



**PATHWAYS**  
MEANINGFULLY ENGAGING COMMUNITIES

**NAKURU COUNTY**

**OOP SURVEY**

**REPORT**

**SUMMARY**

**“We are a policy and accountability think tank;  
meaningfully engaging communities on  
Population, Health, and the Environment.”**

Pathways (PPI) works to provide a safe space for advocates and communities to meaningfully influence public health, environmental and Sexual and Reproductive Health policies through research, training, and capacity strengthening.

Pathways (PPI) believes that as we head towards 2030, policy engagement has to shift into new and innovative ideas as we aim to realise evidence-led decision making for Primary Health Care.

# Acronyms

<b>FP:</b>	Family Planning
<b>KHIS:</b>	Kenya Health Information System
<b>KHSSP:</b>	Kenya Health Sector Strategic & Investment Plan
<b>KIS:</b>	Key Informant's Survey
<b>MCH:</b>	Maternal Child Health Unit
<b>NHIF:</b>	National Health Insurance Fund
<b>OOP:</b>	Out of Pocket Expenditure
<b>PPI:</b>	Pathways Policy Institute
<b>SDGs:</b>	Sustainable Development Goals
<b>SRH&amp;R:</b>	Sexual and Reproductive Health and Rights
<b>SRH:</b>	Sexual & Reproductive health
<b>WRA:</b>	Women of Reproductive Age

# Introduction

The survey sought to determine the Out of Pocket Expenditure (OOP) incurred by Women of Reproductive Age (WRA) in the Country (Kenya) by assessing:

- The Family Planning (FP) services offered in the hospitals,
- The number of WRA visiting hospitals for FP services,
- The cost of FP services thus expenditure incurred by WRA,
- The mode of payment (Cash, NHIF or other insurances),
- The revenues earned from rendering the FP services, and
- The per capita cost in accessing FP service in various hospitals.

The survey's primary data was obtained from the hospitals' Kenya Health Information System (KHIS) records. Additional information on the cost of services and mode of payments was obtained from the hospitals' records personnel and/or accountant.

The survey also undertook a Key Informant's Survey (KIS) with preset questions to obtain general information on the delivery of FP services as well as interrogate some observed trends in the primary data collected.

This survey reviewed hospital data on FP services for 12 months during the financial year from July 2020 to June 2021.

The survey collected data from three hospitals in Nakuru County as shown in the table below with their different classifications.

**Table showing the Hospitals surveyed in Nakuru county**

Hospital Classification	Nakuru county
Level 4	Naivasha District Hospital
Level 3	Gil Gil Sub- County Hospital
Private hospital	MediSprings Medical Centre

# Nakuru County Survey Analysis

## Introduction

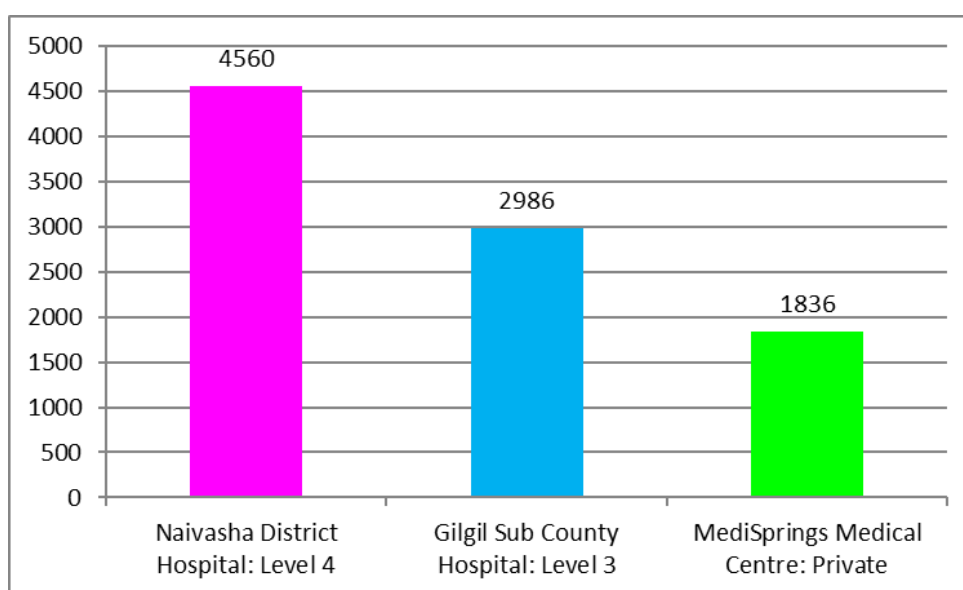
This section presents data in form of figures, tables and narrations. The data presentation tries to capture the survey's outlined targets including;

