Family Planning Methods

**Most effective in preventing pregnancy and easiest to use**
- Fewer side-effects, permanent:
  - Female sterilization
  - Vasectomy

**Very effective in preventing pregnancy, but must be carefully used**
- Fewer side-effects:
  - Breastfeeding method (LAM)

**Effective in preventing pregnancy, but must be carefully used**
- Fewer side-effects:
  - Male and female condom
  - Fertility awareness-based methods

**Managing Common Side Effects**
*Usually, reassurance is enough. Side effects are not dangerous. They often stop on their own.*
- No monthly bleeding: Reassure. No need to treat. Not a sign of pregnancy if using method correctly
- Minor headaches, tender breasts: Try common pain relievers. (If migraine headache, refer)
- Irregular or heavy bleeding: For modest short-term relief, try a NSAID such as Ibuprofen 800mg 3 times a day for 5 days. Do not skip COCs or POPs
- Upset stomach with COCs or POPs: Take pills at bedtime or with food.
- Weight gain or loss: Review diet, reassure and counsel

**How to address Common FP Myths and Misconceptions**
- Always listen politely. Do not ridicule the client.
- Check whether there is some basis for the rumour.
- Explain the facts. Repeat as necessary
- Always tell the truth. Never try to hide side effects or problems that might occur with various FP methods
- Use scientific facts about FP methods to counteract misinformation.
- Clarify information with use of demonstration and visual aids
- Give examples of people who are satisfied users of the method
- Counsel the client about all available FP methods
PROVIDER-INITIATED FAMILY PLANNING

Initiating the FP discussion

- DO YOU HAVE CHILDREN? (HOW MANY?)
- HOW OLD IS YOUR LAST CHILD?

Healthy Timing & Spacing
- For the health of the mother and baby, wait at least 24 months before trying to become pregnant.
- Having more than 4 children makes childbirth riskier.
- Consider using a FP method during this time.

WOULD YOU LIKE TO HAVE A CHILD DURING THE NEXT ONE YEAR?

- YES
- NO

Probing for Satisfaction
- Is the client happy with the current method?
- Is she having any side effects with the method (see back)
- Refer to FP clinic if unable to address concerns

ARE YOU (OR YOUR PARTNER) USING ANY FP METHOD?

- YES
- NO

DO YOU WANT TO USE A FAMILY PLANNING METHOD?

- NO
- YES

INFORM ON BENEFITS OF FP
- Mothers and babies are healthier when risky pregnancies are avoided.
- Smaller families mean more money, food for each child and quality family time
- Delaying first or second pregnancy allows young people stay in school

Explain and offer FP method (see back)

Refer for FP service (for methods not offered at your department)

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