

PROVIDER-INITIATED FAMILY PLANNING



Initiating the FP discussion

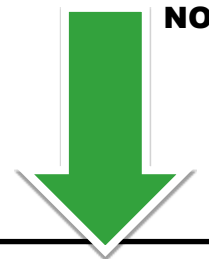


- DO YOU HAVE CHILDREN? (HOW MANY?)
- HOW OLD IS YOUR LAST CHILD?

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

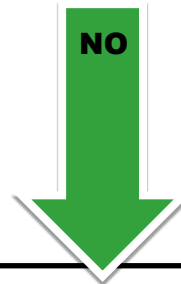
WOULD YOU LIKE TO HAVE A CHILD DURING THE NEXT ONE YEAR?



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?



- Probe for Concerns, Myths and misconceptions (**see back**)
- Inform of benefits of abstinence, benefits of FP, STI/RTI/HIV prevention

DO YOU WANT TO USE A FAMILY PLANNING METHOD?



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)

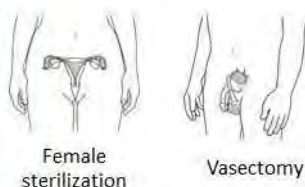
Refer for FP service (for methods not offered at your department)



Family Planning Methods

Most effective in preventing pregnancy and easiest to use

Fewer side-effects, permanent:



Female sterilization

Vasectomy

Reversible



IUD



Implants

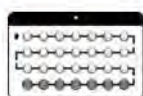
Very effective in preventing pregnancy, but must be carefully used

Fewer side-effects:



Breastfeeding method (LAM)

Some side-effects—most are normal:



Pills



Injectables

Effective in preventing pregnancy, but must be carefully used

Fewer side-effects:



Male and female condom



Fertility awareness-based methods

IMPORTANT!
Only condoms protect against both pregnancy and STIs/HIV/AIDS



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

