



# Ensuring Family Planning Service Delivery Amidst the COVID-19 Pandemic:

## Lessons from Kenya & Uganda

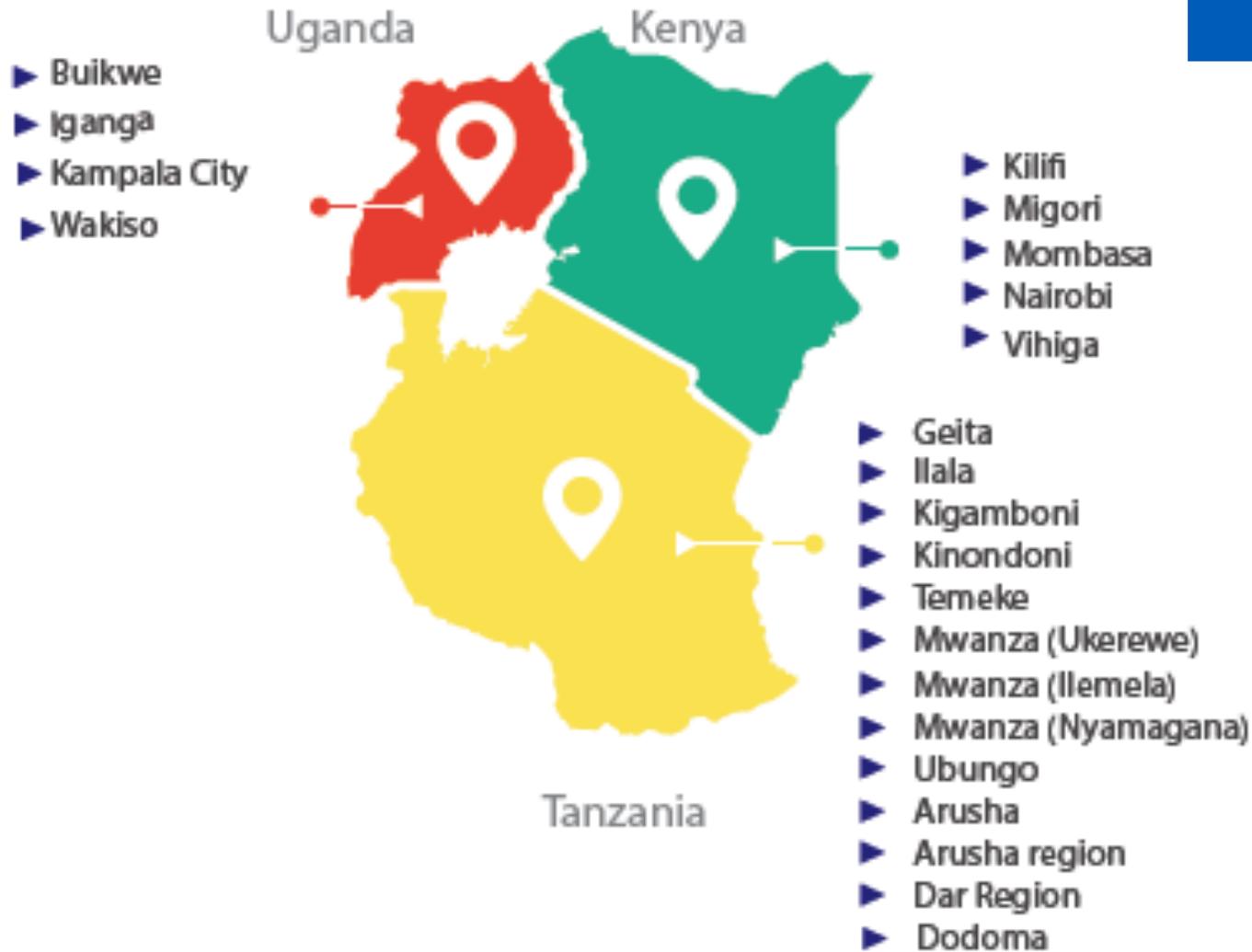


# TCI Envisions

A world where young people and women are empowered to live an optimal reproductive life by supporting local governments to rapidly and sustainably scale up proven high impact reproductive health solutions in urban poor settlements



# Our Footprint...



41  
cities

Graduated Cities – Kericho,  
Uasin Gishu, Mukono, Busia

# MEET THE PRESENTERS

**Nancy A.**



Geography focal  
Manager - Migori &  
Nyamira Counties, Kenya.

