

ACCELERATING ACCESS TO POSTPARTUM FAMILY PLANNING

CHIANG-MAI, THAILAND
JUNE 8 -11



IN TECHNICAL
PARTNERSHIP
WITH



an affiliate of Johns Hopkins University

innovating to save lives

Why Post Partum Family Planning Now

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What is Post Partum Family Planning

- prevention of unintended pregnancy and closely spaced pregnancies through the first 12 months following childbirth.
- WHO recommends an interval of 24 months or more before attempting a next pregnancy after a live birth, to reduce the risks of adverse outcomes for mother and child



Impact of Short inter pregnancy interval

- ❑ Unsafe abortion
- ❑ Stillbirth
- ❑ preterm birth
- ❑ low birth weight
- ❑ SGA
- ❑ Chronic undernourishment
- ❑ Stunted growth
- ❑ Infant mortality

spacing pregnancies at least 2 years

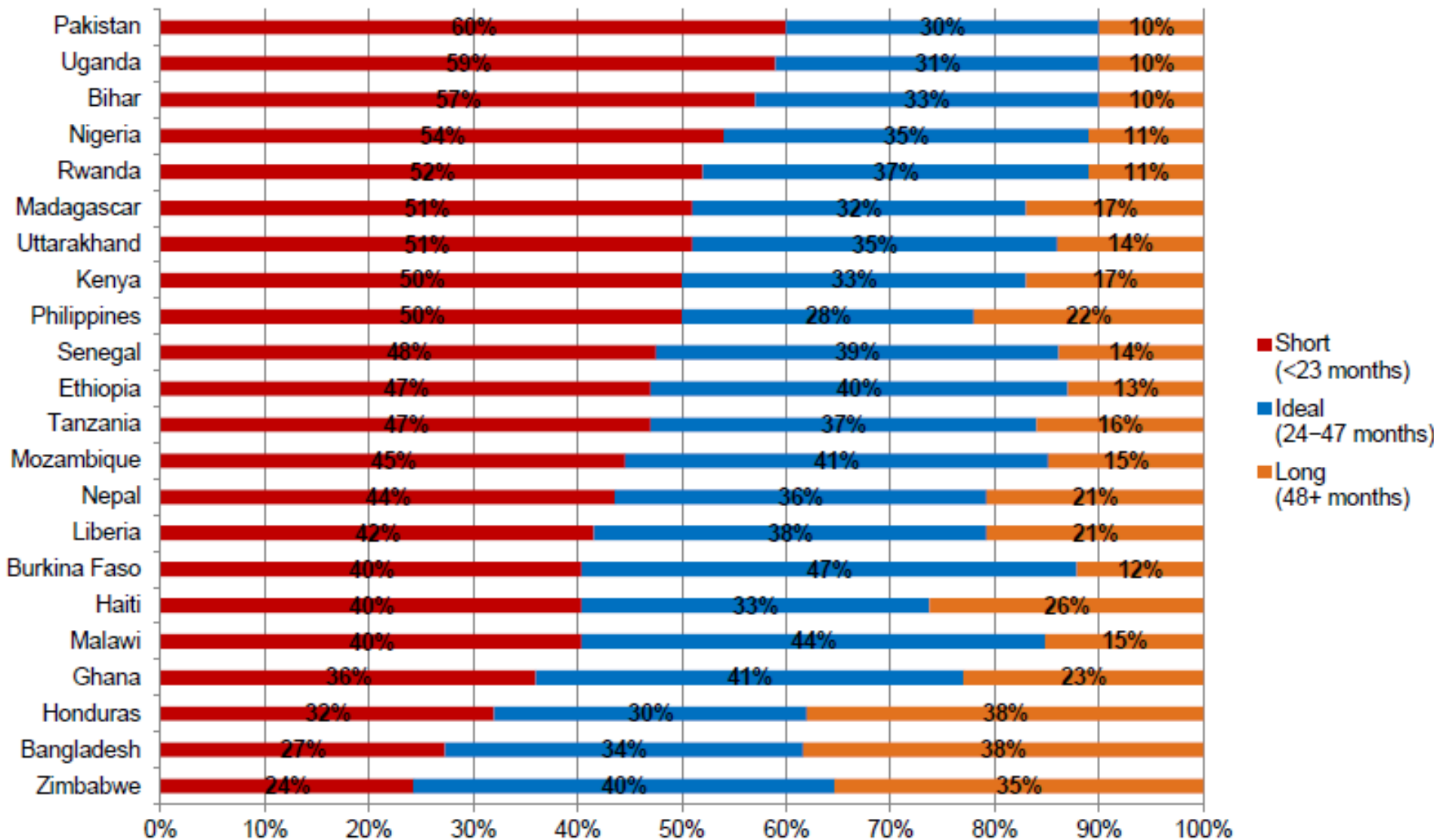
avert an estimated

10% of infant deaths

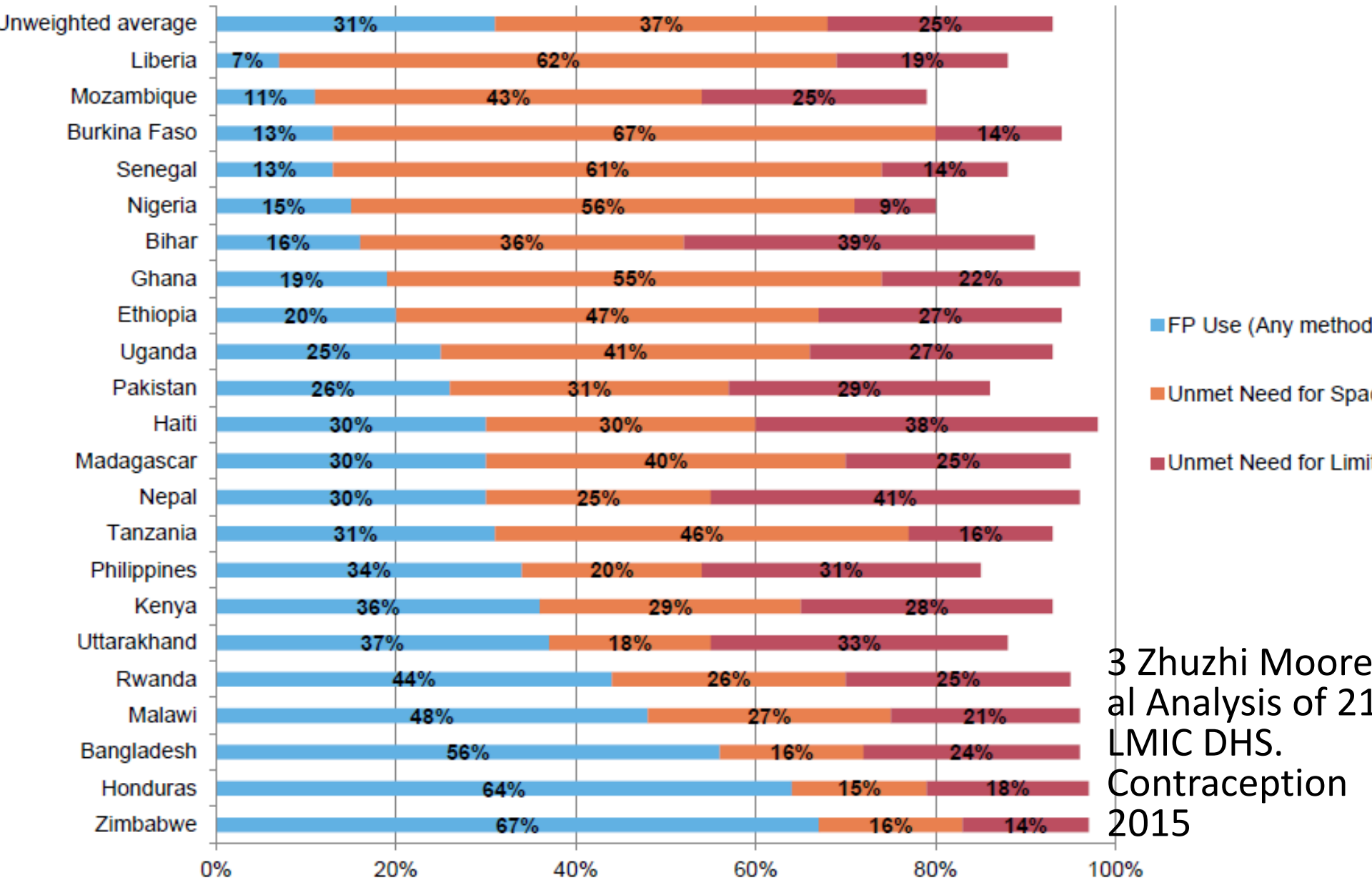
21% of deaths in children ages 1 to 4²

2 Cleland J, Conde-Agudelo A, Peterson H, Ross J, Tsui A.
Contraception and health. Lancet.n 2012;380(9837):149–156

Percentage of women with short, ideal, and long inter pregnancy period³



