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Institutional delivery and its associated factors: A cross sectional community based study in Kavre district, Nepal

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Health facility delivery is considered a critical strategy to improve maternal health. The objective of this study was to identify utilization of institutional delivery and its associated factors. A descriptive cross-sectional study was carried out among the mothers of below five year aged children in Dhungharka, Kavre District, Nepal. Pre-tested questionnaire was administered to 170 mothers between 15-45 years of age group. Household survey was done by using purposive sampling technique and face to face interview technique was used to collect the data from 1st July to 30th December 2014. Data was analyzed using simple descriptive statistic with SPSS version 16. Association with institutional delivery was assessed by using chi-square test. Among the total participants, 90.0% of them had institutional delivery. The higher proportions of institutional delivery were found in both literate mothers ($p=0.001$) and their literate husband ($p=0.023$). The proportion of institutional delivery among the mothers decided by their relatives (husband, father/mother-in-laws and other family members) for institutional delivery had higher portion ($p=0.048$) of institutional delivery than participants who decide themselves. But the study was not able to find out the significant association between institutional delivery and age of mothers, husband's occupation and number of children, number of ANC visits and distance to nearest health facility for delivery. Utilization of institutional delivery was much higher than national figure. Institutional delivery was associated with both educational status of mothers and their husband. Decision made by husband, mother in-law, father in-law and other family members were also associated with institutional delivery. So, to increase institutional delivery, family members need to be encouraged for safe motherhood program.

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