





---


## Roadmap for implementing Youth Friendly Services in Indian Public Health System


**Deepti Agrawal, Sunil Mehra, Ritu Kumar Mishra**  
(MAMTA Health Institute for Mother & Child, New Delhi),  
**S. P. Pandey** (Pandit Govind Ballabh Pant Institute of Studies in  
Rural Development, Lucknow)

Abuja Nigeria 27-29<sup>th</sup> April 2008



## The Context










**Reproductive and Child Health Programme II**

Adolescent Reproductive and Sexual Health Strategy

↓

Provision of Youth Friendly services through the Public health system: Youth Clinics and Counseling Services

Abuja - Nigeria 20082 




### Progress so far:



- Commitment by the State Governments-AFHS part of Programme Implementation Plan of 19 states-important step since health is a state subject
- Standards, Implementation guides, Training Materials in place (by Ministry of Health and Family Welfare)
- Training of a small number of Service Providers (Doctors) conducted by various agencies
- Yet, hardly any Youth/adolescent friendly service/s visible on the ground and if services are present, there is no demand from young people.



Abuja -Nigeria 20083 

### Goal

To reduce risk of unwanted pregnancies and STIs/HIV among young people in the project area, by ensuring greater access to youth friendly services including Voluntary counseling and testing facility

### Objectives

- ❖ To create a supportive environment for SRH services for young people
- ❖ To improve knowledge and skills of young people around SRH issues
- ❖ To enhance access of young people to youth friendly services for SRH and HIV prevention
- ❖ To document processes at all level and stages of the implementation for its future replicability and up scaling




Abuja -Nigeria 20084 

## Area Profile



- **District** : Lucknow in Uttar Pradesh, India
- **Block** : Gosainganj
- **Implementation site:**
  - 34 revenue villages covered by Katra Bakkas PHC
  - Population coverage of PHC: 35,000
- **Target population (10-24 Years)**
  - » **Total Young people-10646** (30.41% of total population)
  - » **Male -5842** (54.87% of young people)
  - » **Female-4804** (45.12% of young people)



Abuja -Nigeria 20085 

## Key findings from the Baseline (September 2005)



- More than half of young people who visited any health service during one year prior to survey visited public health system. Young people visited the facility mostly for general health problem.
- However, only 25 % of YP rated the care as very good, for most of them it was average. Better care by the doctor followed by more cleanliness was the most common suggestion for improvement.
- Only 45% of the sample size had heard about STI but at the same time 85% of them knew about HIV/AIDS.
- More than 80% of young people knew about condom but only half of them knew the dual protection of it.
- In case of any STI symptom most of them get them treated by traditional practitioners, self-treatment or friends.



