



USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Of Passion, Pill and Pregnancies: Advancing Family Planning in the Context of Maternal and Newborn Health

Catharine McKaig

16 December 2010



CHW and Mother, Healthy Fertility Study, Bangladesh

Photo Credit: Salahuddin Ahmed

JHPIEGO in partnership with Save the Children, Constella Futures, The Academy for Educational Development, The American College of Nurse-Midwives and IMA World Health

ACCESS-FP

- 5 year associate award to Jhpiego
- 20 m ceiling (ACCESS-Leader 75 m) through USAID/PRH/SDI
- Focus on addressing unmet need for postpartum family planning
 - IR test PFP models
 - IR promote LAM
 - IR promote HTSP
 - IR integrate FP with MNH



USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Integration = Dilemma of engagement

- **Passions- for different things**
 - Champions in MH; NH; FP
- **Pills- confusion about existing technologies**
 - misoprostol; combined & progestin only
- **Pregnancies- where it all begins**
 - To be postpartum- have to be pregnant!



USAID
FROM THE AMERICAN PEOPLE

a&eccess

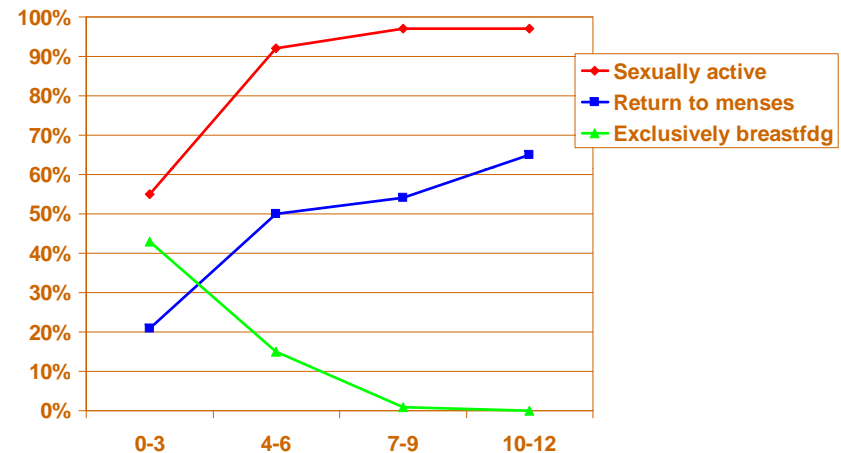
Family Planning Initiative
Addressing unmet need for postpartum family planning

Postpartum family planning

Through one year postpartum

- Return to fertility=pregnancy risk
- Return to sexual activity
- Immediate, Exclusive and Continued Breastfeeding
- LAM and transition
- Method considerations: timing and breastfeeding status
- Healthy spacing of the next pregnancy
- Integration—tailoring to fit with timing and service

Factors influencing fertility return in Bangladesh



Winfrey and Borda. 2007: Addressing the Family Planning Needs of Women in the First Year Postpartum: Bangladesh. ACCESS-FP