1. The number of WRA visiting hospitals for FP services,
2. The FP services offered in the hospitals,
3. The cost of FP service thus expenditure incurred by WRA,
4. The mode of payment (Cash, NHIF or other insurances),
5. The revenues earned from rendering the FP services, and
6. The per capita cost for WRA in accessing FP service in various hospitals and Counties.

## Visits for FP service in the three hospitals located in Nakuru County

The number of visits for FP services in the three hospitals located in Nakuru County is given in the figure below. In Nakuru County, Naivasha district hospitals has the highest number of FP service visits at 4560 followed by Gilgil sub-County hospital with 2968 visits for FP services. MediSprings Medical Centre has 1836 FP service visits.

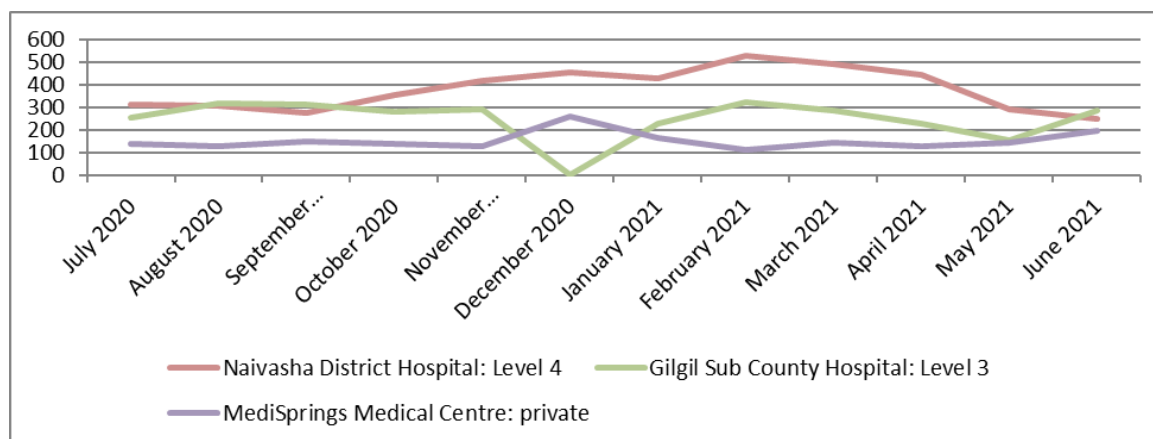
**Figure showing total Visits for FP Services in the Three Hospitals located in Nakuru County**



### Trend In Hospital Visits Over The Survey Period

The figure below gives the trend of hospital visits for FP services in the surveyed hospitals during the 2020 to 2021 financial year.

**Figure showing trend of visits for FP services during the survey period.**



During the survey period Naivasha District Hospital has the highest number of hospital visits. Visits in Gilgil Sub County Hospital, are below those in Naivasha District hospital but above MediSprings Medical Center. However, in the month of December 2020 the number of visits dropped to zero attributable to lack of commodities in the facility. See figure above.