Abuja -Nigeria 20086 

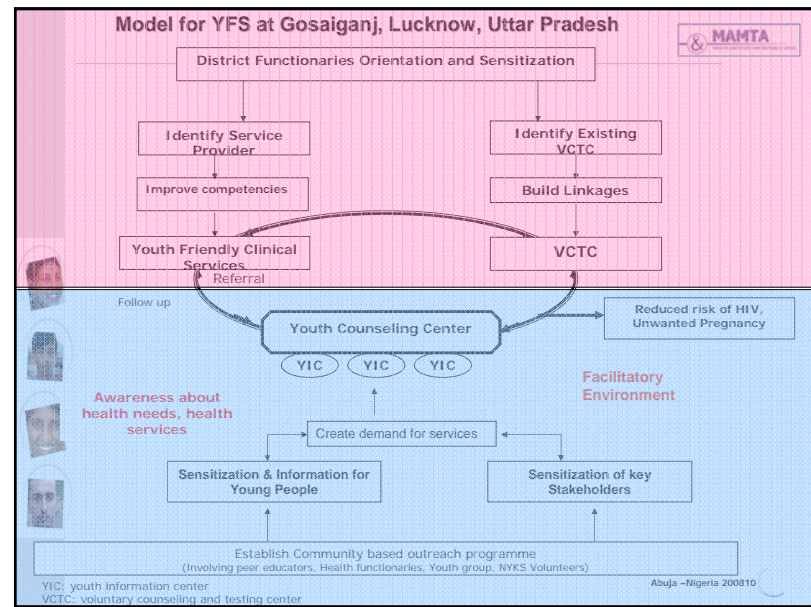
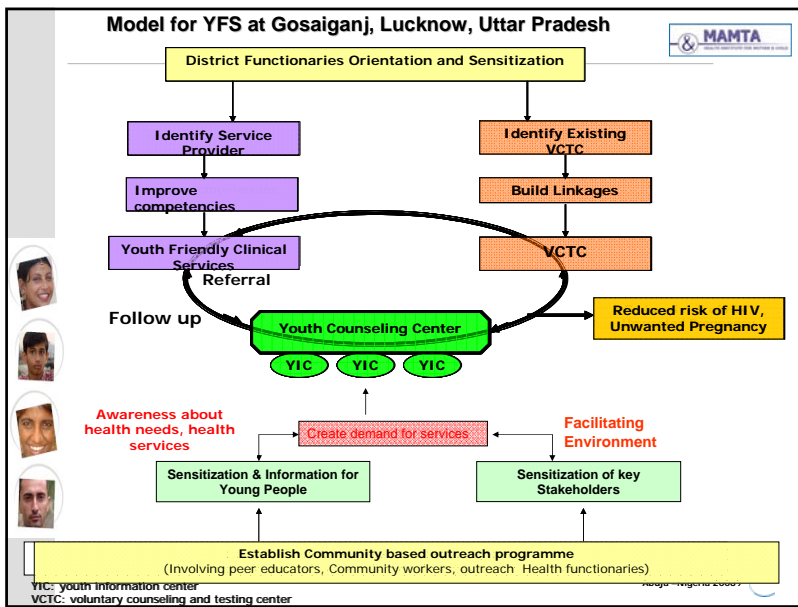
- Qualitative data shows that pre marital sex is not uncommon among young people and so unwanted pregnancies do occur. In case of unwanted pregnancy, young people hardly ever go to public health system.
- According to the medical officers there is poor knowledge among young people about STI.
- Teachers from government schools showed reluctance to talk on sexual and reproductive issues. But they said that they try to answer if any student comes up with query related to SRH issue.
- Parents of young people seemed to have very knowledge about STI/HIV/AIDS. Most of them support that young people need special attention for information, protection and services .

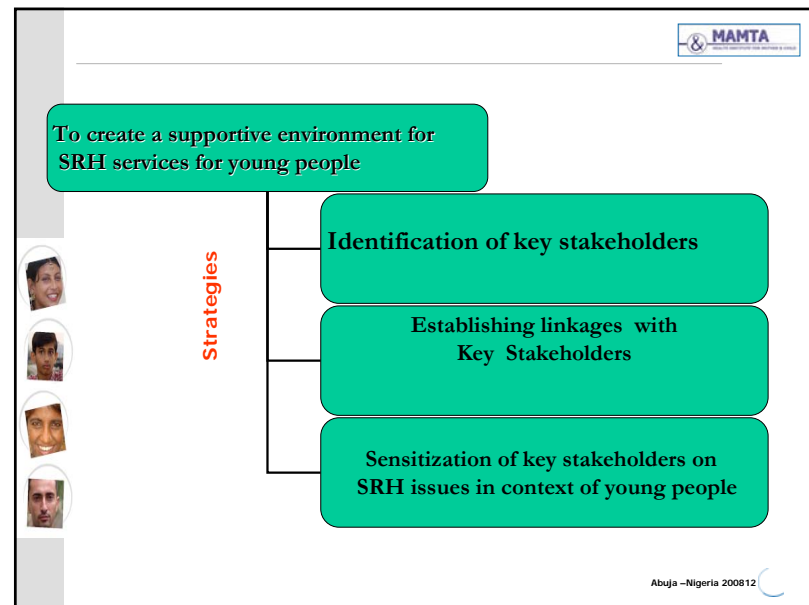
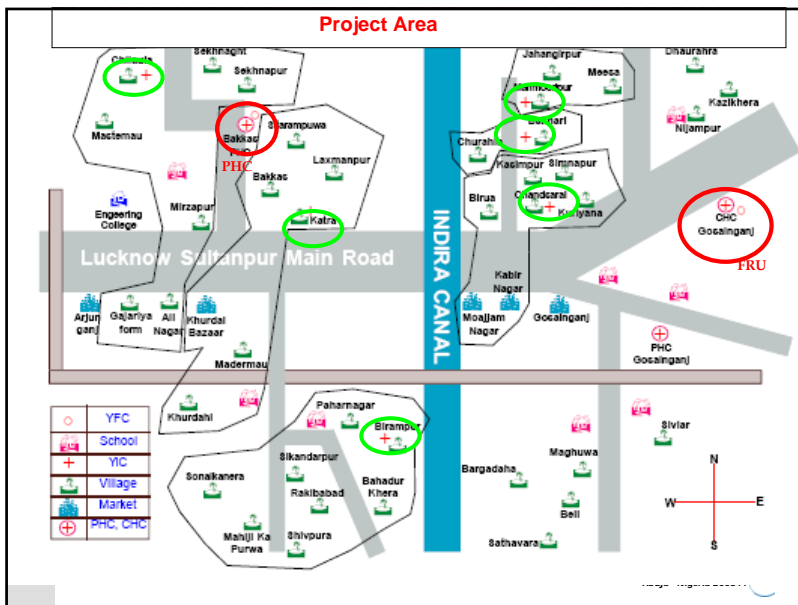


