



Summary Report for PPHI Sindh's  
**Family Planning Services**  
September 2019



PPHI

## **Acknowledgements:**

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## Summary Report for PPHI Sindh's Family Planning Services

### Introduction:

Family planning (FP) refers to a conscious effort by a couple to limit or space the number of children they have through the use of contraceptive methods. Contraceptive methods are classified as modern or traditional. Modern methods include female sterilization, male sterilization, intrauterine contraceptive device (IUCD), implants, injectables, the pill, condoms, and lactational amenorrhea method (LAM). Methods such as rhythm, withdrawal, and folk methods are grouped as traditional.

### Background:

In developing countries, the use of family planning methods is scarce due to unawareness, lack of accessibility, cultural and somewhere lack of availability. According to PDHS (2017-18), in Pakistan, 34% of currently married women use a method of family planning, with 25% using a modern method and 9% using a traditional method. The contraceptive prevalence rate (CPR) among married women varies with age, rising from 7% among women age 15-19, peaking at 48% for women age 40-44, and then slightly declining to 37% among women age 45-49.

The lack of awareness is most common issue identified in rural settings of Pakistan like Women in urban areas are more likely to use a contraceptive method than women in rural areas (43% and 29%, respectively).

In Sindh, 31% of married women use family planning methods, amongst them 24.4% use modern methods and 6.5% use traditional methods. Though, 69% of women do not use any family planning method.

### PPHI Sindh:

Although Pakistan initiated FP programs in the private sector in 1953 and in the 1960s in the public sector, the CPR had increased by only 0.25% annually until 1990. The CPR rose more sharply from 12% in 1990 to 33% in 2000; with much of this increase occurring in rural areas and in traditional methods. Pakistan committed to FP 2020 Commitment for working toward achieving universal access to reproductive health and raising the contraceptive prevalence rate to 55% by 2020. For this FP 2020 Costed Implemented Plan (CIP) cell was established. It is headed by Minister of Health and Population Welfare, Dr. Azra Fazal Pechuho in Sindh.

PPHI Sindh considers FP services as one of its major mandate. It has been working collaboratively with Government of Sindh, Cost Implementation Plan and Population Welfare Department to provide FP services in overall Sindh. FP Services are available at all PPHI Health facilities whereby, all methods are offered along with counseling.



In Sindh, 50% of the demand is fulfilled by modern FP methods. Though FP services are part of routine practice and numbers are cumulatively reported through District Health Information System (DHIS) of PPHI Sindh on monthly basis.

In order to contribute to government's commitment, PPHI Sindh has introduced various initiatives to assist the government to reach 6.7 million additional users and increase CPR to 50% by 2020.

### **PPHI Sindh's FP Strategies:**

In order to improve CPR, PPHI Sindh adopted following strategies:

1. Capacity building of
  - a. male and female paramedic staff on Long Acting Reversible Contraceptives (LARC)
  - b. male medical officers in implants insertion to provide LARC services in areas where female medical officers are unavailable
2. Ensuring availability of
  - a. WHO Medical Eligibility Criteria (MEC wheel) for service providers to counsel and offer choice to clients
  - b. Contraceptive materials at the level of all PPHI managed health facilities
3. Maintenance of contraceptive records on Contraceptive Logistic Management Information System (cLMIS) software in order to take evidence-based policy decision.
4. Special family planning camps are arranged at the level of all BHU Plus (24/7 MCHC) under the management of PPHI Sindh to provide accessibility to women living in far flung area by providing transportation, choice at Health Facilities (HFs). Organising regular Free Family Planning Camps is a strong strategy which helps PPHI Sindh to reach out substantial number of clients.
5. Supportive supervision and on the job coaching by Maternal, Neonatal and Child Health (MNCH) coordinators in each district.
6. Regular tracking of indicators and performance on DHIS to see the progress. Feedback is provided to the HFs, district and regional offices based on this information to improve the services.

### **Capacity Building:**

For implants, more than 2526 staff including male and female medic and paramedic staff have been trained in inserting IUCDs, Postpartum IUCDs (PPIUCDs), implants and family planning counselling methods. These trainings have been provided in collaboration with Population Welfare Department (PWD) with support from United Nations Population Fund (UNFPA).

From January 2019 to June 2019, 538 male and female medic and paramedic staff have been trained in inserting IUCDs, PPIUCDs, implants and World Health Organization (WHO) Revised Guidelines. The number of sessions conducted on Family Planning Counselling and Care (CCFP), Implants, IUCD and PPIUCD are 8, 14, 37 and 16, respectively.