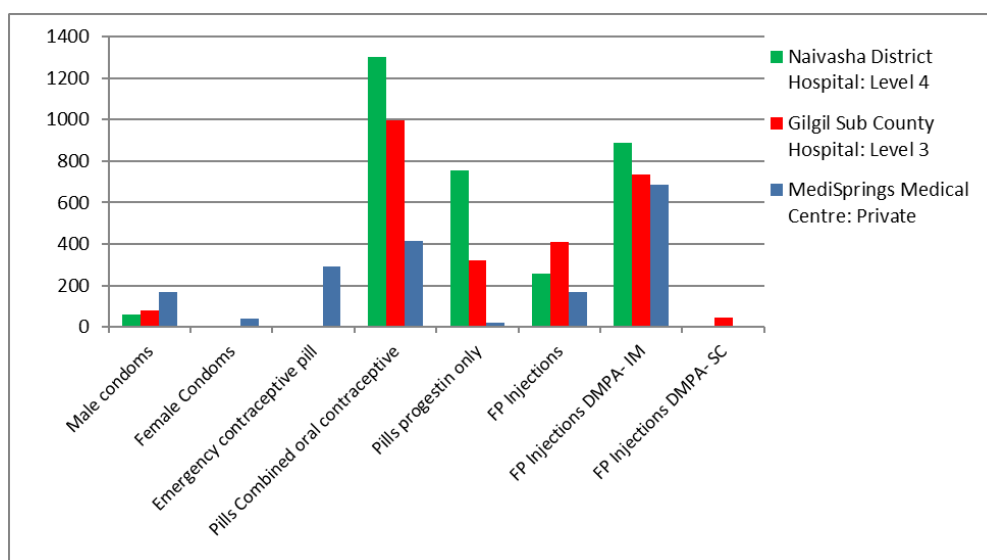
### Short- Term FP Services Offered at Surveyed Hospitals in Nakuru County

In Nakuru County the short-term FP services offered include Male Condoms, Emergency contraceptive pills, Pills combined oral contraceptive, Pills progestin only and FP injections DMPA-IM. The survey observed that FP injection DMPA-SC is not in supply in the hospitals. The figure below show the short-term FP services offered and accessed in the three hospitals located in Nakuru County.

### Visits for Short-term FP Services at Surveyed Hospitals in Nakuru County

Naivasha district hospital has the highest WRA accessing Pills Combined oral contraceptive; 1301, while Gilgil Sub-County hospital has 995 visits for Pills Combined oral Contraceptive. FP injections DMPA-IM is accessed by 887 WRA in Naivasha district hospital, 737 WRA in Gilgil Sub-county hospital and 685 WRA at MediSpring Medical center. In Nakuru County, it is observed in total that the most preferred short-term method of contraception are injectables compared to pills. See figure below.