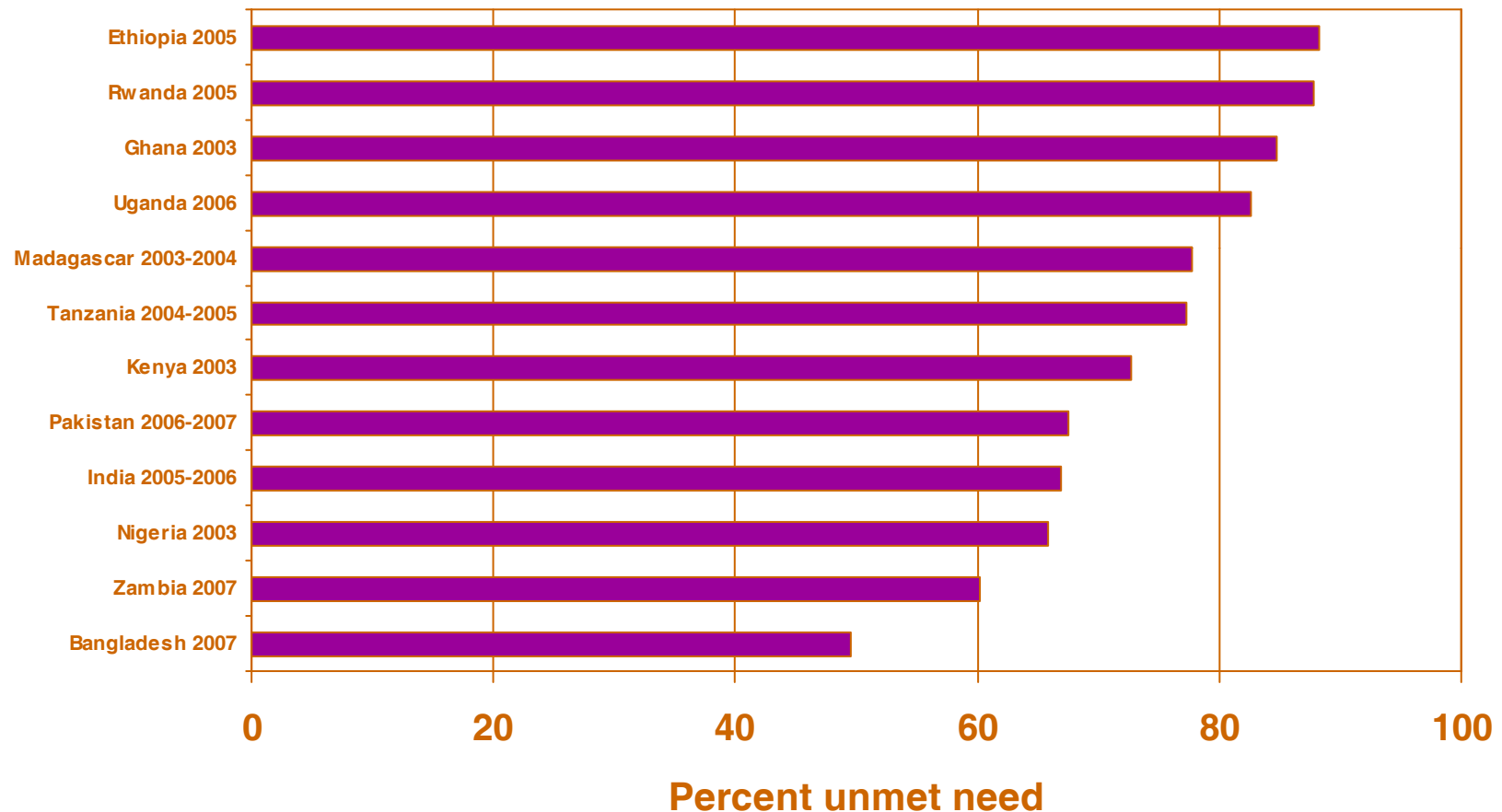


USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

