

# Postpartum Family Planning Training for CHAs/VHTs



# Objectives

By the end of this session, CHs will be able to :

- Define postpartum family planning (PPFP)
- Explain the importance of PPFP
- Describe the various postpartum family planning methods and how to counsel mothers on them
- Learn key messages on PPFP and how to deliver these to community members

# What is PFP?

Postpartum family planning (PFP) is the initiation and use of family planning during the first year after delivery to avoid unintended pregnancies.

Research and program experience worldwide indicate that

- a. delaying the first pregnancy to **the age of 18 years**,
- b. spacing subsequent pregnancies by **at least 2 years after a live birth**
- c. delaying conception by **at least 6 months after an abortion**
- d. limiting **high parities leads to the healthiest outcomes to women, newborns, infants and children** (WHO 2006).

# Importance of PFFP

- The mother's body returns to normal and she will be stronger when taking care of her family
- Reduces health problems for the mother during the next pregnancy
- Helps prevent babies from being born too soon, too small and underweight
- Ensures a baby breastfeeds for the recommended period (minimum 2 years)
- Helps family prepare before having another child

# The timing of Post Partum FP

- Post-placental – within 10 minutes after delivery of the placenta
- Immediate postpartum – within 48 hours
- Early Postpartum – 48 hours up to 6 weeks
- Extended postpartum – 6 weeks to one year after delivery

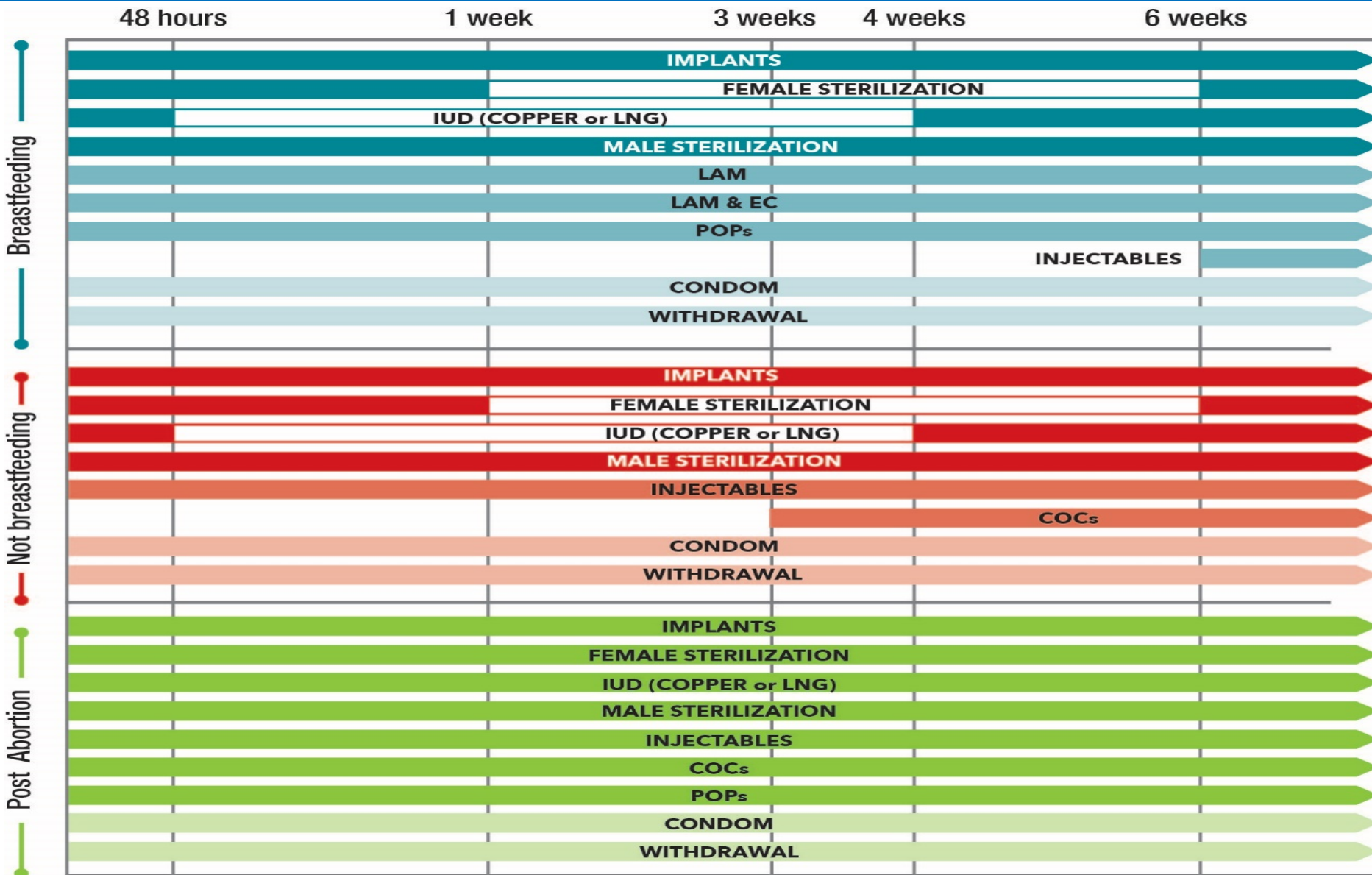
# The Return to Fertility After Delivery

