

# Facility-Based Family Health Days

Family Health Days (FHD) are designated days for specific family planning services. On these days, skilled staff for providing family planning services and supplies are assured to address the unmet need of the facility's catchment area. FHD can also be conducted as part of outreach services where services are taken to the community; however, the steps below are for a facility-based FHD.



## STEP 1: Select the date

The date chosen should ensure that the appropriate medical team and support staff will be available to handle the volume of clients, which will likely be higher than usual. The team may comprise of anesthetist (if available and necessary, for example, to provide female sterilization), female doctors, paramedical staff, lab technician, etc.



## STEP 2: Prepare the facility

Ensure that the following items will be available on the particular service day to meet the needs of a higher-than-usual volume of clients: commodities, supplies, equipment, workforce, reporting forms and other relevant materials. To minimize waiting times, consider setting up a separate registration counter for clients who are at the facility only for the fixed-day service. Recruit and prepare a list of available medical and non-medical staff who will be implicated in the fixed-day service day.



## STEP 3: Engage the community

Use many communication channels to inform the community about the services available on the designated service day. Use community health workers, such as LHVs and FWAs, to help mobilize the community and publicize the date and location of the service. Inform other development partners and NGOs about the fixed-day service so they can publicize it through their networks.



## STEP 4: Provide quality services on the fixed day

Make sure clients are satisfied with the quality of care from when they enter the health facility to when they leave. When clients arrive at the facility, they should be greeted, and their necessary information recorded into a register. If appropriate, a counselor can offer preservice counseling to clients. The client should be offered the method of choice unless the client is not medically eligible for that method. In that case, the provider should offer appropriate counseling to help the client choose another suitable method.



## STEP 5: Monitor progress

Data from facility-based FHD should be collected separately from normal service days to monitor this approach's effectiveness better. However, the data should feed into other public health information systems. Client exit interviews may be used to monitor the quality of services on these days.

### Tips

- Preplanning is key to the success of the facility-based FHD. Ensure you have reviewed and addressed all possible complications that could happen on the day, such as the registration process and stocking all necessary supplies and equipment.
- Designating a team to organize the day can distribute the responsibilities and ensure nothing gets missed.
- Ensure community awareness of the day by publicizing the service schedule widely and using communication reminders like handbills and newspaper inserts or ads.
- Collection of detailed data (demographics, age, internally displaced person status, for example) is also essential for funding and reflection in the SDGs.