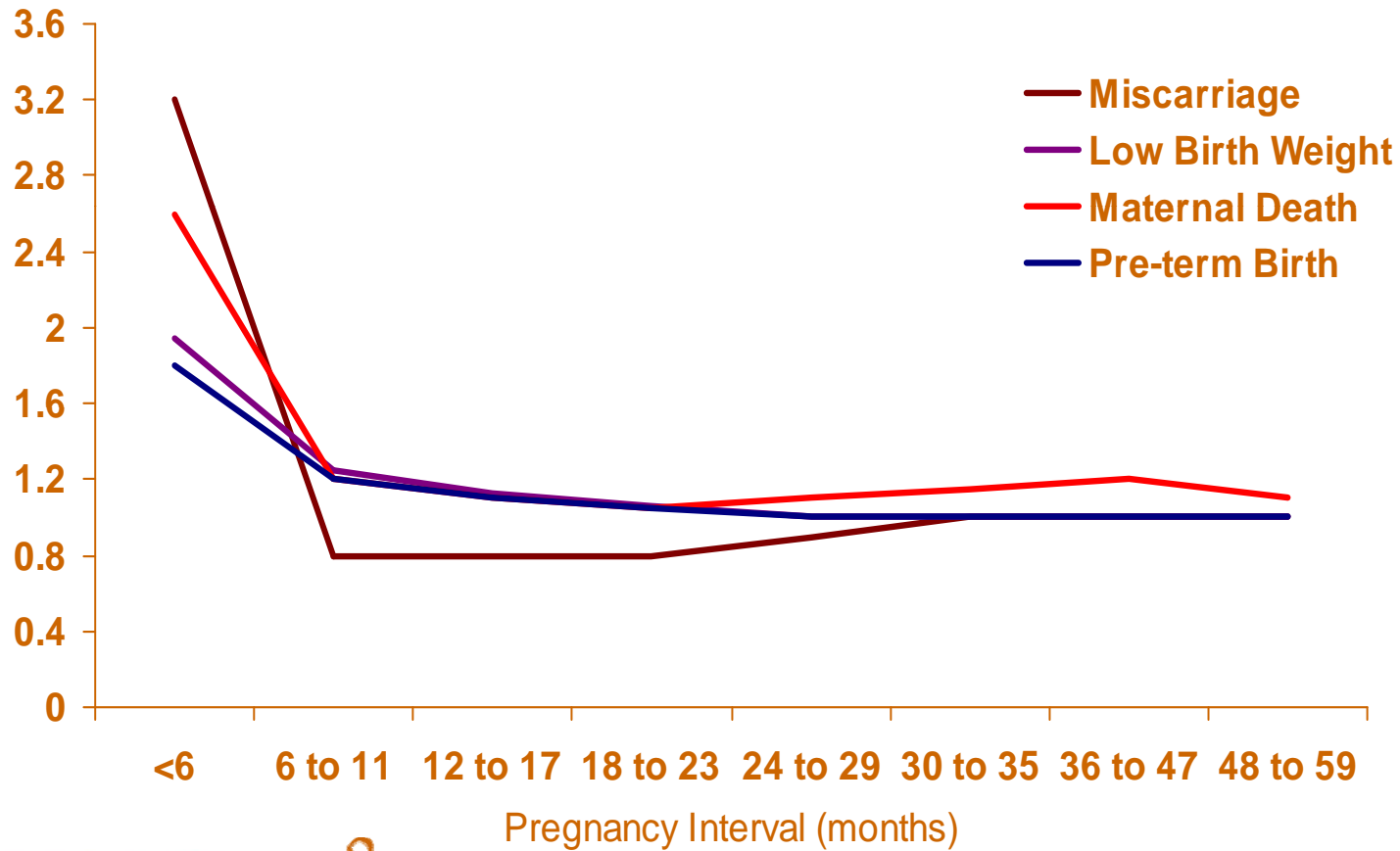
High levels of unmet need- *potential for addressing maternal and child health*