**Albert B.**



Adolescent and Youth  
Manager for Uganda and  
oversees operations in  
Rubaga division.

**Assumpta M.**



Geography focal Manager,  
Vihiga County and oversees  
the graduated counties -  
Kericho and Uasin Gishu  
Counties, Kenya.

**Beatrice B.**



Geography focal  
Manager - Kiira, Nansana  
and Wakiso divisions,  
Uganda.

## Objectives of today's session

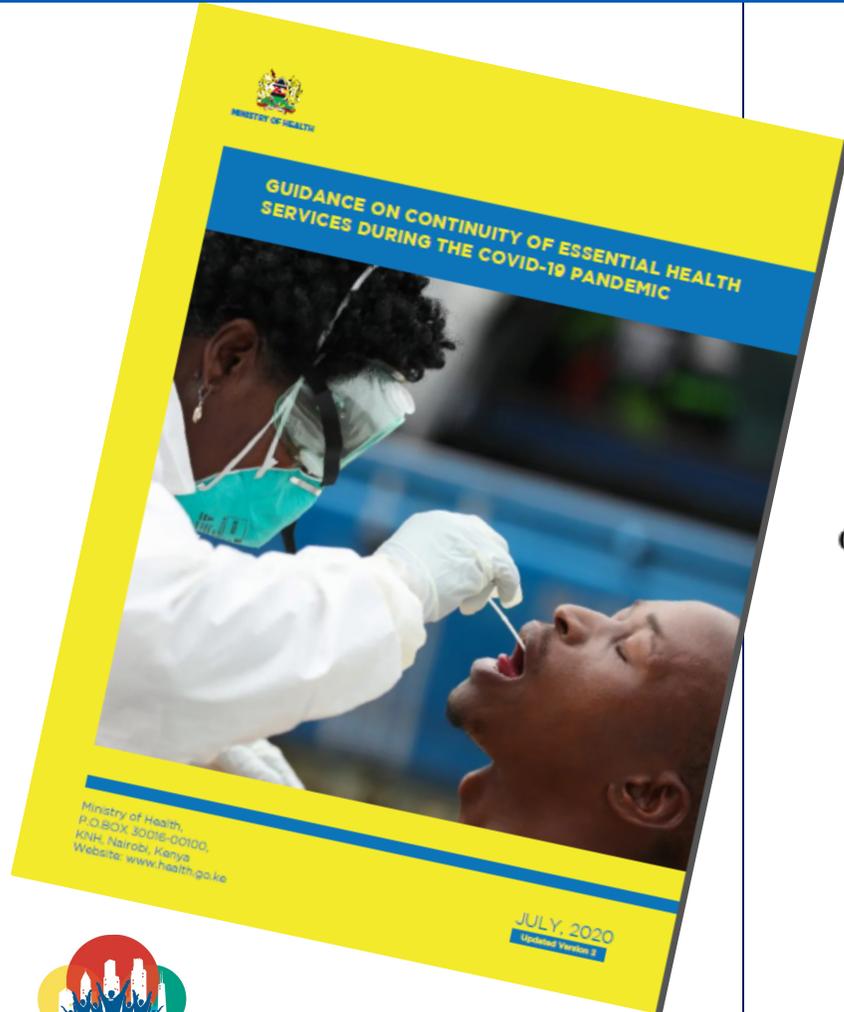
- Share Kenya's and Uganda's experience implementing TCI's high-impact interventions during the early phase of COVID-19 pandemic
- Highlight tips and lessons learned on how to ensure continued family planning service delivery arising from this experience



## COVID-19's Impact on Reproductive Health and Family Planning Programs

- Shifting priorities for local governments to life-saving efforts
- Reduced workforce
- Shift of human resources to mitigate outbreak
- Diversion of financial resources
- Supply chain deficits
- Fear of contracting the virus might discourage women and couples from going to health centers or pharmacies
- Restrictive measures imposed on public movement

