

ACCELERATING ACCESS TO POSTPARTUM FAMILY PLANNING

CHIANG-MAI, THAILAND
JUNE 8 -11



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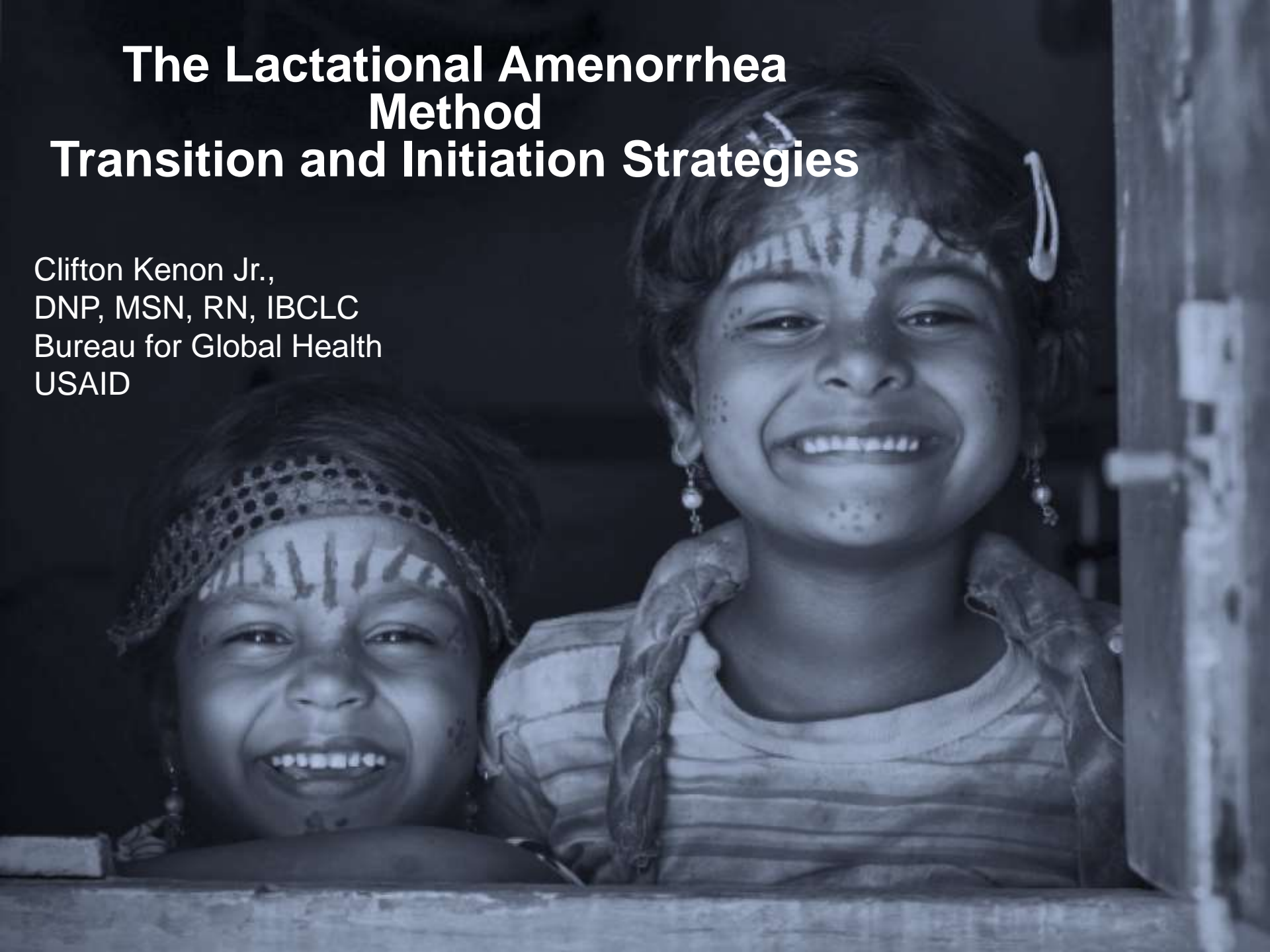


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innovating to save lives

The Lactational Amenorrhea Method Transition and Initiation Strategies

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LAM Explained

- ✓ A modern contemporary method
- ✓ A short-term temporary method based on natural infertility related to breastfeeding
- ✓ Over 98% effective up to 6 months postpartum
- ✓ A gateway method to other modern methods