Winfry and Borda. 2010. Postpartum fertility and contraception: An analysis of findings from 17 countries. ACCESS-FP

Birth to Pregnancy Intervals and Relative Risk of Adverse Maternal, Perinatal and Pregnancy Outcomes

Risk (odds ratio)



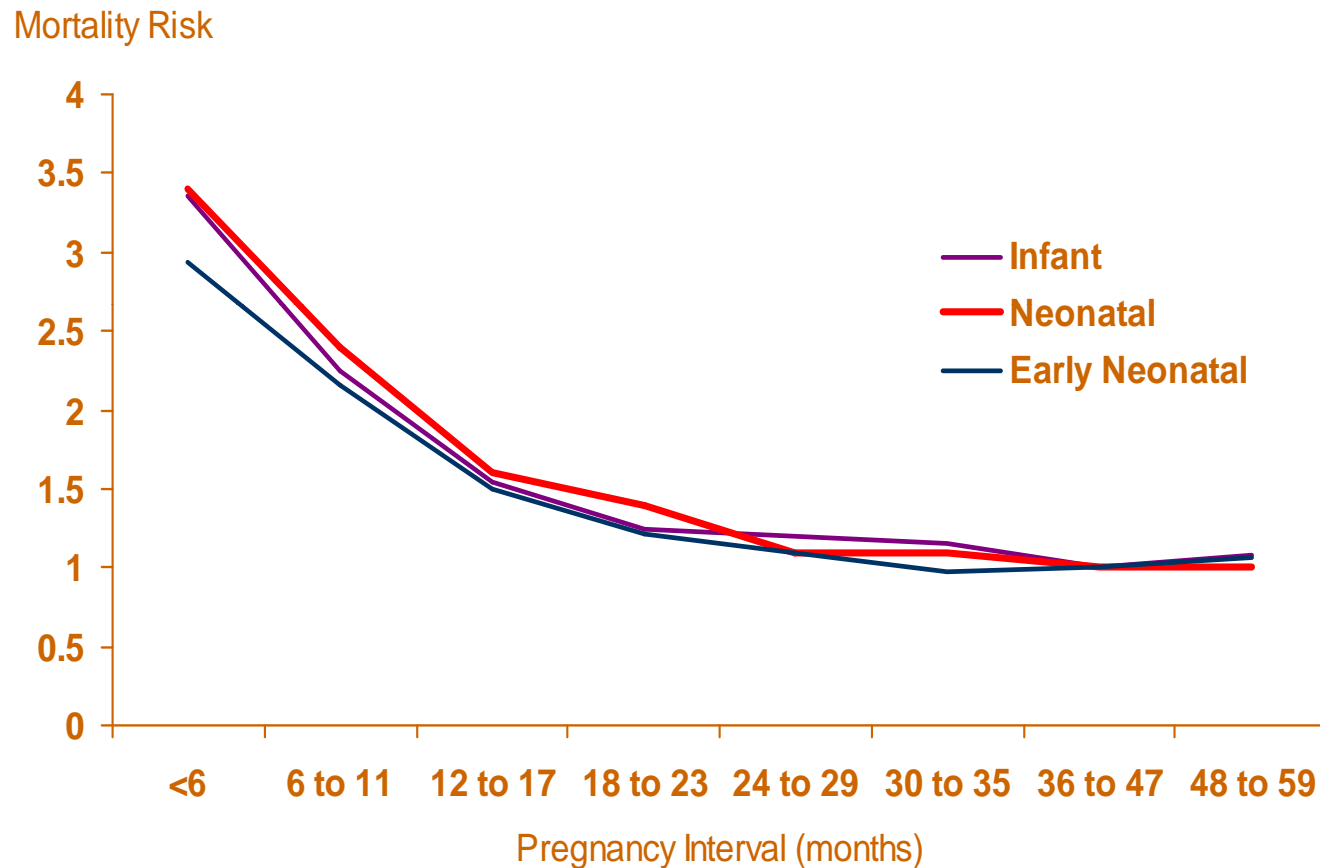
USAID
FROM THE AMERICAN PEOPLE

a&eccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Sources: Conde-Agudelo 2005 and DaVanzo et al 2007

Birth to Pregnancy Intervals and Relative Risk of Neonatal and Infant Mortality



USAID
FROM THE AMERICAN PEOPLE

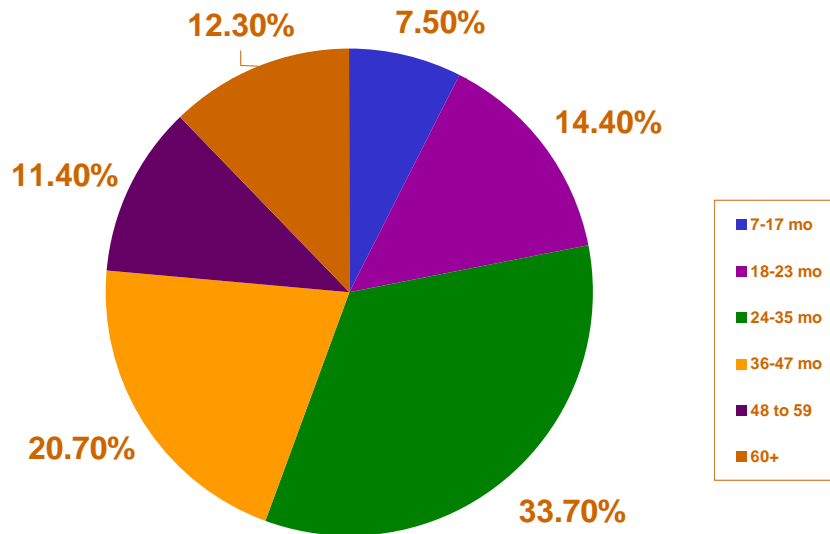
a&eccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Source: Rutstein 2005

Birth Intervals in Nepal

Nepal: Birth to Birth Intervals



In Nepal

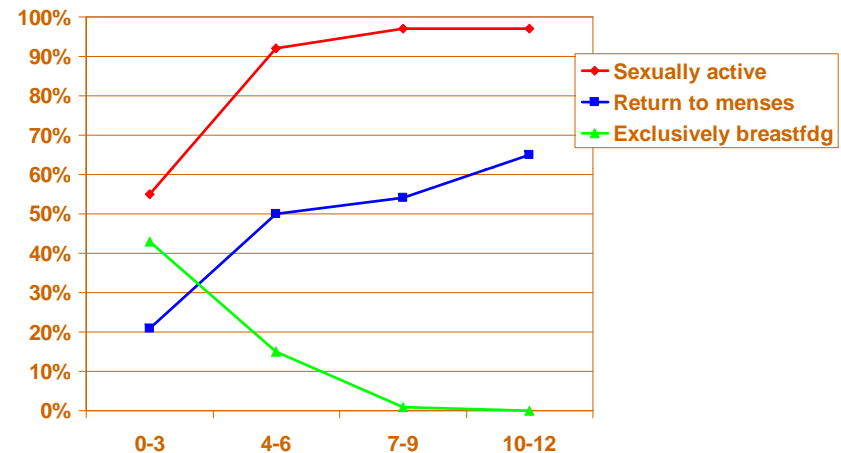
- 23% of births occur within less than 24 months of previous birth,
- 34% occur between 24 and 35 months.
- Birth to pregnancy intervals of less than 24 months are associated with the highest risk of poor maternal, perinatal, neonatal and infant health outcomes

