

# Family Planning

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# Contraception methods



Condom



Female condom



Oral contraception



Hormonal ring



UID



Contraceptive injection



Surgical sterilization



Implant



Coitus interruptus



Calendar rhythm method



Vaginal douche



Contraceptive patch



Diaphragm / cap

# Family Planning

- Saves women's lives and improves their health
- Spaces pregnancies, which saves children's lives and improves their health
- Benefits couple, family and community
- Helps adolescents make responsible choices
- Allows men to share responsibility for reproductive health and child rearing

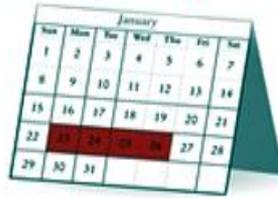
# Contraceptive Methods

- Meet a variety of user needs
- Are safe and offer many health benefits
- Can provide protection against STDs (e.g., HBV, HIV/AIDS)

**Condoms are the only contraceptive method that provides protection against STDs (e.g., HBV, HIV/AIDS).**

# Natural Family Planning

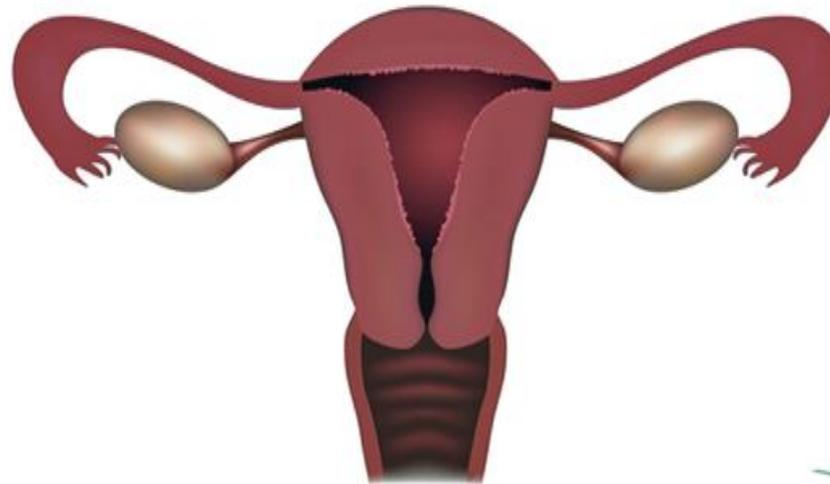
Vaginal ring



Female Condom



Contraceptive patch



Male Condom



Oral Contraceptive pills



Injectibles



Intrauterine device



# Family Planning and Birth Control Methods

# Contraceptive Method Choices

A wide variety of contraceptive methods meet:

1. Personal And Cultural Concerns
2. Health Considerations
3. Cost Considerations
4. Convenience Considerations
5. Changing Family Planning And Health Needs

**Remember: Every individual/couple has the right to decide whether to use contraceptive methods and which method to use.**

# Lack of Access to Family Planning

- 350 million couples worldwide don't have access to family planning
- Groups without access:
  1. Adolescents
  2. Unmarried men
  3. Women postponing their first pregnancy
  4. People with disabilities
  5. Poor, especially people in rural areas

# Increasing Access to Family Planning

120 million married women would use modern methods if they had:

1. Accurate Information
2. Affordable Methods
3. Quality Services : الخدمات الممتازة
4. Support From Partners, Family And Community

# Family Planning Health Benefits

- Contraceptive use provides many health benefits including:
  1. protection against some diseases (STDs and some cancers)
  2. protection against other health conditions such as anemia or heavy bleeding/cramping
  3. health benefits for the infant (lactational amenorrhea method)
- **For most women of reproductive age, benefits of using family planning are greater than the associated risks and side effects.**

# Family Planning Risks

- Risks vary by person (health status, age, etc.)
- Risks are very small **compared to** pregnancy (more dangerous)
- Influenced by quality and availability of services
- Counseling and screening reduce risks
- Benefits of family planning generally exceed risks

