

Citation:

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Contraceptive use among the Fulani nomads in Kintampo north municipality of Ghana

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Objectives:

This study explored the perspectives of contraceptives use among Fulani nomads in the Kintampo North Municipality.

Methods:

This was a qualitative study among purposively selected female Fulani nomads, health personnels and over the counter medicine attendant to determine their challenges and experiences in assessing and utilizing contraceptives from 23rd July, 2023 to 09th November, 2023. Thirteen (13) in-depth interviews were conducted with two additional focus group discussions among Fulani Nomads to explore their perspectives on contraceptive use. Data were thematically analyzed using Nvivo 12 and presented as narratives.

Results:

Though the participants in both FGD and IDI were generally aware of contraceptive methods including Intrauterine Devices (IUDs), injectables, pills, and implants, they lacked indepth knowledge about them. Participants highlighted several benefits associated with contraceptive use, such as preventing unplanned pregnancies. Interestingly, while injectables and implants were perceived to be associated with infertility, menstrual flow irregularities, menstrual pain and dizziness, emergency pills were perceived to be associated with headaches. Sensations of discomfort in the genital were associated with IUD insertion. Participants noted that stock outs of contraceptives, long distances to facilities, lack of transport, and cost, limits uptake and use, disrupting individuals' ability to promptly receive their desired contraceptive methods.

Conclusion:

This study revealed that Fulani nomads generally have some awareness of contraceptives as tools for pregnancy prevention and planning. However limited understanding, along with access and financial barriers constraints their use. Strengthened education and culturally sensitive interventions are needed to enhance informed decision-making and improve contraceptive use.