**Figure showing short-Term Services Offered by surveyed Hospitals in Nakuru County**

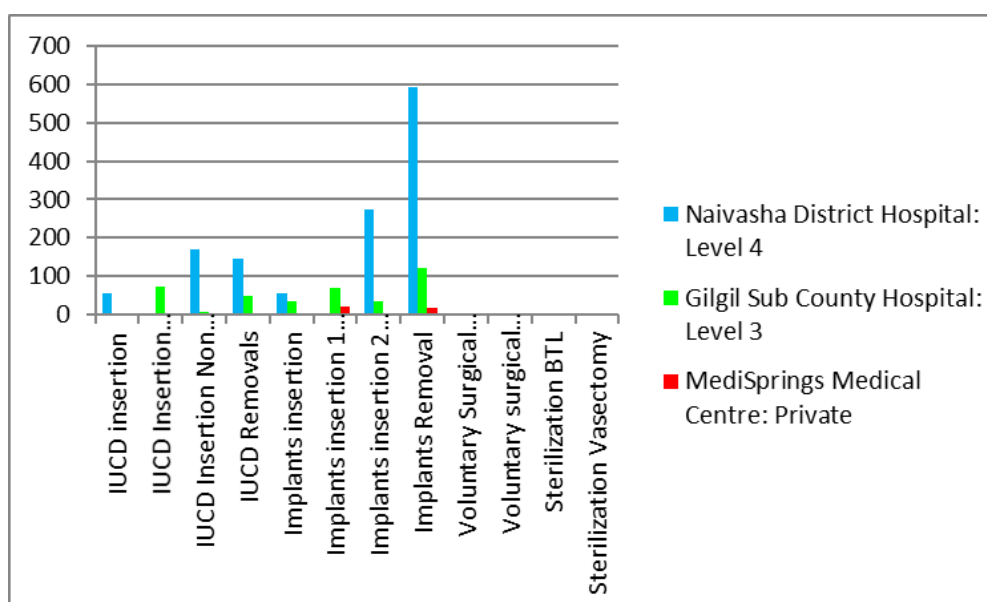


### Long-Term FP Services Offered in Nakuru County

In Nakuru County, the long-term FP services offered include IUCD insertion Non-Hormonal and implants insertion 1 rod and 2 rods. The figure below shows the long-term FP services offered in the three hospitals located in Nakuru County.

The long-term FP service with the highest number of visits in Nakuru County is implants insertion Rod 2 with 273 visits at Naivasha District Hospital. In Nakuru County, it is observed that there is low access to long-term FP services as an aspect that is attributed to the demographic composition of the population. In the County, there is a high population of young WRA with a few being in longer-term commitment relationships and the fear of delay in return to fertility sets in the concern of using long-term FP methods. See figure below.

**Figure showing Long-Term Services Offered by surveyed Hospitals in Nakuru County**



## Cost of FP Service and Hospital Revenues

**Table Showing Cost of FP Services for Surveyed Hospitals in Nakuru County**

Methods	Naivasha District Hospital: Level 4	Gilgil Sub County Hospital: Level 3	MediSprings Medical Centre: private
Emergency contraceptive pill	0	0	200
Pills Combined oral contraceptive	30	0	70
Pills progestin only	30	0	30
FP Injections	30	0	200
FP Injections DMPA- IM	30	0	200
FP Injections DMPA- SC	30	0	200
IUCD insertion	200	0	
IUCD Insertion Hormonal	200	0	
IUCD Insertion Non Hormonal	200	0	
IUCD Removals	200	0	500
Implants insertion	200	0	500
Implants insertion 1 Rod	200	0	500
Implants insertion 2 Rod	200	0	500
Implants Removal	100	0	500
Voluntary Surgical Contraception Vasectomy			
Voluntary surgical contraception BTL			
Sterilization BTL			
Sterilization Vasectomy			
Other Charges			
Card Registration	100	100	50
Card Renewal	0	100	0
Consultation fee	0		0

Cost of FP services for the surveyed Hospitals in Nakuru County is given in table above. The survey observes that Gilgil Sub County Hospital does not charge for the FP services however they charge for card registration Ksh. 100 and card renewal Ksh. 100. Naivasha District Hospital charges for the FP services with the highest fee being Ksh. 200 and lowest fee being Ksh. 30. The service access fee at Naivasha is Ksh. 100 for registration only.

At MediSprings Medical Center the highest fee for FP service is Ksh. 500 while the lowest is Ksh. 30. MediSprings Medical Center charges a registration fee of Ksh. 50. Overall, MediSprings Medical Center has the highest fee for FP services for the hospitals surveyed in Nakuru County. See table above.

### Hospital Revenues

From the information on revenues earned by hospital surveyed in Nakuru County, Naivasha District Hospital has the highest revenue earned for FP services offered; Ksh. 295,560 followed by MediSprings Medical Center; Ksh. 282,260. Giglgil Sub County Hospital does not charge for offering FP service therefore, has zero revenue on service delivery. See table below.