- 71% of non-breastfeeding women ovulated prior to return of menses and up to 60% of these ovulations are potentially fertile. (Campbell and Gray 1993).
- A woman who is not exclusively breastfeeding can become pregnant within four to six weeks after childbirth (Shaaban and Glasier 2008)
- The period for infertility is longer for women who exclusively breastfeed

# Factors Affecting Timing and Choice of FP

- Breastfeeding status
- Client's Method of choice
- Reproductive health goal/fertility desires
- Medical Eligibility Criteria (MEC) for the method of choice

# Immediate Post Pregnancy Options





# Short acting FP methods in postnatal period

## Lactational Amenorrhea Method (LAM)

- It is a temporary PFP method a mother can start on immediately after giving birth
- LAM can only be used as long as;
  - Baby is 6 months or less
  - Monthly periods have not returned
  - Mother is breastfeeding fully
- Mother must switch to another FP method if any of the above conditions change

## Progestin only pills

- Breastfeeding mothers can use them 6 weeks after birth
- Non-breastfeeding mothers can use them immediately after delivery

## Combined Oral Contraceptives

- These reduce breast milk
- Breastfeeding mothers should only use them 6 months after delivery
- Non-breastfeeding mothers can use them 6 weeks after delivery

## Progestin only Injection (Depo Provera)

- Breastfeeding mothers can use them 6 weeks after birth
- Non-breastfeeding mothers can use them immediately after delivery

## Condoms

- Can be used immediately after birth

# Long acting FP methods in postnatal period

## IUCD - Can be inserted

- Immediately after delivery of the baby
- Within 48 hrs of birth as long as there is no infection
- 4 weeks after delivery

## Implants

- Breastfeeding mothers can use them 6 weeks after birth
- Non-breastfeeding mothers can use them immediately after delivery

# Permanent FP methods in postnatal period

## **Female Sterilization** - can be performed

- immediately after delivery of the baby
- within 48 hours
- 4 weeks after delivery

## **Vasectomy** - the man can undergo the procedure anytime

# Counseling Points

- A mother should wait 2 years after a delivery before attempting to get pregnant
- A woman should wait 6 months after having a miscarriage before getting pregnant
- Practicing family planning after delivery benefits mother, baby and the whole community
- You can become pregnant as early as 4 weeks after childbirth if you are not breastfeeding
- If you breastfeed and also give your baby some food (mixed feeding), you can become pregnant as early as 6 weeks
- You can become pregnant **before** your menses have began
- Every pregnancy is different – a woman cannot predict fertility from previous pregnancies/experiences
- If you are using LAM, switch to another method as soon as any criteria is not met (fully breastfeeding, not resumed menses and before 6 months after childbirth).

**!! NB:** For Service Providers - Women who receive FP counselling during ANC period have better postpartum FP uptake

# Role of CHAs in postpartum family planning

- Sharing FP information with pregnant mother and those who have delivered
- Counseling mothers on benefits of family planning during post partum period
- Referring postpartum mothers to the health facility for family planning
- Assist in correcting myths and misconceptions about family planning for postpartum mothers