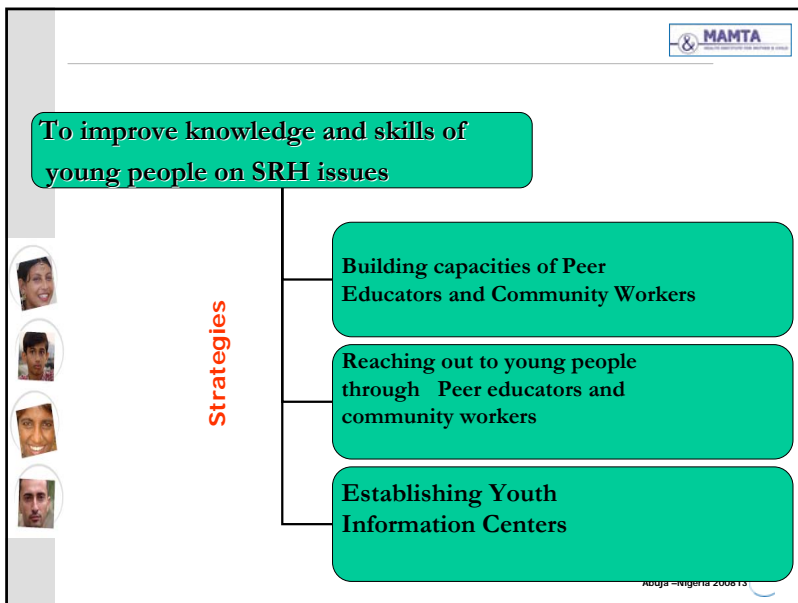
#### Recommendations from the base line study :


- The need for the provision of age-appropriate information about sexual and reproductive health issues and services, using a variety of strategies that take into consideration the socio cultural context of young people of the community.
- Due to the prevailing cultural norms and sensitivity of the issue within the community, sensitization and education of the adult population would help in overcoming the barriers and facilitating young people accessing public health services.
- The need for capacity building of service providers including medical officers and paramedical staff.
- The need for involvement of other functionaries likes Aanganwadi Workers and youth coordinators for the sustainability of the programme.
- Suitable referral linkages have to be developed with public health facility and VCTC.