Unmet FP need in postpartum women³



3 Zhuzhi Moore
 al Analysis of 21
 LMIC DHS.
 Contraception
 2015

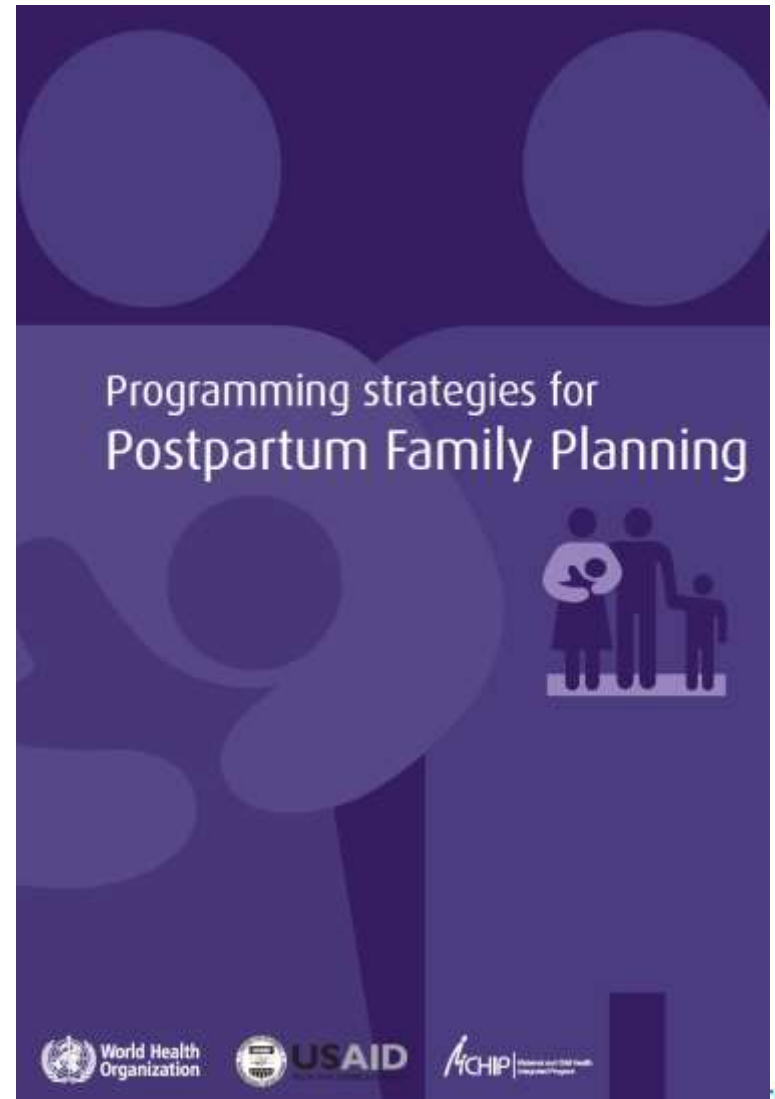
Special needs for adolescent mothers⁴

- About 16 million girls aged 15 to 19 and 1 million girls under 15 give birth every year—most in low- and middle-income countries.
- Complications during pregnancy and childbirth are the second cause of death for 15-19 year-old girls globally.
- Every year, some 3 million girls aged 15 to 19 undergo unsafe abortions.
- Babies born to adolescent mothers face a substantially higher risk of dying than those born to women aged 20 to 24.