Postpartum family planning

Through one year postpartum

- Return to fertility=pregnancy risk
- Return to sexual activity
- Immediate, Exclusive and Continued Breastfeeding
- LAM and transition
- Method considerations: timing and breastfeeding status
- Healthy spacing of the next pregnancy
- Integration—tailoring to fit with timing and service

Factors influencing fertility return in Bangladesh



Winfrey and Borda. 2007: Addressing the Family Planning Needs of Women in the First Year Postpartum: Bangladesh. ACCESS-FP

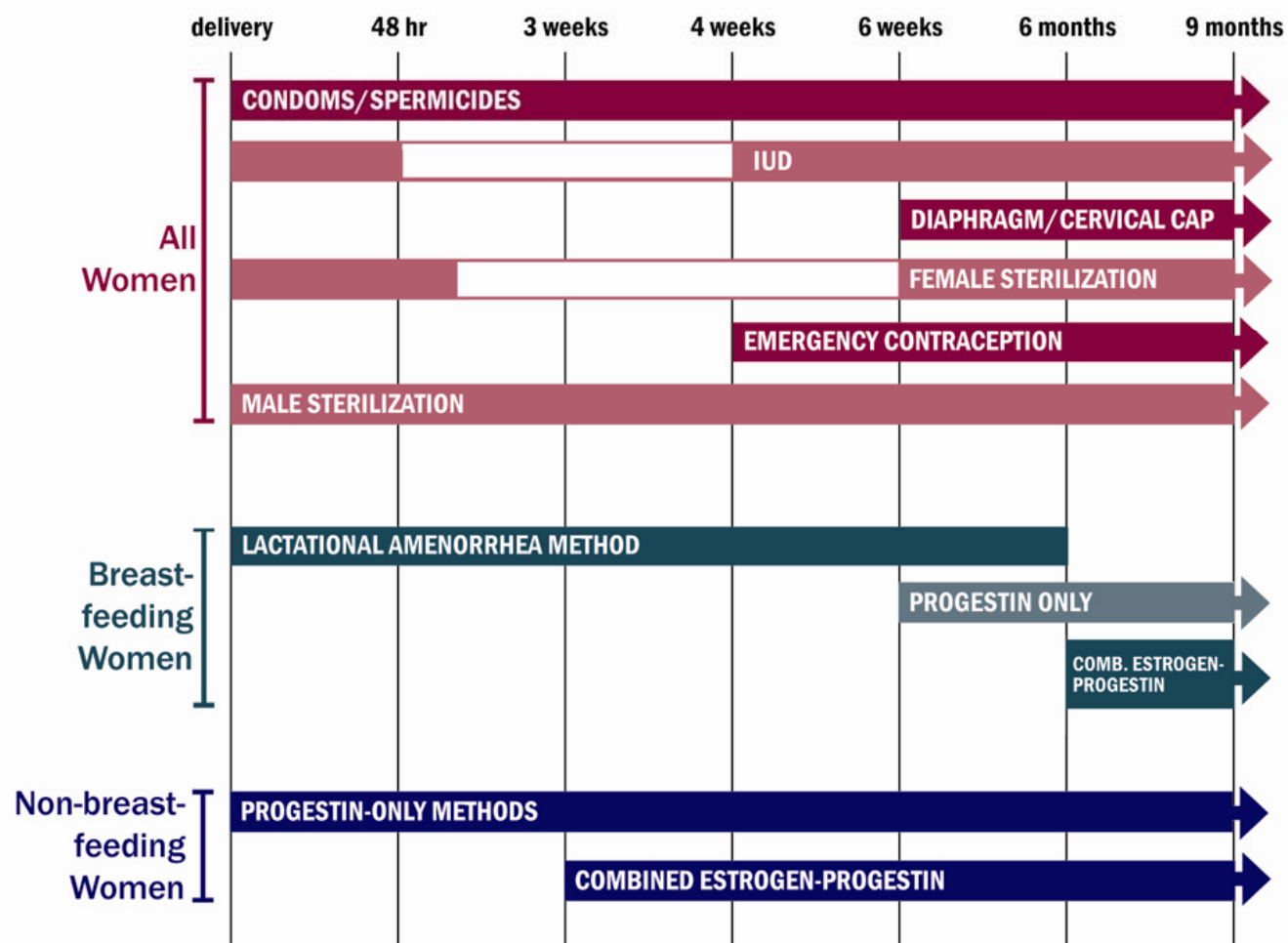


USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Postpartum Contraceptive Options