# Family Planning Saves Women's Lives

- Preventing pregnancy reduces risk of illness and death
- Particularly benefits women:
  1. < age of 18 and > age of 35
  2. who have > 4 children
  3. who have health problems
- Family planning helps women avoid unwanted pregnancies, many of which end in **Unsafe Abortion**

# Family Planning Benefits/ Women

1. Better health/protection from certain diseases including STDs (e.g., HBV, HIV/AIDS)
2. Freedom to decide which contraceptive method to use (informed choice)
3. Prevention of unsafe abortion
4. Less physical/emotional/economic strain
5. Greater care for each child
6. Improved Quality Of Life (QOL)

# Maternal Mortality

- ✓ 585,000 women die each year from pregnancy and childbirth related causes **97% are in developing countries**
- ✓ Estimated 100,000 women die each year who did not want any more children, but were unable to prevent future pregnancies
- ✓ Risks of childbearing are greater in women  $< 18$  years old and women  $> 35$  years old
- ✓ Risk of maternal death is **1.5 to 3 times** higher for women with 5 or more children than for women with 2 or 3 children

# Maternal Mortality

- More than 70,000 women die each year from unsafe abortion
- Majority of women are at high risk of experiencing pregnancy-related problems
- Pregnancy may exacerbate existing health condition
- Death of mother can cause loss of:
  1. Emotional support for children
  2. Nutritional and health support for children
  3. Income for family

# Family Planning Improves Child Health

- Infant/child deaths are reduced by:
  - Spacing births  $> 2$  years apart
  - Delaying births until after age 18
  - Limiting family size to  $< 4$  children
- Birth interval  $< 12$  months = **70-80%** increase in risk of death for previous child
- Infants born to women  $< 18$  years old are **24%** more likely to die in first month

# Family Planning Benefits/ Children

1. Better health
2. More food and other resources available
3. Greater opportunity for emotional support from parents
4. Better opportunity for education

# Family Planning Benefits/ Adolescents

1. **Protection from early and unwanted pregnancy**
2. Protection from STDs (e.g., HBV, HIV/AIDS)
3. Increased education opportunities
4. Increased job possibilities
5. **Prevention of unsafe abortions**

# Family Planning and Adolescents

- Early childbearing, unsafe abortion and STDs threaten health and future fertility
- Young parents face social and economic barriers
- Education and counseling about contraception can help in making responsible decisions
- Contraceptive method should provide protection against both pregnancy and STDs (e.g., HBV, HIV/AIDS)
- 50 million adolescent women become pregnant each year
- Majority of new HIV infected adults are < 25 years old

# Sexually Active Adolescents

- 15 million pregnancies/year
- Women < 20 years old are especially likely to suffer complications of pregnancy
- Increased risk of preterm delivery
- Young women often seek unsafe abortion
- STD rates higher among adolescents

# Family Planning Benefits/ Men

- Protection from STDs  
(e.g., HBV, HIV/AIDS)
- Less emotional and economic strain
- Freedom to decide which contraceptive method to use
- Improved quality of life

# Male Involvement

Men can:

- Share in decisions about family size and contraceptive use
- Take responsibility for using some methods
- Support partners in using other methods
- Prevent STDs by:
  - Remaining monogamous
  - Using condoms
- Share responsibility for child rearing

# Family Planning Benefits/ Couple/Family

- Help in limiting or spacing pregnancies
- Freedom to decide when to have children
- Less emotional and economic strain
- More resources available for children
- Increased education opportunities for children
- Increased economic opportunities
- More energy for household activities
- More energy for personal development and community activities

# Family Planning Benefits/ Community

1. Reduced strain on environmental resources (land, food, water)
2. Reduced strain on community resources (healthcare, educational and social services)
3. Greater participation by individuals in community affairs

# STDs: Messages for HCWs

Best protection against STDs:

1. Abstinence
2. Monogamous relationship
3. Condoms (male and female) provide significant protection
4. Other contraceptive methods provide some protection:
  - A. Spermicides
  - B. Diaphragms

# Family Planning Counseling

# FAMILY PLANNING METHODS

## ◉ SPACING METHODS

- ◉ Barrier methods
- ◉ Physical methods
- ◉ Chemical methods
- ◉ Combined methods
- ◉ Intra-uterine devices
- ◉ Hormonal methods
- ◉ Post- conceptional methods
- ◉ Miscellaneous.