### So Far FP Training Data from July 2009 till June 2019

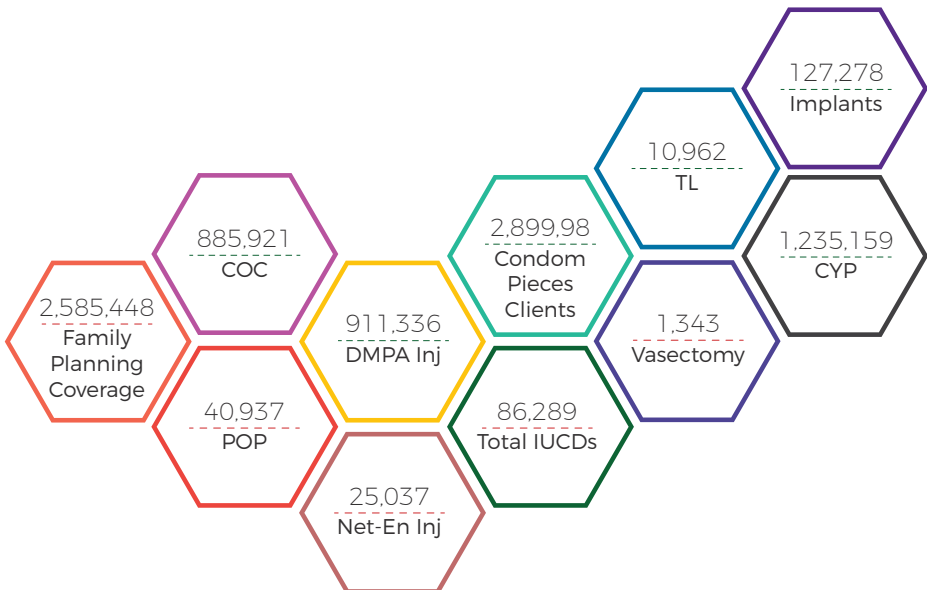
	FMO	WMO	MO	LHV's	Midwives	Nurses	Female Health Technician	MNCH Cos	Master Trainers	PHS
CCFP	1,488	67	18	327	336	13	0	32	3	2
Implants	78	4	8	83	237	5	1	32	3	2
IUCD	106	36	0	74	221	10	6	32	2	1
PPIUCD	904	59	0	538	789	16	2	32	3	1

### Routine FP Services:

PPHI Sindh has been providing Routine Family Planning (FP) services through counselling of mothers in antenatal, postpartum, and lactating periods. FP training is regular feature of capacity building activities and is given to all healthcare providers.

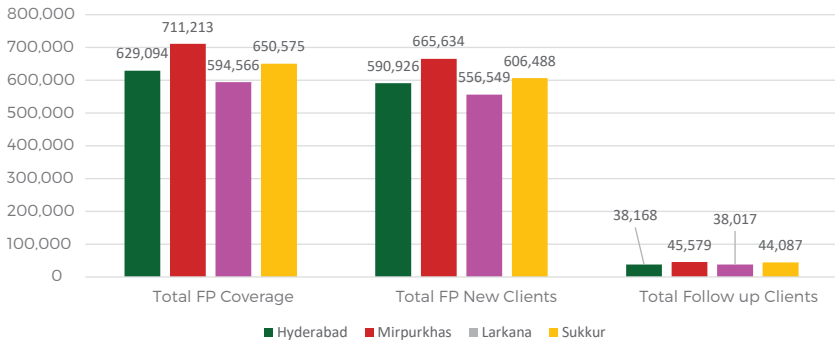
### Results of Cumulative Routine Family Planning Services by PPHI Sindh (From July 2009 to June 2019):