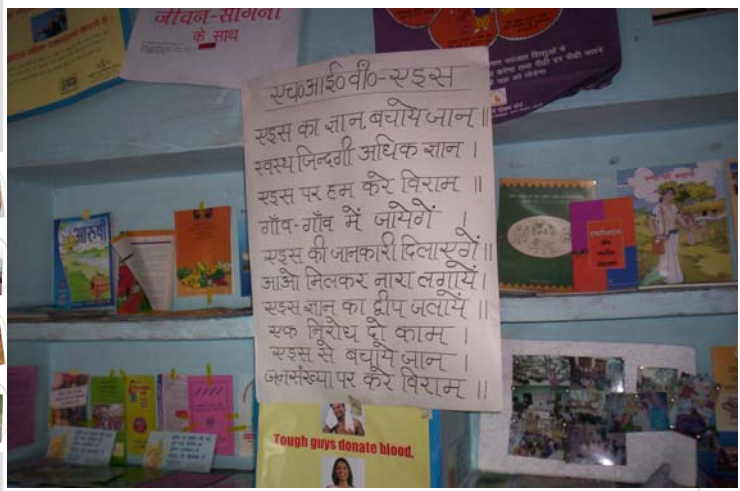






- 
- Improved knowledge and skills of young people on SRH issues
- 6 YICs established and are functional in the project area
  - Activities at the YIC:
    - Discussion with young people on SRH issues by peer educators and Community workers.
    - IEC material, magazines and books for young people.
    - Facilities for entertainment (carom board, badminton, cricket etc.) for both boys and girls.
    - Vocational Training (like candle making, paper making).
    - Counseling services once a week.
    - Contraceptive counseling and distribution (condoms and pills).
    - Referrals to the Health facility.
- Abuja - Nigeria 2008/14

A poem on the HIV and Dual Protection provided by Condoms



Abuja - Nigeria 200815

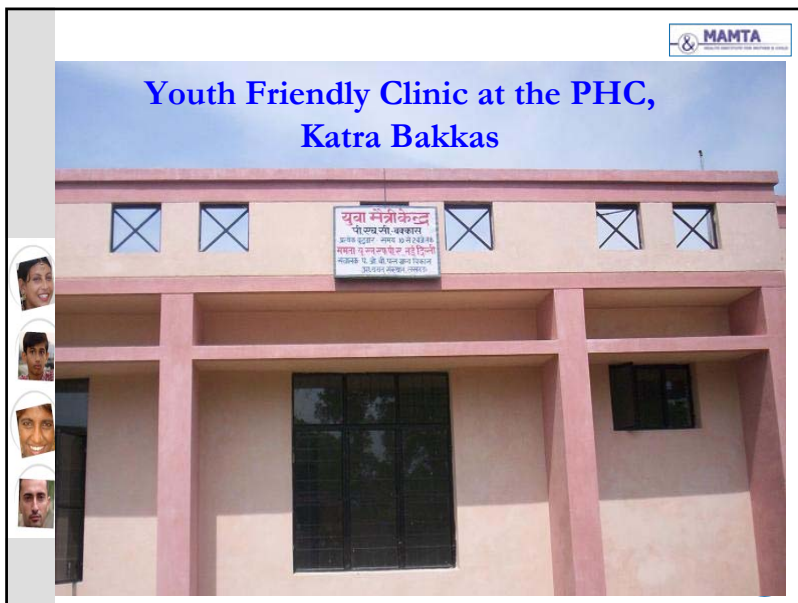
To enhance access of young people to youth friendly services




Strategies


- Sensitization and Orientation of Peripheral health workers
- Orientation Programme for Service Providers (doctors at the PHC and FRU)
- Initiation of Youth Clinic at the PHC
- Establishing referral linkages with the FRU and VCT facility

