44 years.<sup>3</sup> Another study from the India revealed that 15.6 million abortions occurred in 2015 and abortion rate was 47.0 abortions per 1000 women aged 15–49 years. NDHS, 2016 reported 41% women age 15–49 were aware that abortion is legal in Nepal. 72% of women used medicines to terminate the pregnancy (medical abortion), followed by manual vacuum aspiration (17%) and dilation and evacuation/dilation and curettage (7%).<sup>4</sup>

The study conducted by Kripa foundation among the women in Nepal in 2014, found that there were 323,100 abortions and abortion rate was 42 per 1,000 women aged 15–49.<sup>2</sup> An abortion service has been provided by both listed government and NGO (Marie Stopes) in Jumla. Mainly medical abortion services are provided from government facility. There is not much study found regarding

the status of abortion in Jumla District so, this study will provide overview of abortion status of Jumla.

**METHODS**

The retrospective study was conducted from the record of District Health Office, Jumla from the month of Ashad 2074 to Jestha 2075. Enumerative sampling technique was used. Ethical permission was taken from Institutional Review Committee of Karnali Academy of Health Sciences. Data of public health sector and Marie Stopes Center, Jumla were retrieved from District Health Office and analyzed in terms of frequency, rate, and percentage.

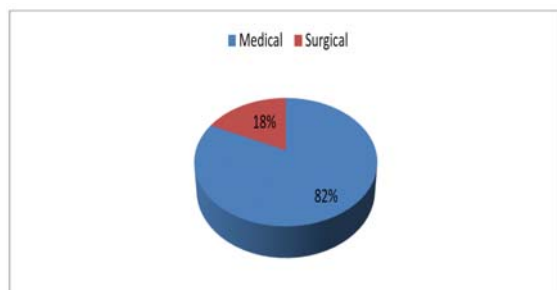
**RESULTS**

The total numbers of women of reproductive age were 33151. Total 1196 women have received abortion services and abortion rate was 36.077 per 1000 (15-49 Years women). Most of the women (90%) were more than 20 years of age.



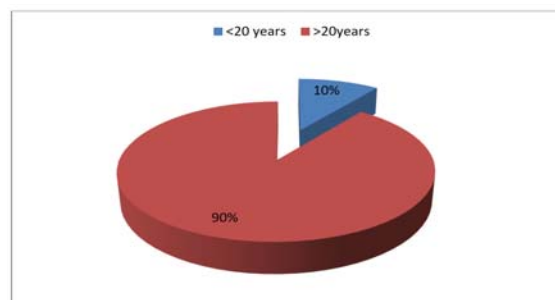
**Figure 1.** Monthly Trend of Abortion Services. (n=1196)

Above figure reveals that there were total 1196 cases who received abortion services, among them highest (132) cases were in the month of Bhadra and lowest (8) cases in the month of Ashad.



**Figure 2.** Method of Abortion Service(n=1196)  
Above figure depicts that majority of women 82%

(982) chooses the medical method as a means of abortion whereas only 18% (214) women chooses surgical method.



**Figure 3.** Age Distribution of Women Receiving Abortion Services

Above figure shows that most of the women who received abortion services 90% (1074) were more than 20 years and 10% (122) were less than 20 years.

Family planning	Number
Short Acting	570
Long Acting	490
Not used	136
Total	1196

Above table reveals that 1060(88.62%) have used post abortion family Planning services. Among those who received family planning services, 570 women have used short term family planning methods.

**DISCUSSION**

There were total 1196 women have received abortion services from Ashad 2074 to Jestha 2075 and abortion rate was 36.077 per 1000 women aged 15-49 Years women. The finding is similar to study conducted by Kripa foundation in 2014 in Nepal where abortion rate was 42 per 1,000 women aged 15-49.<sup>2</sup> The finding in this study was slightly lower as compared with the study conducted in Pakistan in which annual abortion rate was 50 per 1,000 women.<sup>5</sup> Another study

conducted in India also supports this finding in which the abortion rate was 47.0 abortions (42.2–52.1) per 1000 women aged 15–49 years.<sup>6</sup>

In the current study most of the women (90%) were more than 20 years and 10% were less than 20 years which is similar to finding from Annual report 2073/74 of Nepal where 14% of safe abortion service users were adolescents. In this study majority of women (82%) chose medical method of abortion service which is higher compare to the finding of Annual report 2073/74. Nepal where 56 percent received medical abortions.<sup>7</sup>

Majority (88.62%) have used Post abortion family planning services. Among them, 570 women have used short term family planning methods. This finding also shows higher than the result of study done in Debre Markos town, Ethiopia where 59.2% utilized post abortion family planning services.<sup>8</sup>

## CONCLUSIONS

The abortion rate in Jumla was high, nine out of ten women who received abortion receives were more than 20 years of age. Women prefer medical method rather than surgical method of abortion service. Nearly one tenth women did not use any post abortion family planning services. Safe abortion is a reproductive right of the women so it should be allowed but must not be used as means of family planning methods. Abortion service should be available to all the women with counseling, contraceptives and other reproductive health services to promote the wellbeing of the women.

**Conflict of Interest: None**

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