So far Routine numbers of FP from July 2009 to June 2019

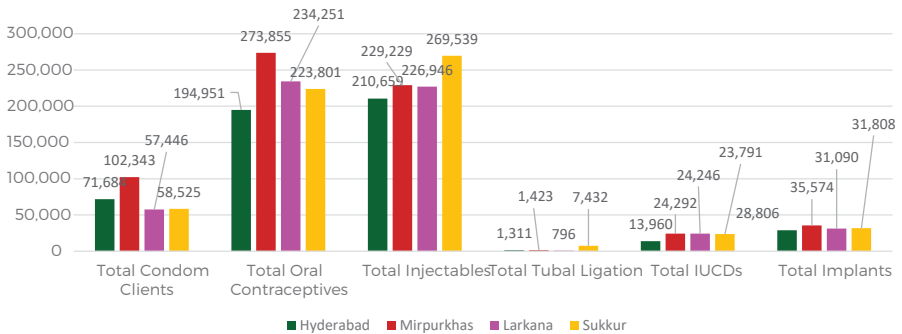




### Region-wise Coverage of Routine FP Services July 2009 to June 2019



### Region-wise Consumption of FP Commodities July 2009 to June 2019

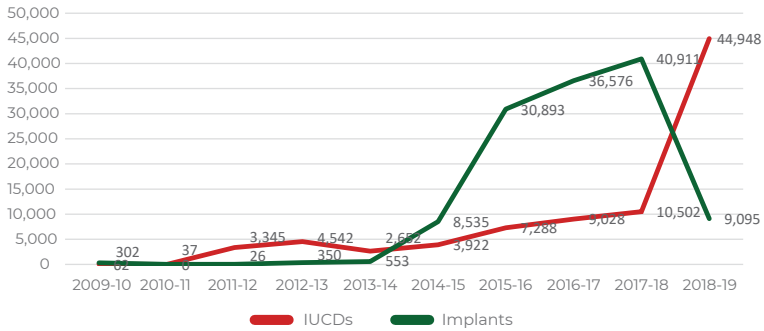


#### **PPHI Sindh's Contribution in LARC:**

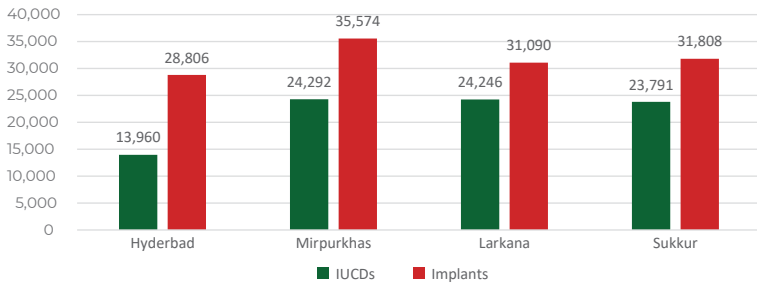
PPHI Sindh's contribution in the area of family planning especially LARC can be recognized from the fact that from July 2009 to June 2019, 127,278 implants and 86,289 IUCDs have been inserted by PPHI Sindh's healthcare providers.



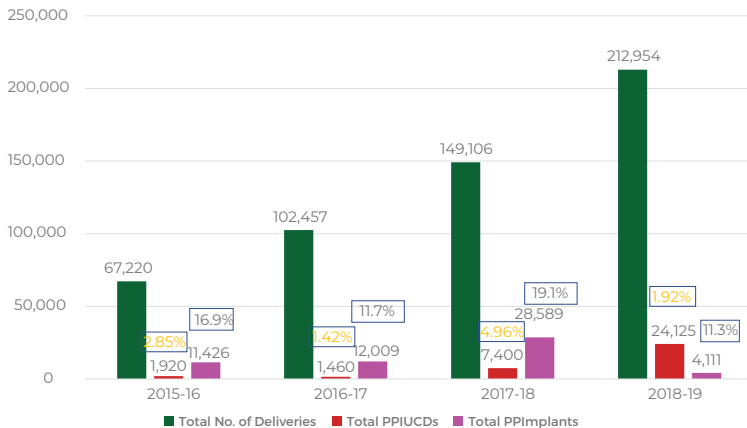
### Yearly Trend of LARC Utilisation/Insertion in PPHI Health Facilities



### Region-wise Comparison of LARC Consumption during Routine FP Services July 2009 - June 2019



### Routine Postpartum Family Planning\*



■ % of PPIimplants  
■ % of PPIUCDs

\*PPHI Sindh started Routine PPFP services in 2015



### ***Results of Routine Family Planning Services during 2019 by PPHI Sindh:***

In 2019 (from July 2018 to June 2019), the total number of clients visited PPHI Sindh's HFs for opting FP services has reached 621,641. PPHI Sindh focuses on promoting LARC methods. Therefore, in 2019, 44,948 IUCDs and 9,095 implants were inserted. Other methods were also enhanced, for example, in 2019, 201,680 oral contraceptives, 206,756 injectables, 113,144 condoms, 608 tubal ligations and 66 vasectomy surgeries were provided. Additionally, PPHI Sindh also facilitated clients with postpartum family planning (PPFP) services. Similarly, out of 215,215 women who delivered at PPHI Sindh's HFs 27,363 were provided with Postpartum Family Planning services.