**Table showing the FP services revenues by surveyed hospitals in Nakuru County**

	Naivasha District Hospital: Level 4	Gilgil Sub County Hospital: Level 3	MediSprings Medical Centre: private
Emergency contraceptive pill	0	0	58,600
Pills Combined oral contraceptive	39,030	0	29,190
Pills progestin only	22,650	0	570
FP Injections	7,770	0	33,400
FP Injections DMPA- IM	26,610	0	137,000
FP Injections DMPA- SC	-	0	-
IUCD insertion	11,400	0	-
IUCD Insertion Hormonal	-	0	-
IUCD Insertion Non Hormonal	34,200	0	-
IUCD Removals	29,000	0	1,500
Implants insertion	11,000	0	1,500
Implants insertion 1 Rod	-	0	10,000
Implants insertion 2 Rod	54,600	0	1,500
Implants Removal	59,300	0	9,000
Voluntary Surgical Contraception Vasectomy	-	0	-
Voluntary surgical contraception BTL	-	0	-
Sterilization BTL	-	0	-
Sterilization Vasectomy	-	0	-
<b>Total</b>	<b>295,560</b>	<b>-</b>	<b>282,260</b>

### Average Cost Paid Per WRA Accessing FP Services In Nakuru County

The average cost is obtained by the formula below.

$$\text{average Cost} = \frac{\text{Total Hospital Revenue}}{\text{Total Number of visits}}$$

**Table showing the average cost of FP services in the three survey Facilities**

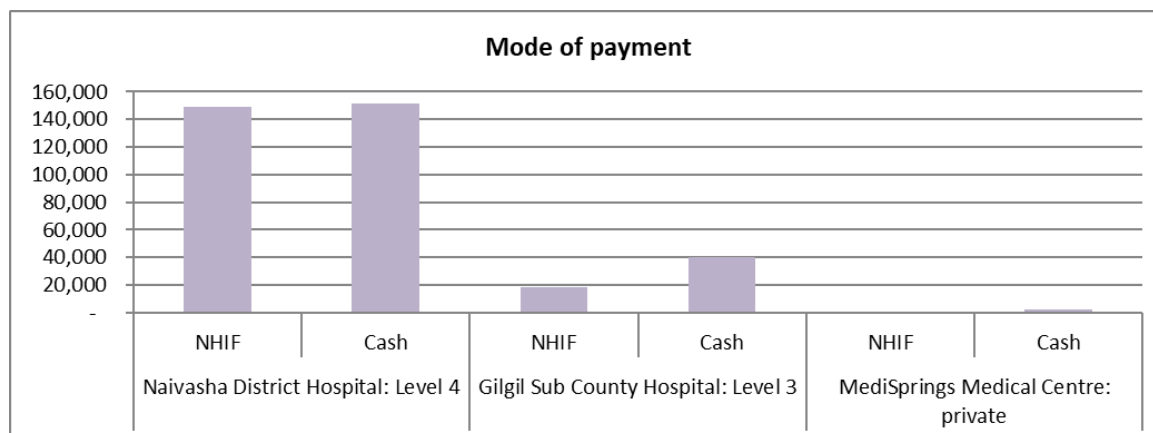
Facility /Hospital	Revenues	Total Number of visits	Average cost per WRA
Naivasha district Hospital	295,560	4560	64.82
Gilgil Sub county Hospital	0	2986	0.00
Medispring medical Center	282,260	1836	153.74

The highest average cost for FP services in the facilities surveyed in Nakuru County is observed at MediSpring Medical Center; Ksh. 153 and at Naivasha District Hospital; Ksh. 64. It is notable that the fee charged for FP services combined with other factors such as proximity to patients and availability of services will influence the number of visits in the health facility.

### Mode of payment (Cash, NHIF or other insurances)

The survey sought to assess the mode of payment used in the survey hospitals. The distribution between the modes of payments used in the three hospitals surveyed in Nakuru County is given in figure below.

