

# Increasing Access through Post-Pregnancy Family Planning

Integration of family planning into maternal and child health services provides an opportunity to reach women and young girls, which offers an opportunity for greater contraception uptake. While family planning (FP) is important throughout an individual's and couple's reproductive life, post-pregnancy family planning (PPFP) focuses on the prevention of unintended and closely spaced pregnancies through the first 12 months following childbirth.

## Key Outcomes:

- Increased uptake of family planning and contraception services at facility level
- Enhanced opportunities for Provider Initiated family planning



A young couple receiving counselling for FP

## Steps - At Facility Level

1

### Plan

a facility readiness assessment for provision of PPFP focusing on skills, equipment, and space to offer family planning service. Ensure availability of commodities and proper documentation material.

2

### Enhance Capacity

through whole-site orientation for all staff within facility on PPFP. Train/mentor service providers from ANC, maternity and post-natal care on clinical skills.

## At Community Level

1

### Conduct sensitization

for community health workers on orientation on post-pregnancy family planning. Provide them with relevant job aids and informational booklets that address barriers and benefits for post-pregnancy family planning.



## Review progress

with community health workers on a regular basis to provide support needed as well as review of data on referrals.

### Useful Tips

- During ANC counselling, service providers could counsel and document clients on family planning options
- Provide IEC materials such as posters on PFFP messages posted in maternity /PNW, Gynae ward and MCH
- If MOH registers do not already capture Immediate PFFP data elements, provide alternative tools for data capture