# Early country response to COVID-19



MINISTRY OF HEALTH

**Guidance on Continuity of Essential Health Services  
during the COVID-19 outbreak**

April 2020

## National Public Health Actions

- Pandemic surveillance, monitoring and response committees activated
- COVID 19 isolation facilities determined and HCW re-assigned
- Procurement and distribution of PPEs- though less than demand
- Mass IEC on infection prevention mechanisms
- Primary health care service continuity guidelines developed

Community health  
volunteer mobilizing  
clients for an in-  
reach in Uganda



# TCI's Response to Ensuring FP/AYSRRH Services Continuity in the Face of COVID-19

## Service delivery

1. Pharmacist reoriented on commodity provision including DMPA-SC
2. Enhanced community-based distribution through community health workers
3. Prioritized implementation of in-reaches/FP fixed days
4. Strengthened facility FP services integration and PPF
5. Procurement of personal protective equipment (PPEs)



# Ensuring FP/AYSRH Services Continuity in the Face of COVID-19

## Demand Generation

1. Enhanced use of social media - WhatsApp, Facebook & Twitter
2. Local radio talk shows
3. Equipped community health volunteers, youth champions and pharmacists with IEC materials on FP & COVID



# Ensuring FP/AYSRH Services Continuity in the Face of COVID-19

## Advocacy

1. Family planning champions facilitated to advocate for service continuity
2. Key leadership engagements to sustain financial commitments and allocations

*“COVID-19 pandemic has demonstrated the critical role of VHTs in community health as our unsung heroes. As people feared to move to the facilities to access FP services due to COVID-19, the VHTs were there to deliver the contraceptive commodities to them at their doorsteps.”* -- **Sr. Ritah Namusisi Midwife Ngogwe HC III Buikwe**

*“Even during lockdown, we never closed our facility; it remained open and we stayed around when everyone was home to provide essential services to our clients who managed to reach the facility.”* -- **Sr. Naikoba Lorna N.O Njeru HC III**

## Leadership support and coordination

- Virtual PIT engagements for program planning and progress review using performance data
- Distribution and coaching on national FP/AY service continuity guidelines + recommendations
- Leverage partners for PPEs and FP commodity support, e.g. DKT

