



Vasectomy Knowledge, Attitudes and Practices in Nairobi County, Kenya: An Exploratory Study

Kubai Edward Ikiugu

Research, Monitoring and Evaluation Officer

Marie Stopes Kenya

Specific study objectives

- Determine the levels of knowledge, attitudes and practice towards vasectomy among the catchment population of MSK urban clinics in Nairobi County
- Assess community sentiments and perceptions on availability and quality of vasectomy services
- Identify major and trusted sources of vasectomy messaging and modes for communication for vasectomy messages
- Determine how the community perceptions on availability and quality of vasectomy impact on their utilization of these services

Study methodology

☐ Qualitative methodologies: FGDs and IDIs

☐ Sampling

- 8 FGDs
- 12 IDIs
- Participants included men who had and had not received a vasectomy; their wives; and community health workers
- Purposive and snowball sampling techniques used

Key Findings- Knowledge & Attitude

- Knowledge of vasectomy is fairly good; however, negative attitudes are common
- Religious and traditional beliefs contributed to negative attitudes
- Some women felt that vasectomy could lead to sexual promiscuity among vasectomised men, as they would no longer have to worry about an unintended pregnancy
- Some thought that men would regret the decision to have a vasectomy
- However, there were several benefits of vasectomy among acceptors:

“I am an outspoken and determined champion of [vasectomy] use as a family planning method and I believe that if more men chose vasectomy, it could dramatically improve the lives of Kenyan families.” - IDI participant

Key Findings- Practices

- Uptake for vasectomy was generally low

“Such decisions [on child bearing] in many households in this community are either strongly influenced or are made solely by men”
married female FGD participant, Kibera Sub-County

- Common misconceptions
 - *Vasectomy interferes with testosterone production, which is the hormone that makes a man ‘a man’*

Factors affecting the uptake of vasectomy

- Religious beliefs
- Myths and misconceptions
- Traditional beliefs
- Educational levels
- Political factors
- Provider attitude

Recommendations from the research

- Reach men with accurate information and promote male involvement in family planning
- Work with women to reach their spouses.
- Identify role models who have received vasectomy

Evidence to action

- Set up 'well man' clinics
- Create public awareness
- Work with women to reach out to their spouses
- Better policies to address vasectomy uptake

Thank you

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(Toll Free)
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