### **Free Family Planning Camps:**

PPHI Sindh arranges special family planning camps on quarterly basis in order to achieve a rapid improvement in CPR. The focus of these camps is on Long Acting Reversible Contraceptives (LARC) i.e. Jadelle and IUCD. These camps are arranged at PPHI Sindh's BHU Plus (24/7 MCHCs). Both female and male medical officers are available for providing counseling and family planning services to male and female clients. Additionally, free transport is provided to the clients who are interested to get contraceptives but live-in far-flung areas.

#### **Objectives of Family planning camps:**

- To increase community awareness among clients
- To enhance accessibility of FP services
- To promote FP services at door steps
- To reinforce utilization of FP methods
- To reduce myths related to FP methods

#### **Strategies for Promoting and Conducting Free FP Camps:**

Awareness regarding camps is created through advertising in electronic and print media, by announcements in mosques and community meetings and distributing flyers. Community mobilization through LHWs also plays an important role in promoting the camps. Community awareness sessions are conducted at different villages

Vehicle is also provided to clients to facilitate them in traveling from their homes in hard to reach areas to health care facilities where camps are held. Contraceptive materials are made available in abundance at all PPHI managed health facilities.

Health care providers are trained before these camps and while performing procedure of FP methods, standard protocols and proper hygienic practices were maintained. WHO Medical Eligibility criteria (MEC wheel) are made available to service providers for

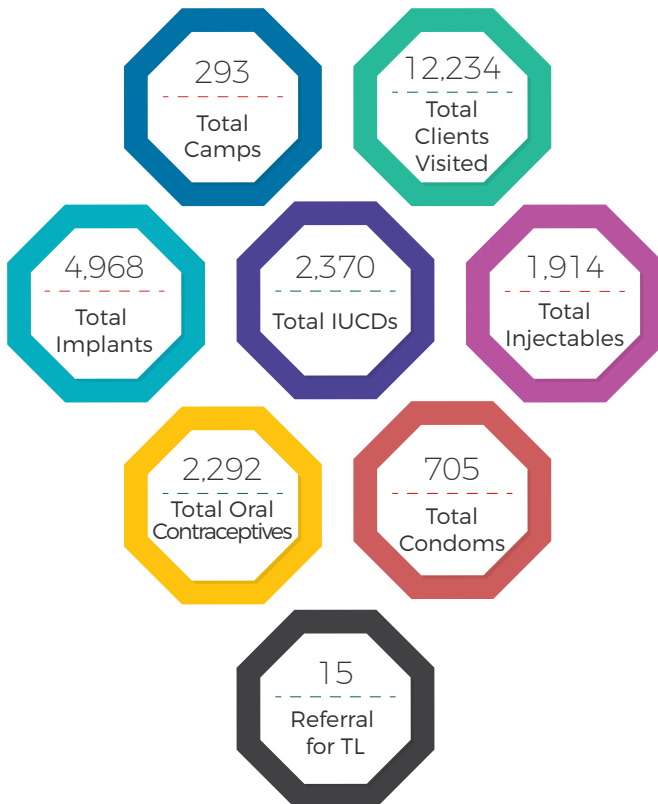




counseling and to offer choice to the client. PPHI Sindh's staff at Head Office ensures quality maintenance of contraceptive records on cLMIS software in order to make evidence-based policy decision. Registration and records are maintained properly to ensure authenticity of data and regular tracking of indicators and performance is also fed in DHIS to see the progress.

