

Family Planning

1

Contraception methods



Condom



Female condom



Oral contraception



Hormonal ring



IUD



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

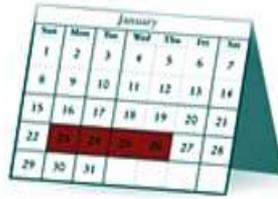
Contraceptive Methods

- 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

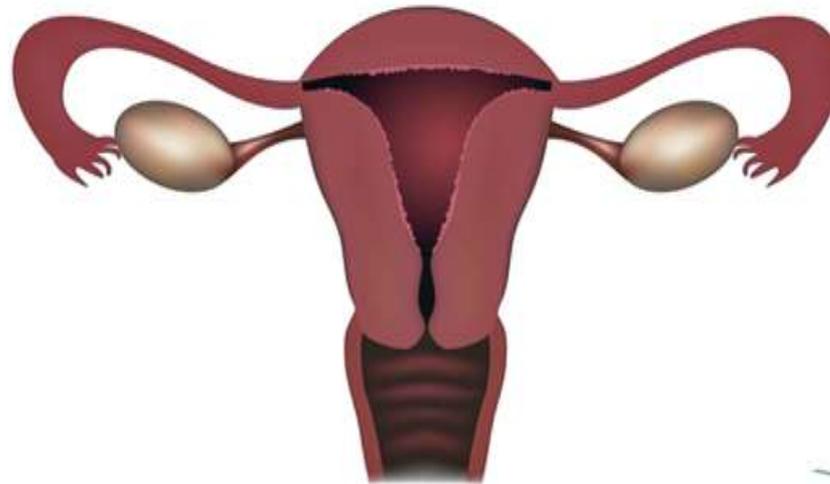
Vaginal ring



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)

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**

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

Family Planning Counseling

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.

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.

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