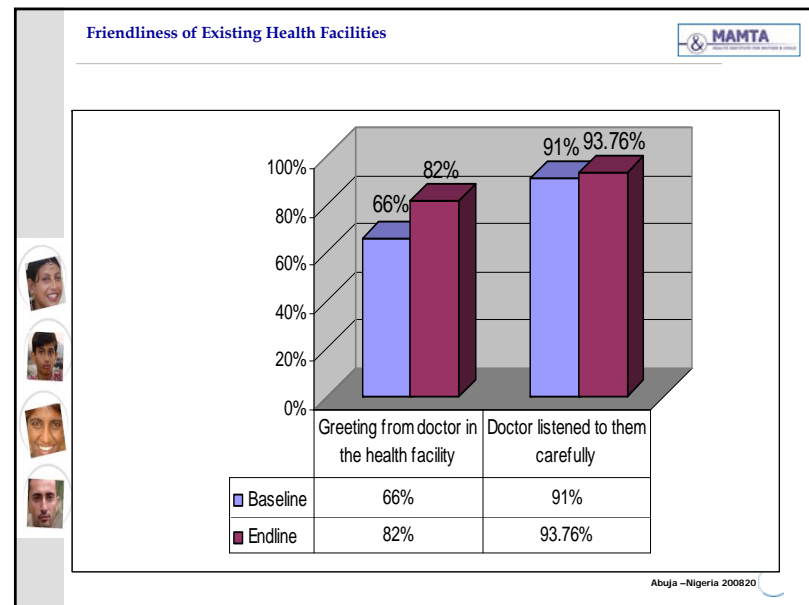
Abuja - Nigeria 200816



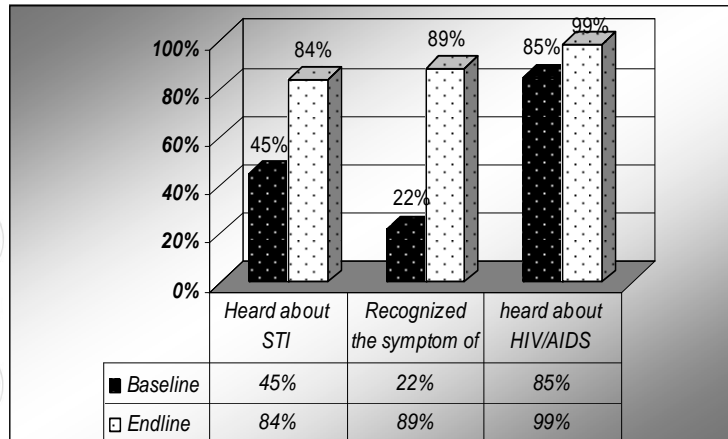


Services Available at the Youth Friendly Clinic at PHC	Services Available at the Youth Friendly Center at FRU(CHC)
<ul style="list-style-type: none"> <li>• Clinical services :general health, STI treatment</li> <li>• Counselling on general health concerns, SRH concerns</li> <li>• Antenatal Care</li> <li>• Contraceptive Counselling and distribution</li> <li>• Laboratory and Drugs</li> <li>• Referral to FRU or VCT</li> </ul>	<ul style="list-style-type: none"> <li>• Information on SRH issues including HIV</li> <li>• Take Home IEC material</li> <li>• Clinical Services from doctors (specialists available) at the CHC</li> </ul>

