

# PROVIDER-INITIATED FAMILY PLANNING

## Initiating the family planning discussion

### Healthy Timing and Spacing

- For the health of the mother and baby, wait at least 24 months before trying to become pregnant again
- Having more than four children makes childbirth riskier
- For the health of the mother and baby, wait until you are at least 18 years of age, before trying to become pregnant
- Consider using a family planning method during this time

### Probing for Satisfaction

- Is the client happy with the current method?
- Is the client experiencing any untoward effects with the method (see back)
- Refer to FP clinic if unable to address concerns

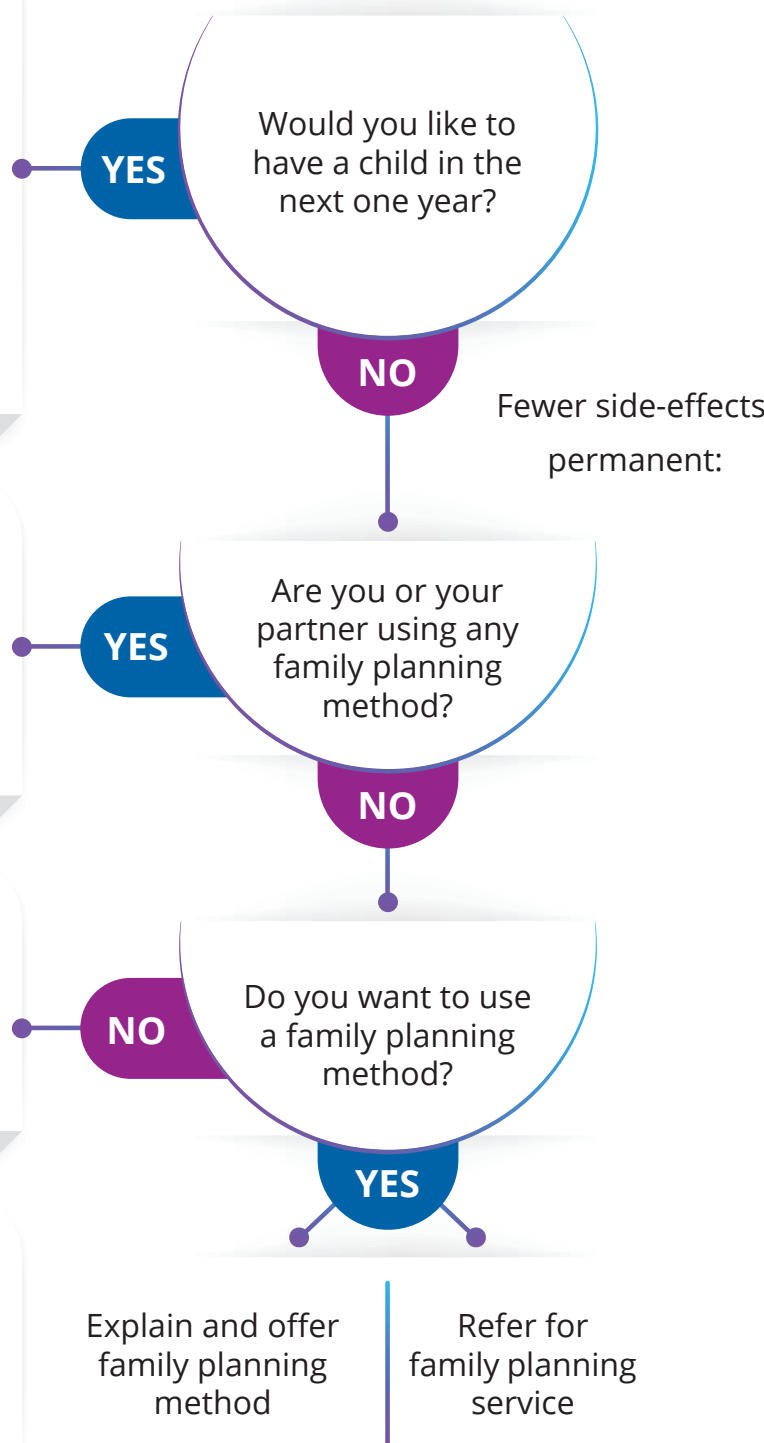
### Probe for Concerns, Myths and misconceptions

- Inform of benefits of ABCs; benefits of FP, STI/RTI/HIV prevention

### Inform on benefits of family planning

- Mothers and babies are healthier when risky pregnancies are avoided.
- Smaller families mean more quality family life

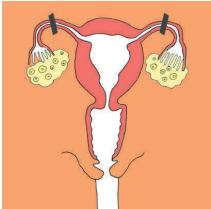
Do you have children? How many?  
When was your last pregnancy ?



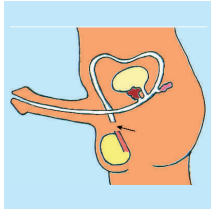
# FAMILY PLANNING METHODS

**Most effective** in preventing pregnancy and **easiest to use**

Fewer side-effects:  
**Permanent**



Female sterilization

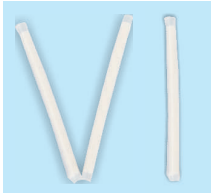


Vasectomy

**Reversible**



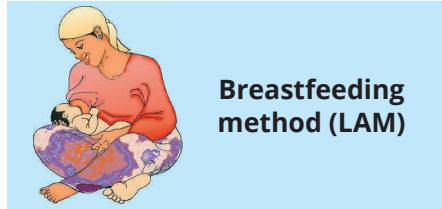
IUD



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:



Fertility awareness - based Methods



Abstinence



Male and female condom

**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 Family Planning Myths and Misconceptions

- Always listen politely. Do not ridicule the client.
- Check whether there is some basis for the rumors.
- 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