## ◉ TERMINAL METHODS

- ◉ Male sterilization
- ◉ Female sterilization

# FP Counseling: Purpose

Helps clients:

- Arrive at an informed choice of reproductive options
- Select a family planning method with which they are satisfied
- Use the chosen method safely and effectively
- Initiate and continue family planning
- Learn objective, unbiased information about available methods of family planning

# FP Counseling: Principles

Focuses on individual client's needs and situation  
by assuring:

1. **Confidentiality**
2. **Voluntary choice**
3. **Informed consent**
4. **Client's rights**
5. **Empowerment: Authorization**

# FP Counseling: Benefits

1. Increases acceptance
2. Promotes effective use
3. Improves continuation
4. Increases client satisfaction
5. Dispels rumors and misconceptions

# FP Counseling: Rights of the Client

In serving clients, it is important to remember that they have:

- the right to decide whether or not to practice family planning,
- the freedom to choose which method to use,
- the right to privacy and confidentiality,
- the right to complete and accurate information,
- the right to form/express their own opinions, and
- the right to refuse any type of examination.

# FP Counseling Process: Factors Affecting Method Choice

- Reproductive goals of woman or couple (spacing or timing births)
- Personal factors including time, travel costs, pain or discomfort likely to be experienced
- Accessibility and availability of other products that are necessary to use method

# FP Counseling Process

## 1. Counseling should include the following information:

1. Effectiveness of the method;
2. The benefits and limitations of the method;
3. Reversibility;
4. Short and long-term side effects;
5. Warning signs and symptoms; and
6. The need for protection against GTIs and other STDs (e.g., HBV, HIV/AIDS).

# Family Planning Counseling

## The **GATHER** Approach:

- G** Greet respectfully
- A** Ask/Assess needs
- T** Tell information
- H** Help choose
- E** Explain and demonstrate
- R** Return and reinforce/refer

*Source:* Gallen, Lettenmaier and Green 1987; Lettenmaier and Gallen 1987.

# Steps in Family Planning Counseling

- Counseling can be divided into three major phases:
  1. Initial counseling or education at reception,
  2. Individual counseling prior to and immediately following service provision, and
  3. Follow up counseling
  
- Counseling should be part of every interaction with the client.

# Family Planning Counseling: Categories

- Individual:
  - Best for dealing with confidential items
- Couple:
  - Enables choosing a method to be a joint decision
- Group:
  - Cost-effective way of information-giving and answering questions

# Who Should Provide Family Planning Counseling

Because information and counseling preferably will come from more than one source, all staff should:

- be knowledgeable about all available contraceptive methods, and
- know that effective counseling improves satisfaction.

# Being a Good Counselor

An effective counselor:

- Understands and respects the client's rights
- Earns the client's trust
- Understands the benefits and limitations of all contraceptive methods
- Understands the cultural and emotional factors that affect a woman's (or a couple's) decision to use a particular contraceptive method
- Encourages the client to ask questions

# Being a Good Counselor

## *continued*

An effective counselor also:

1. Uses a nonjudgmental approach which shows the client respect and kindness
2. Presents information in an unbiased, client-sensitive manner
3. Actively listens to the client's concerns
4. Understands the effect of nonverbal communication
5. Recognizes when s/he cannot sufficiently help a client and refers the client to someone who can

# Being a Good Counselor

## *continued*

### Key points:

1. Be brief (most important information only)
2. First things first
3. Use simple words and short sentences
4. Repeat most important information
5. Organize information
6. Be specific

**Source:** Gallen, Lettenmaier and Green 1987; Lettenmaier and Gallen 1987.

# Family Planning Counseling: Method Failure

While many contraceptive methods are highly effective, method failure can occur.

In the case of method failure, the client should be counseled,

- Informed about the available options, and
- Referred for appropriate services.