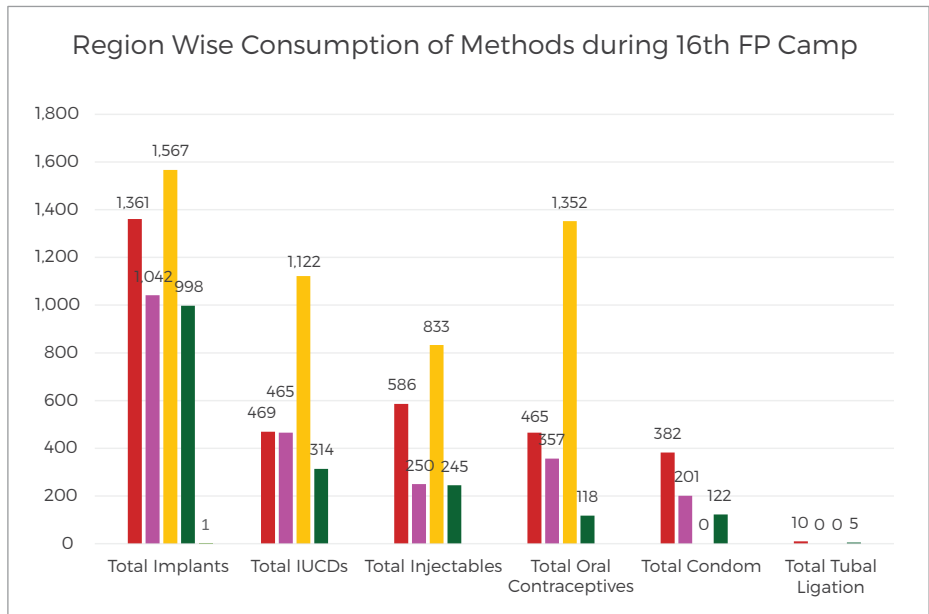
Clients counselling sessions are conducted according to the need of clients; they are provided with information on all possible choices; however, client's own preference is prioritized. After procedure side effects and follow up explained to women and furthermore all contact details given to her.

### Results of 16th Family Planning Camp



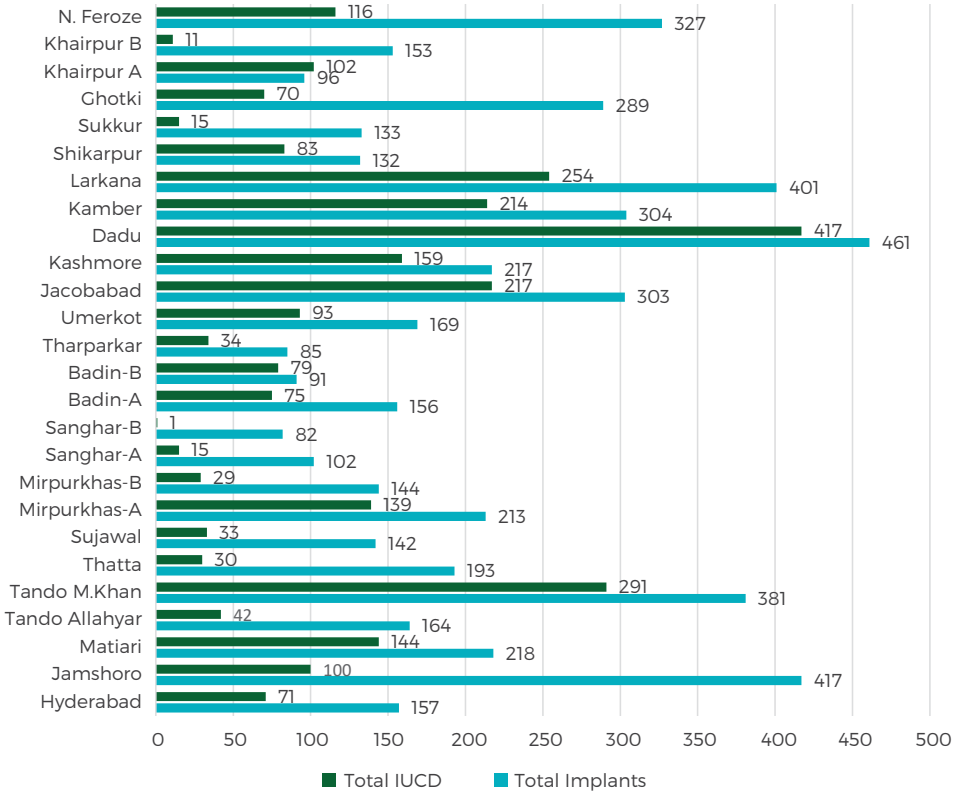


Region wise FP Camp Performance									
Regions	Total # of Camps	Total clients	Methods					Cases referred	
			Total Implants	Total IUCDs	Injectables	Total Oral Contraceptives	Condom	Tubal Ligation	Vasectomy
Hyderabad	52	3,273	1,361	469	586	465	382	10	0
Mirpurkhas	62	2,244	1,042	465	250	357	201	0	0
Larkana	161	4,915	1,567	1,122	833	1,352	0	0	0
Sukkur	18	1,802	998	314	245	118	122	5	0
<b>Total</b>	<b>293</b>	<b>12,234</b>	<b>4,968</b>	<b>2,370</b>	<b>1,914</b>	<b>2,292</b>	<b>705</b>	<b>15</b>	<b>0</b>