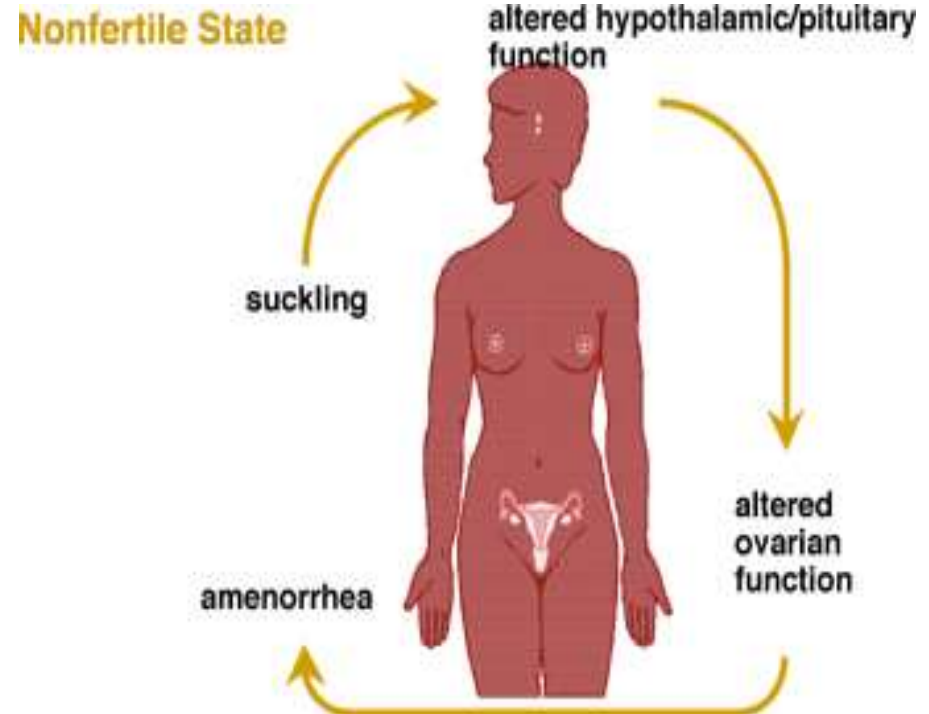
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- ✓ All criteria are met
- ✓ Menstrual bleeding has not resumed
- ✓ The infant is fully or near fully breastfeed both day and night
- ✓ The infant is under 6 months of age



A UNIVERSAL METHOD WITH UNIVERSAL BENEFITS

- ❑ Non- objectionable family planning without the use of any commodities
- ❑ A no-cost method that has been integrated into existing institutional and community based family planning programs globally
- ❑ A woman initiated and woman controlled method
- ❑ A method that compliments global consensus on breastfeeding as a key public health strategy for health and survival
- ❑ A method that allows women and couples to decide on future methods while concentrating on breastfeeding



THE FIRST 48 HOURS... GETTING STARTED AND INITIATING THE TRANSITION PLAN

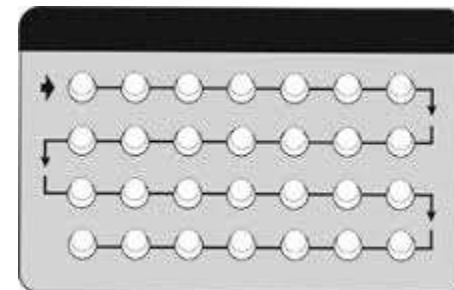
- ✓ Promotion of exclusive breastfeeding with no supplements during pre-pregnancy and through 6 month period
- ✓ Promotion of the Ten Steps to Successful Breastfeeding as outlined by the World Health Organization including removing commercial influences on breast milk substitutes and immediate skin to skin between infant and mother
- ✓ Immediate skin to skin and kangaroo care for mother and infant with feeding commencement

The importance of the three criteria and plan for transition. Consider pairing LAM with condoms and/or one dose of emergency contraception at initiation.



A TIMELY TRANSITION

- ❑ Transition to another method before one of the criteria is no longer met
- ❑ LAM users are eligible to transition to most other modern methods seamlessly at or before six months, with many methods much earlier
- ❑ A plan to transition should be implemented as soon as the woman has decided upon a future method



YET.. THERE CONTINUES TO BE HESITANCE...

- **Why focus on temporary methods when there are long term methods?**
 - **What about women with HIV?**
 - **Is this method really effective?**
- ✓ **LAM as a method promotes health of woman and baby through promotion of exclusive breastfeeding and is a great introductory method for the woman who is unsure about family planning or who has never used family planning before. LAM is commodity free...**
 - ✓ **With appropriate counseling and in the appropriate context women with HIV are eligible users for LAM**
 - ✓ **LAM is 98% effective with typical use and 99% effective with correct use**

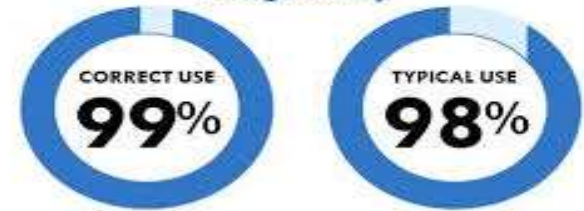
A MODERN METHOD FOR MODERN WOMEN... PRESENT OR ABSENT IN YOUR PROGRAMS?

Method	Commonly Used	Correct Use
Copper IUD	<1	<1
Progestin-Only Injectable	3	.05
LAM	2	<1
Oral Contraceptives	8	0.3
Male Condom	15	2

Pregnancies Per 100 in 1st Year

Information & Knowledge for Optimal Health Project

LAM Effectiveness in Preventing Pregnancy



FOR FURTHER INFORMATION

<https://www.k4health.org/toolkits/lam>

http://apps.who.int/iris/bitstream/10665/172915/1/WHO_RHR_15.07_eng.pdf?ua=1

http://irh.org/wp-content/uploads/2013/04/LAM_FAQs.pdf

http://irh.org/projects/fam_project/lactationa-l-amenorrhea-method-lam/

<http://irh.org/resource-library/the-lactational-amenorrhea-method-lam-an-important-option-for-mothers-and-infants/>

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