

Special Family Planning Day (SFPD) is a day set aside to offer free family planning (FP) services. The SFPD approach increases access and availability of quality FP services in areas with dense population over weekends, during secondary school holidays or public holidays. It is a collaborative effort where skilled health care providers, equipment and FP commodities are made available on a pre-announced day and time in a catchment area known to the community.

Key Outcomes of SFPD

- Increased number of FP acceptors
- Reduced myths and misconceptions at community level around FP
- Increased number of SFP days conducted



Special family planning day at Kigamboni District in Tanzania.

Steps

1

Prepare schedule

Identify and prepare a schedule for the FP service day. Ideally, services should be provided close to high volume sites such as market places. The site should be clean and private for provision of FP/AYSRH services.

2

Identify providers

Select the skilled providers to offer FP/AYSRH services at the community level. The FP/contraception services to be provided and the SFP day team should include nurses, doctors, counsellors and a supervisor from CHMT.

3

Mobilize community

Conduct mobilization using community health workers to inform community members about the SFP day schedule. This can be through door-to-door mobilization or use of megaphones and distribution of informational materials.



Provide quality services

Ensure that methods are provided with appropriate quality of care including recommended infection prevention practices at the site.



Monitor services

Monitor the quality of services and ensure correct reporting. The facility-in-charge or designated person is responsible for these tasks.



Reflect on SFP services

Evaluate activities of the day and incorporate learnings and feedback when planning for next Special Family Planning Day.

Useful Tips

- Use existing schools or community buildings to set up for services where appropriate facilities are lacking.
- Ensure a smooth supply of commodities and supplies.
- Sanitation is very critical to ensure proper infection prevention and control.