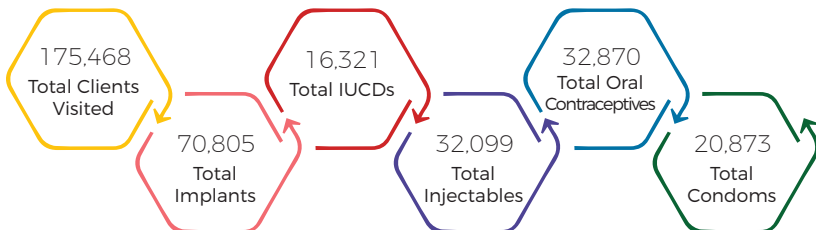




### District wise Comparison of LARC insertions during 16th Free FP Camp



### Results of Free Family Planning Camps Organized till Date





## Camp wise consumption of FP commodities and total number of clients visited

	FP Visits	Jadelle	IUCD	Injectable	Oral Contraceptives	Condom
<b>1<sup>st</sup> FP Camp</b>	8,762	4,190	804	1,162	1,288	1,068
<b>2<sup>nd</sup> FP Camp</b>	11,874	4,849	564	2,032	2,199	1,637
<b>3<sup>rd</sup> FP Camp</b>	17,138	7,960	1,217	2,881	2,871	2,093
<b>4<sup>th</sup> FP Camp</b>	21,506	9,745	1,711	3,836	3,825	2,209
<b>5<sup>th</sup> FP Camp</b>	18,655	9,155	1310	3,488	3,140	1,490
<b>6<sup>th</sup> FP Camp</b>	12,686	5,157	865	2,513	2,428	1,582
<b>7<sup>th</sup> FP Camp</b>	11,332	4,992	725	2,054	2,034	1,554
<b>8<sup>th</sup> FP Camp</b>	10,392	4,187	591	2,005	2,152	2,376
<b>9<sup>th</sup> FP Camp</b>	7,616	3,065	523	1,440	1,631	953
<b>10<sup>th</sup> FP Camp</b>	9,209	3,907	655	1,805	2,051	1,014
<b>11<sup>th</sup> FP Camp</b>	8,552	3,078	506	1,736	2,210	1,018
<b>12<sup>th</sup> FP Camp</b>	14,113	5,712	731	2,980	3,299	1,382
<b>13<sup>th</sup> FP Camp</b>	6,993	464	2,273	1,265	1,174	708
<b>14<sup>th</sup> FP Camp</b>	2,057	63	945	449	379	221
<b>15<sup>th</sup> FP Camp</b>	2,349	33	941	539	449	308
<b>16<sup>th</sup> FP Camp</b>	12,234	4,968	2,370	1,914	2,292	705



### Challenges during FP Camps:

During 2018, availability of FP commodities was a major issue, hence the low numbers of insertions were conducted in the year. The commodities were made in July 2019 after which PPHI Sindh planned and organized 16th round of FP camp in Sindh.

During the camp that was organized from August 28 to 30, 2019, heavy rains fell which resulted in a low number of clients. PPHI Sindh offered transportation to and from the camps to as many clients as possible to facilitate them in benefitting from these camps.

### Monitoring of FP services provided in routine and during camps

For monitoring, PPHI Sindh has its very own Smart Phone Monitoring System at health facilities which is used for observing regularity and punctuality of staff, verification of essential equipment's, medicine, vaccine and stock out status. While, for data collection at the primary health care facilities, mainly District Health Information System (DHIS) is used. The technical visits are also monitored through dashboard to see the quality of visits.



PPHI's Midwife providing counselling on FP methods during Free FP Camps



Clients waiting for their turn for FP Services



Clients arriving at Free FP Camp at PPHI Health Facility for accessing free FP Services



Implant insertion during free FP Camps



Record keeping of the clients visiting Free FP Camps



Post procedure counselling on side effects and safety precaution by a PPHI midwife





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