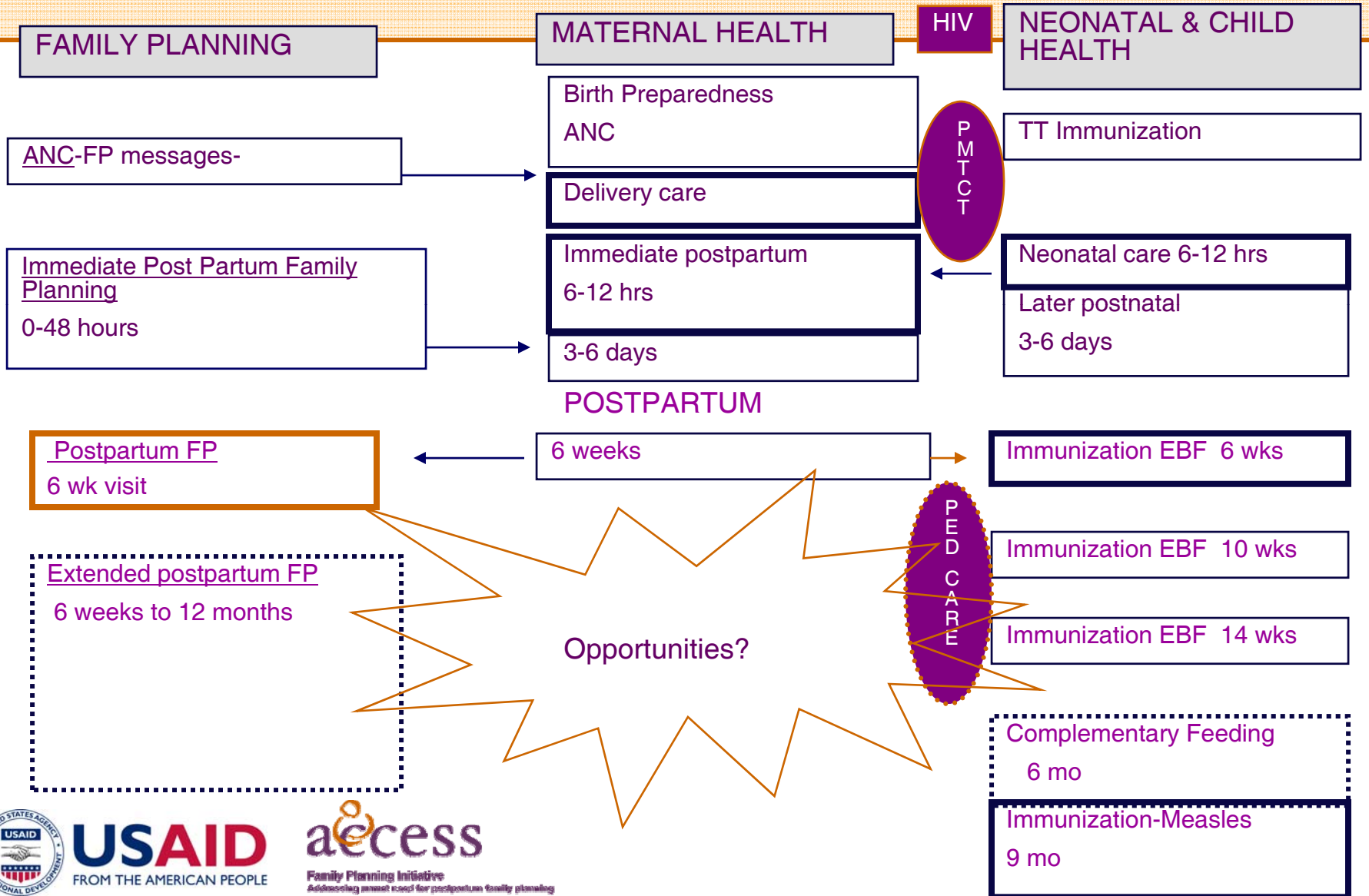
USAID
FROM THE AMERICAN PEOPLE



Family Planning Initiative
Addressing unmet need for postpartum contraceptive options