## Learnings from TCI Implementing Sites During the COVID-19 Pandemic

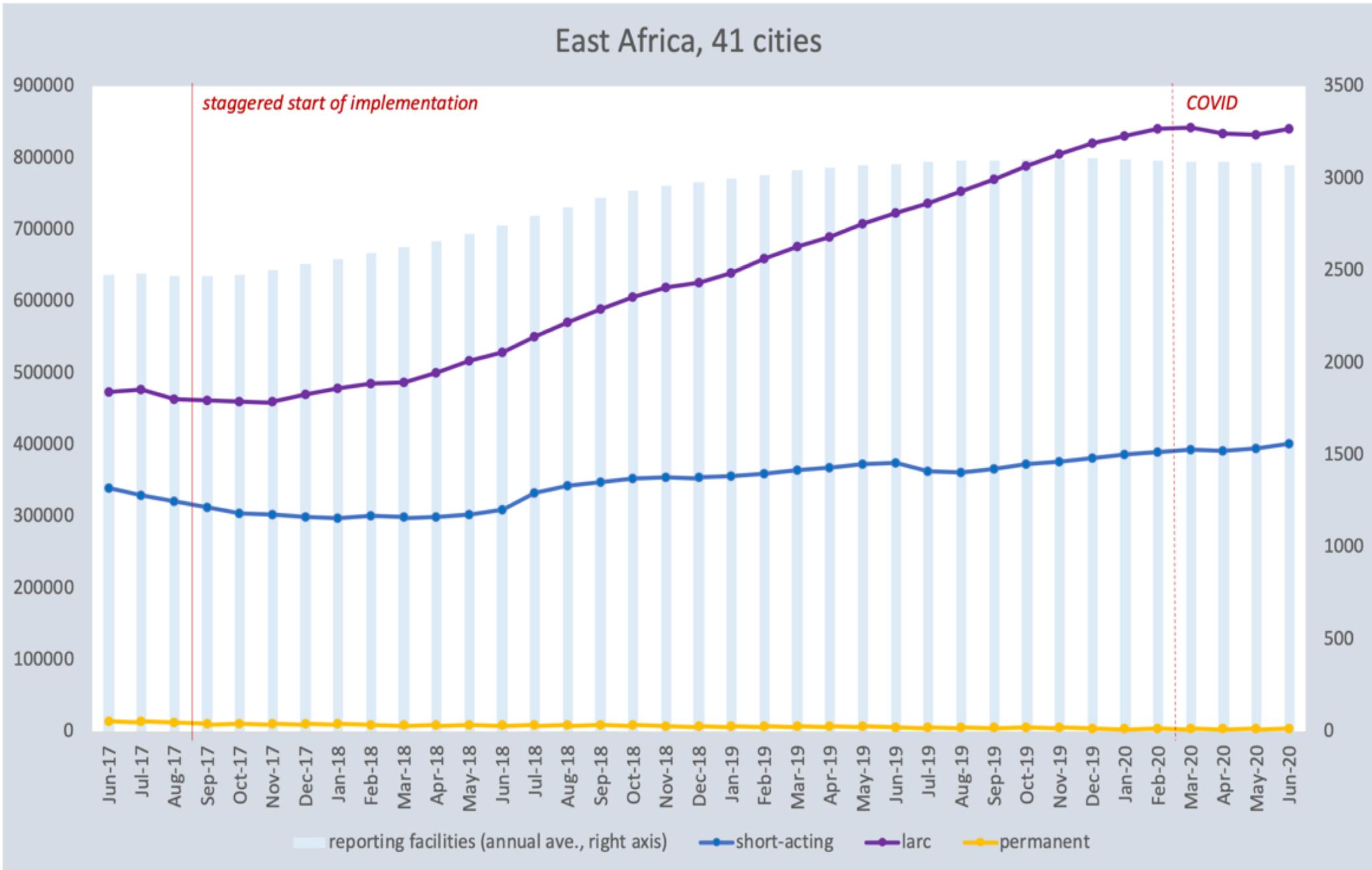


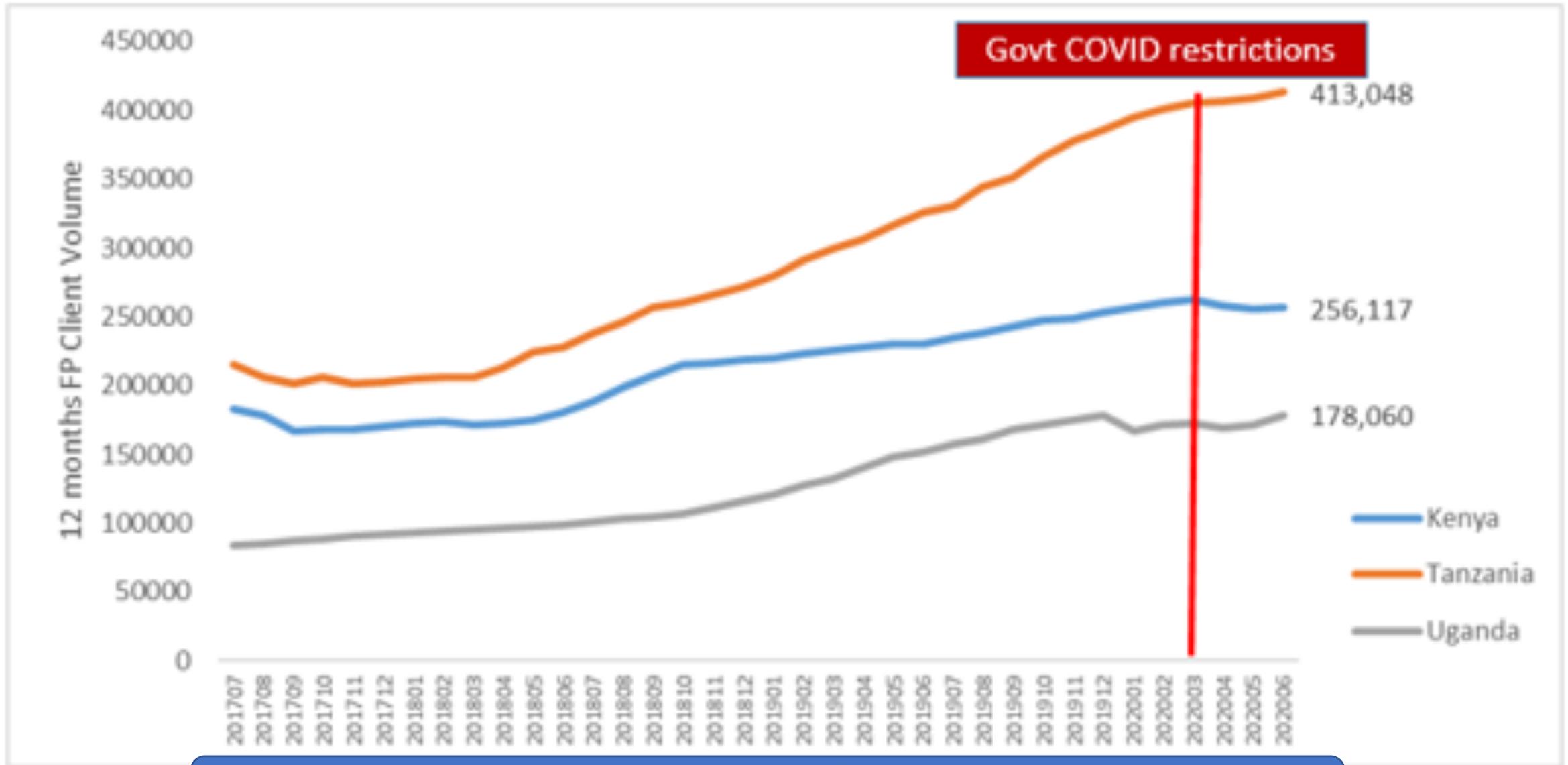
- Use of local radios for awareness creation is key to relay accurate and provide updates on service continuity.
- Promoting *community-based distribution* of contraceptives through *community volunteers* has helped bridge the gap.
- Prioritize provision of PPEs to health facilities motivated providers to continue offering services.
- Fixed days and in-reaches to lower level facilities are critical.
- Virtual engagements are feasible and productive, though require more frequent interactions.
- Engagement of the private sector to provide family planning and contraception services.

