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

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**Background:** Health facility delivery is considered as critical strategy to improve maternal health. The Government of Nepal is promoting institutional delivery through different incentive programmes and the establishment of birthing centers.

**Objective:** The objective of this study was to identify utilization of institutional delivery and its associated factors.

**Methods:** A descriptive cross-sectional study was carried out among the mothers of less than five 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.

**Results:** 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 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.

**Conclusion:** 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 programme.

### **Biography**

Sushila Shrestha has obtained her Masters' in Community Health Nursing and enjoys sharing her knowledge and skills. She is competent in research and published original research articles in national and international journals. Currently, she is working as a Faculty of Community Health Nursing in Kathmandu University School of Medical Sciences. She worked as a Coordinator of BSc Nursing second year students for 3 years. She has supervised more than 20 theses as an advisor. She has been an organizing member of first and second international nursing conference held in Kathmandu University School of Medical Sciences, Dhulikhel, Nepal.

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