

# Free Family Planning Days

## Definition



Free Family Planning Day organized in a town hall

This approach consists of organized special days to provide free family planning services. While some Free Family Planning Days take place in health facilities, others take place in mobile clinics or municipality buildings in order to bring them closer to underserved, hard to reach communities. This approach facilitates the provision of the full range of family planning methods to women in the course of one day. Free Family Planning Days reduce geographic and financial barriers for underserved populations. In addition, they provide access to other reproductive health services (such as screenings for breast and cervical cancer and treatment of infertility or STIs/HIV).

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## Implementing the approach

- Municipality and geography health officials mobilize the resources needed for implementation of Free Family Planning Days (equipment, contraceptive products, commodities, logistics, etc.)
- On Free Family Planning Days, health care providers from within the community are involved in the organization as well as the provision of services and counselling.
- Community stakeholders disseminate information, raise awareness, offer initial counselling, and refer women to sites where family planning services will be provided free of charge.

- Facilities in the geography gather data during Free Family Planning days.
- Support staff (drivers, community care teams) assist with travel and equipment upkeep.



Midwives mobilized during Free Family Planning Days to provide services free of charge.

## Cost estimate

Expenses associated with the approach include:

- Consumables (contraceptive products, commodities)
- Per diem of community stakeholders
- Logistics (tarps, vehicles, chairs, PA system if necessary)
- Per diem for 2 service providers, 1 health supervisor, 1 municipality representative, 2 community stakeholders, and 1 driver
- Fuel

## Monitoring

### Monitoring activities:

- Supervise the planning and implementation of the Free Family Planning Day.
- Forward clients' family planning consultation records to their selected health facilities. for clinical follow-up and for integration into their records.
- Give each client a family planning referral card.
- Collect and store client data.
- Collect performance monitoring data.

### Monitoring indicators:

- Ratio of Free Family Planning Days planned to Free Family Planning Days that occurred

- Number of first-time family planning users recruited on Free Family Planning Days
- Number of women who switched family planning methods on Free Family Planning Days (for example, shifting from short-acting to long-acting methods)
- Number of women who were past users who readopted family planning during Free Family Planning Days
- Total number of female beneficiaries of family planning through Free Family Planning Days
- Number of Couple Years Protection (CYP) provided through Free Family Planning Days

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## Evidence

The table below shows significant increases in family planning users from Free Family Planning days in Diamniadio and Rufisque (sites from the Senegal Urban Reproductive Health Initiative - ISSU) and in the 23 districts of the PASS 2020 project.

Project (number of districts)	Number of female users	Period	Data source
ISSU (2)	2,383	October 2014 – December 2015	Final report of the ISSU project
PASS 2020 (23)	7,691	April – September 2016	Final report of the PASS 2020 Project

Note: Capacity building of midwives in contraceptive technology and long-acting method insertion also contributed to these results.

## Challenges

It may be difficult to track female beneficiaries of family planning services through Free Family Planning Days. Systematic transmission of referral sheets to their selected facilities is essential.

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## Sustainability

- Implementation of Free Family Planning Days using the local human resources
- Integration of Free Family Planning Days into the geography's work plan
- In-kind and cash contributions of local governments, health committees, and other partners