Abuja –Nigeria 200819 

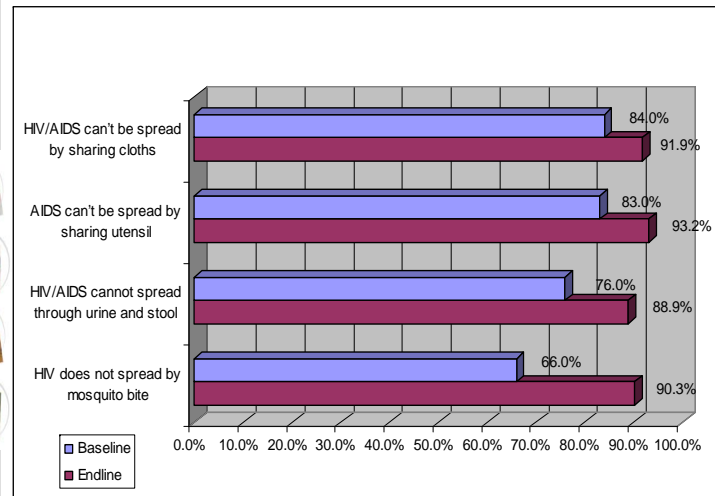


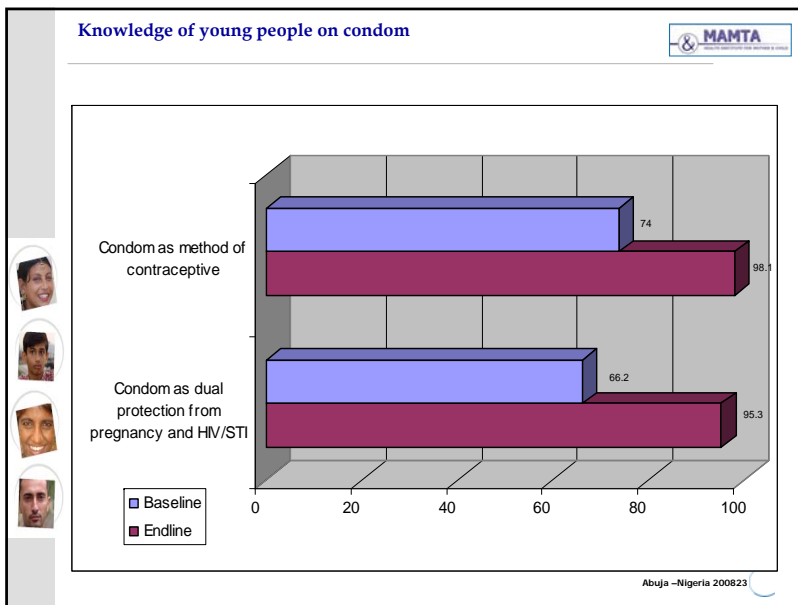
Change in knowledge of young people on STI and HIV/AIDS



Abuja - Nigeria 200821

Change in knowledge of young people (on misconception regarding the modes of HIV transmission)






- ### Utilization of services
- Total number of adolescents and youth visiting the Youth Information/Counseling Centers (YIC/YCC)/clinic for accessing SRH counseling services was 43.10% (N=4589) (over a one year period).
  - Total number of adolescents and young people accessing contraceptives was 33.34% (N= 3550) (over a one year period).
  - About 41.6% of the boys and 25.3% of the girls had heard about the Voluntary Counseling and Testing Centre (VCTC). Out of this 29% of boys and 17% of the girls know the location of the VCTC.
  - 35 Young people presented themselves for voluntary counseling and testing.
- Abuja - Nigeria 200824

### Key learning



- Young people in the communities can be involved in meaningful ways to address a range of SRH information and service issues, parents and community leaders come forward to support, however intensive and sustained information sharing and engagement of community is essential.
- An important aspect of providing information is to establish information channels for young people (for eg. it was done through YICs and Peer educators in this model). Then it is possible to disseminate information on various issues, be it health in general, HIV, condoms or health services.
- Young people lack trust in public health system , do not perceive public health facilities as appropriate places to seek health care for sexual and reproductive health concerns - Bridging the gap between young people and the health system is the most important step



Abuja –Nigeria 200825 

### Key learning



- Bringing in local NGOs can help to bridge this gap , generate demand for youth friendly services as well as to increase acceptance for these services in the community.
- The paramedical health workers play an important role in linking young people in communities to the health services. Sensitization & orientation of these health service providers translates into better utilization of health services , than when doctors alone are reached by training programmes.
- Community-based and outreach activities must complement and co-exist with clinic-based services in order to reach target audiences.
- Ongoing advocacy and technical support to health service providers is required. This support works better if the Youth friendly services are included within the mandate of the (local) government's health programme or policy.



Abuja –Nigeria 200826 

## Challenges



- Quality of Health Services being delivered has much scope for improvement
- Maintaining records of youth /adolescent clients at the health facility /establishing an MIS at the health centers
- Establishing more effective and sustainable mechanisms to provide technical assistance, training, and other capacity-building measures to the health service providers.
- State wide 'Roll out' of the Adolescent Friendly Health Services (under the National programme) that will provide sustainability to this initiative.



Visit us at  
[www.yrshr.org](http://www.yrshr.org) and  
[www.12teen.org](http://www.12teen.org)