4 WHO fact sheet on *adolescent pregnancy*

Programming Strategies for postpartum FP

- ❑ For programme planners and managers when designing interventions to integrate PPFp into national and subnational strategies.
- ❑ PPFp should
 - Raise Awareness of FP Needs of Postpartum Women
 - Mitigate missed PPFp opportunities across the continuum of care
 - Organize health services to allow time for family planning counseling
 - Maximize the availability of community based care
 - Expand the available range of family planning options and services



Evidence and measurement Gaps

- ❑ Integrated holistic monitoring and evaluation
- ❑ Socio cultural expectations
 - Resumption of sex post delivery
 - Fertility
- ❑ Integration challenges
- ❑ Best practices
- ❑ Impact

Statement
Statement



Combined hormonal contraceptive use during the postpartum period

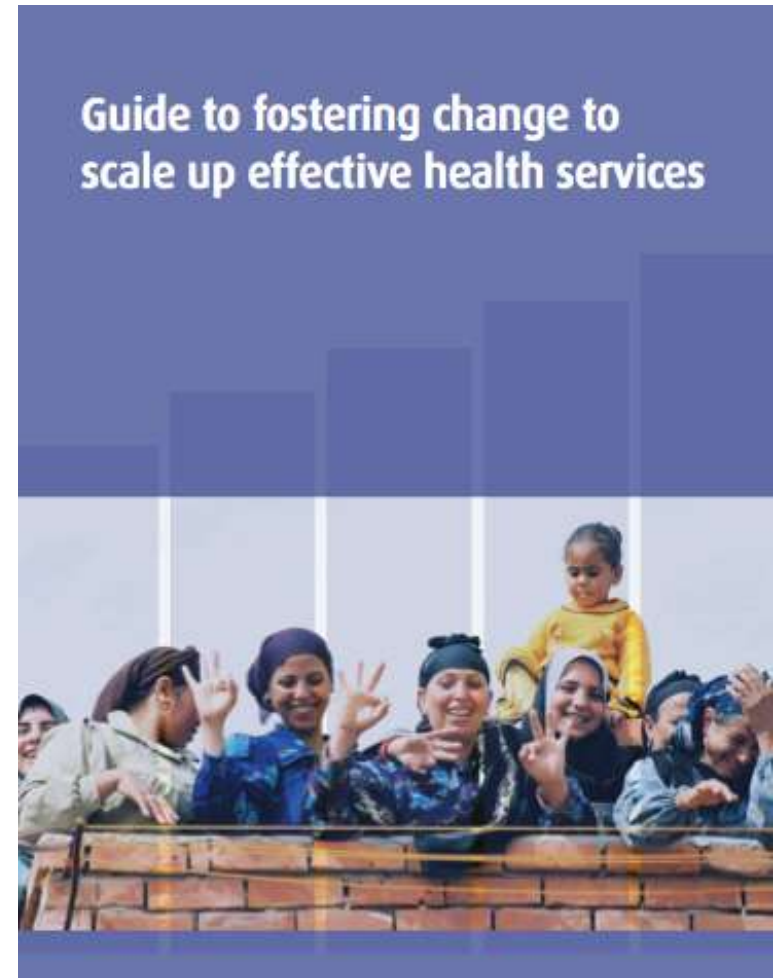
MEC Revised Recommendation relevant to Post partum FP Guidance

1. Recommendations for CHC use among breastfeeding women
2. Recommendations for CHC use among postpartum women
3. Recommendations for progestogen-only contraceptive (POC) and levonorgestrel-releasing intrauterine device (LNG-IUD) use among breastfeeding women
4. New Methods

Next steps - Scaling Up post Partum FP

- Current status
 - Successful Pilots
 - Consensus on need to scale up

- How to scale up?????
 - Capacity building
 - Monitoring and evaluation



Thank You

Acknowledgement

- ❑ Monica Dragoman
- ❑ Mary Lyn Gaffield
- ❑ Petrus Steyn
- ❑ Suzanne Reier
- ❑ Marleen Temmerman