A health provider welcoming clients for family planning services



Shows a significant dip in LARC uptake vs short acting methods





12-month FP rolling sums shows a dip at start of COVID-19 pandemic in both KE and UG -- in the FP client volumes' upwards trajectory and recovers thereafter

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## Kenyan youth advocate sees greater need for AYSRH information and services during COVID-19

*Sitting in the program implementation meetings (PIT) meetings has enabled me to voice out concerns raised by young people in the community I live in. They trust me and this has enabled me to be heard, which has led to some changes in implementation practices. I have been able to organize various online meetings as well as forums with young people in the community to collect their views, which I am able to effectively relay to the PIT team and the challenges addressed.*

<https://tciurbanhealth.org/kenyan-youth-advocate-sees-greater-need-for-aysrh-information-and-services-during-covid-19/>



**Youth advocate Gideon (right) distributes contraceptives to a teenage girl in his community within Dagoreti Sub-County**

# Tips for reaching women, men, adolescents and youth during COVID-19

## At facility level:

- Engagement with pharmacies and youth to distribute condoms and pills.
- Integration of family planning into other services.
- Encourage self-care for short-acting methods and uptake of LARCs to reduce on facility visits.
- Active case management and screening for COVID-19 during outreaches and in-reaches.
- Extending the number of days for outreaches and in-reaches to avoid overcrowding and compliance.
- Helplines should be initiated which can provide counselling and information.



# Tips for reaching women, men, adolescents and youths during COVID-19

## At policy maker level:

- Address issues related to the availability of trained human resources.
- Advocate for provision of long-acting reversible contraceptive methods, such as implants, that do not require frequent replenishment and can withstand pressures of supply chain weaknesses.
- Prioritize adequate PPE for all health workers.

## At city/national level:

- Enhance partnerships with individual private health care providers to enhance access to contraception services.
- Strengthen monitoring and evaluation to prevent stock outs.