Adapted from the MAQ Exchange: Contraceptive Technology Update

PROGRAMMATIC FRAMEWORK: PFPF IN AN INTEGRATED CONTEXT



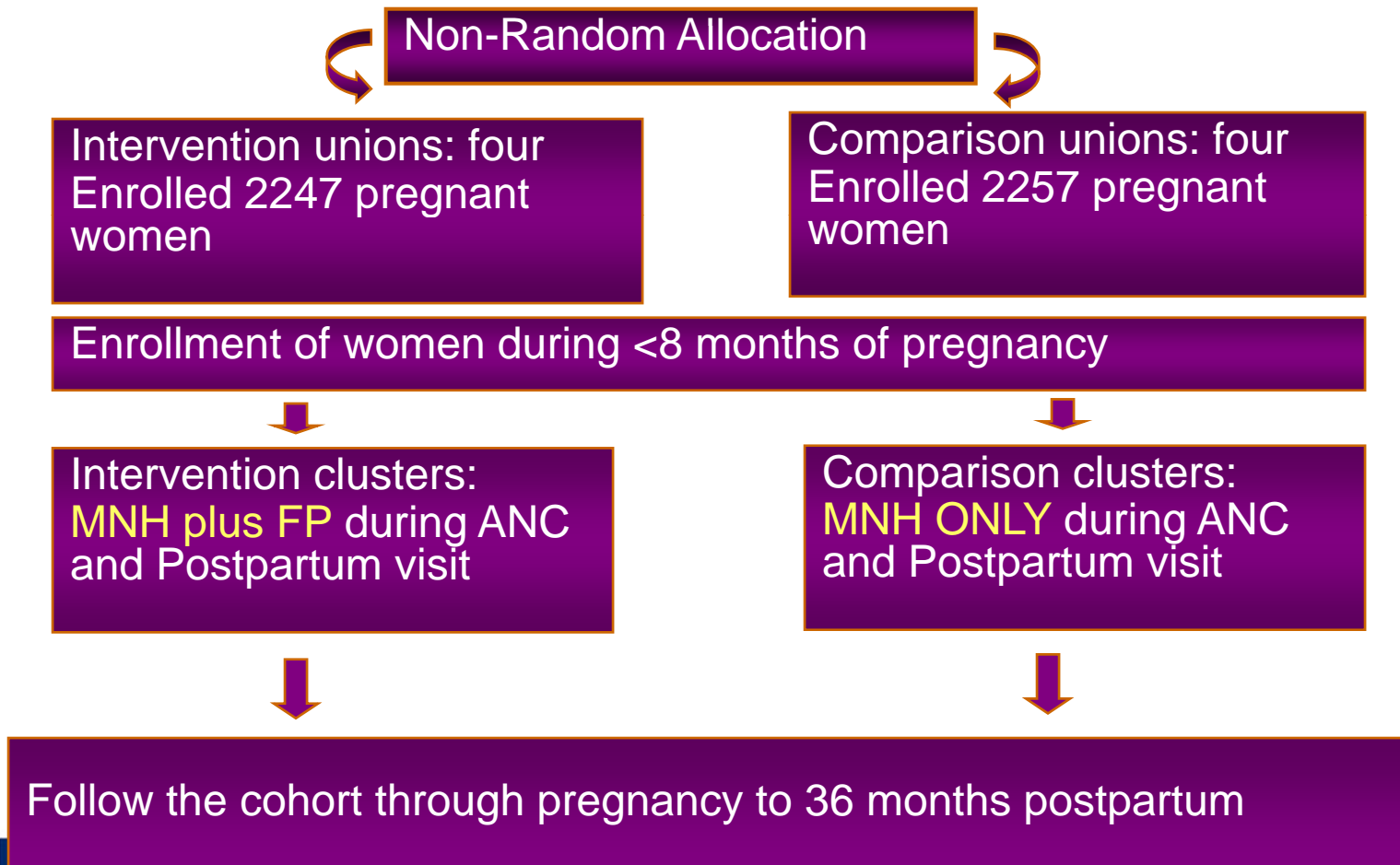
USAID
FROM THE AMERICAN PEOPLE

a&e access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Healthy Fertility Study Design