**Figure showing distribution for mode of payment**



Distribution by mode of payment shows that Naivasha District Hospital has the highest number of patients paying by NHIF 148,693 at Giglgil Sub County Hospital NHIF pay mode is by 18,201. MediSprings Medical Center only accepts cash as the mode of payment because they are yet to receive accreditation from NHIF. The use of NHIF as a mode of payment in Naivasha District Hospital is attributed to the population growth observed in the town and the high uptake of NHIF cards in the urban area.

# Conclusion and Recommendations

## FP service methods access and preferences

- FP injection DMPA- IM is well concealed in the arm muscle thus it is the preferred method by WRA to practice family planning without knowledge of their partner. Additionally lack of supply for FP injection DMPA- SC has contributed to the wide spread use of DMPA- IM throughout the country. Among the long-term FP methods, IUCD insertion Non-Hormonal is considered to have lesser side effects and thus highly preferred. Implant insertion 2 Rod is the other long-term FP method with a higher uptake compared to Implant insertion 1 Rod. The preference is attributed to its effectiveness and since Implant insertion 1 Rod has limited or zero supply.
- The least accessed short-term services are male and female condoms and emergency contraceptives. Male condoms are distributed through condom dispensers, thus no data is captured in full on their access and use. In the case for Female condoms, they are generally unavailable for the hospital supply owing to the high cost of procuring them. Emergency contraceptive pills are over-the-counter pills and WRA obtain them from other sources (pharmacy and chemist) hence hospital numbers remain low.
- The preference between short and long-term methods is dependent on the age and the current position of house hold number and plans of getting another child considering number of children the couple is comfortable with. Among the couples in a family setting, long-term methods are mostly opted while for the young couples who are yet to take up long-term commitments to each other, short-term methods will be taken up. From the current survey there is an increase in the uptake of long-term FP methods while the uptake of short-term FP methods has remained constant with low fluctuations.
- From the survey data on trends, it was also noted that proximity to urban centers and the demographic profile of the population surrounding a medical facility impacts on the number of visits for FP services. MediSprings Medical Center located in Nakuru County has a youth friendly center and is surrounded by a diverse population composition comprising of young WRA. These aspects contributed to the observed higher visit trends at MediSprings Medical Center. The private facility exhibited higher visits than some level 3 and level 4 public facilities. The number of visits to a health facility and choice of FP service is influenced by other factors beside the size and demographic character of the population around.

## Hospital Revenue and Average Cost of FP Service

- The survey notes that low price of commodities and services, availability of the products/service and presence of youth friendly services in combination will highly influence visits for FP services and thus Revenues. In the health facilities where glitches in commodity supply were noted, there are significant drops in the number of WRA visiting the facility in subsequent periods. In seeking FP services, WRA assess where they will conveniently access their service of choice with ideal attention to their specific health and social needs. In the case of the youth, the need for a service provider who understands them and one who does not chastise them for embracing FP planning at an early age is preferred. There is also need for competence among the service providers since WRA are cautious where they feel they are gambling with their health livelihood. WRA will consider the cost implication (out-of-pocket expenditure) in making a choice on where to access their FP services.
- This survey has also observed that lowering the cost of FP services or removing these costs would encourage access to FP services and contribute positively towards a healthy, sustainable and managed population growth within the country.

## Modes of pay and NHIF Use

In the private facilities the most used mode of payment is cash. NHIF as a mode of pay is curtailed by the regulation for the facilities, low enrolment and discontinued contribution after first time enrolment. Other factors limiting the use of NHIF mode of pay is the regulatory need for the presence of the primary Member for Biometric checks in the case of the dependants seeking access to health services.

**This work has been supported by**

**PAI**  
**pai.org**

# GET IN TOUCH



**+254 720 245 732**



**[path@thepathways.org](mailto:path@thepathways.org)**



**Nanyuki, Beisa road,  
Laikipia County,  
Kenya.**



**PATHWAYS**  
MEANINGFULLY ENGAGING COMMUNITIES