An in-reach session for adolescents and youth



# Cost considerations



- Embracing virtual meetings for technical assistance and coaching support.
- Development of IEC material to reach various target groups.
- Purchase of PPEs.
- Transport & lunches for community health workers during mobilization for services.

# What does the ability to adapt to COVID-19 tell us about TCI approaches and their sustainability?



Local governments are willing to adapt TCI interventions amidst the pandemic

- Some of TCI's interventions have been included in guiding documents to guide service delivery during the pandemic
- Collaborations within various sectors has enabled local governments to respond by mobilizing in-kind and cash resources
- Continuous advocacy for increased resources for FP/AY targeted interventions is critical amid emergency/crisis situations
- Continuous diffusion and uptake of proven interventions

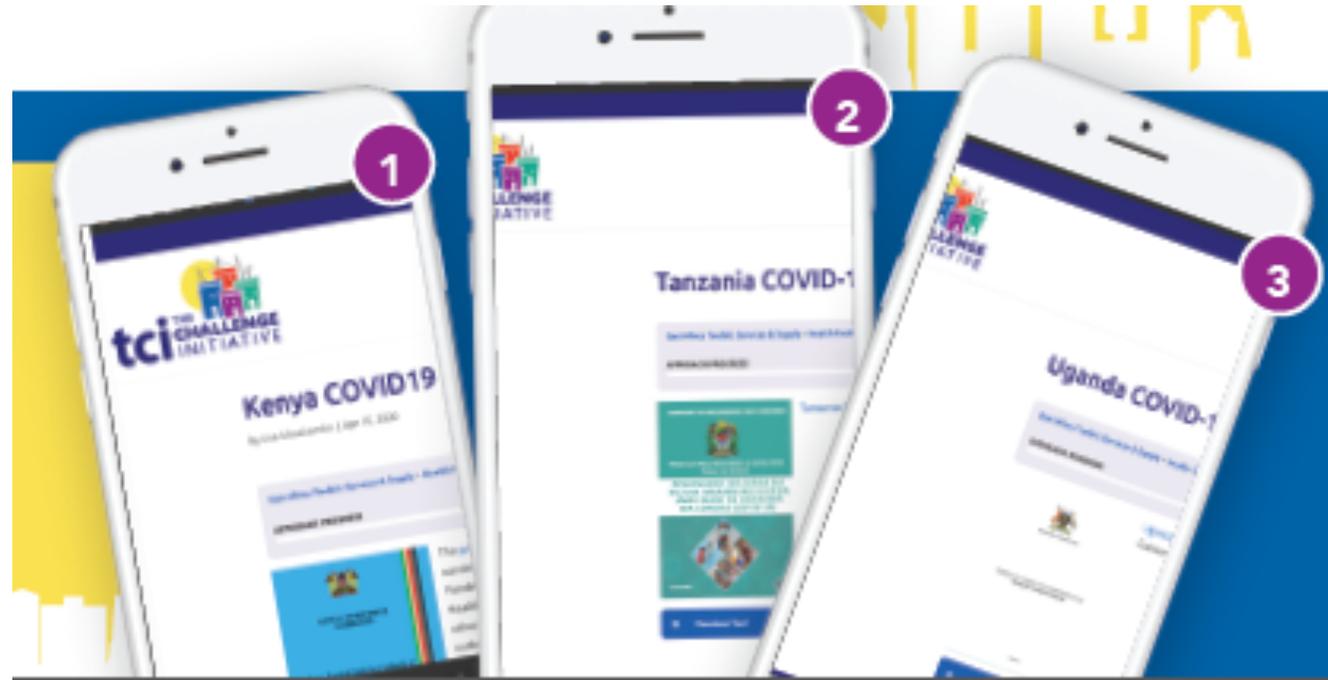
- Multisectoral networking-inclusive approach to FP service delivery with different players
- Advocacy for continued resource allocation to AYSRH/FP amidst COVID-19
- Risk mitigation plans to factor in response to health emergencies
- Sustain virtual coaching sessions
- Proven interventions are implemented according to quality standards



**What are we  
going to do  
post-COVID?**

***For more resources  
visit [tciurbanhealth.org](http://tciurbanhealth.org)***

*TCI's COVID-19 and Family  
Planning and Reproductive Health  
Curated Resources*





Thank  
You