Study sites: eight unions in two sub-districts in Sylhet district, Bangladesh

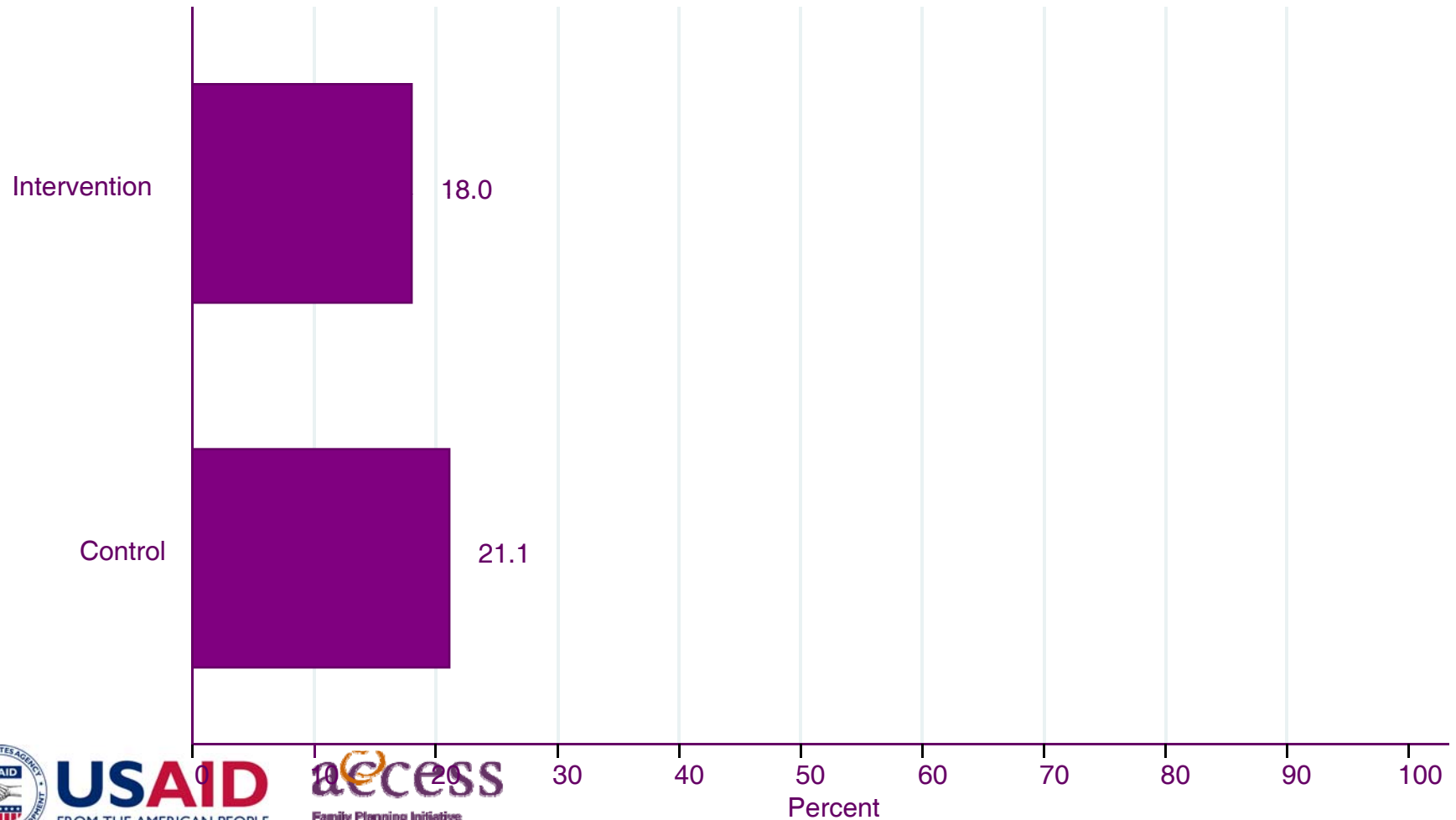


USAID
FROM THE AMERICAN PEOPLE

Family Planning Initiative
Addressing unmet need for postpartum family planning

HFS: Starts in a Low Performance Area

Ever Used Contraceptive Method



USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Percent

HFS Intervention



USAID
FROM THE AMERICAN PEOPLE

a^eccess

Family Planning Initiative
Addressing unmet need for propositious family planning

Evidence-based Program Design

Country Program	Topic	Source
Bangladesh	<ol style="list-style-type: none"> 1. LAM and transition 2. PNC visit 3. Fertility return messages 4. PFP home based counseling 	<ol style="list-style-type: none"> 1. Bongiovanni et al. 2005* 2. Shaheen et al. 2003* 3. Salway et al. 1998 4. Bolam et al. 1998 5. Alverado et al. 1999 6. Fullerton et al 2005

* Unpublished study

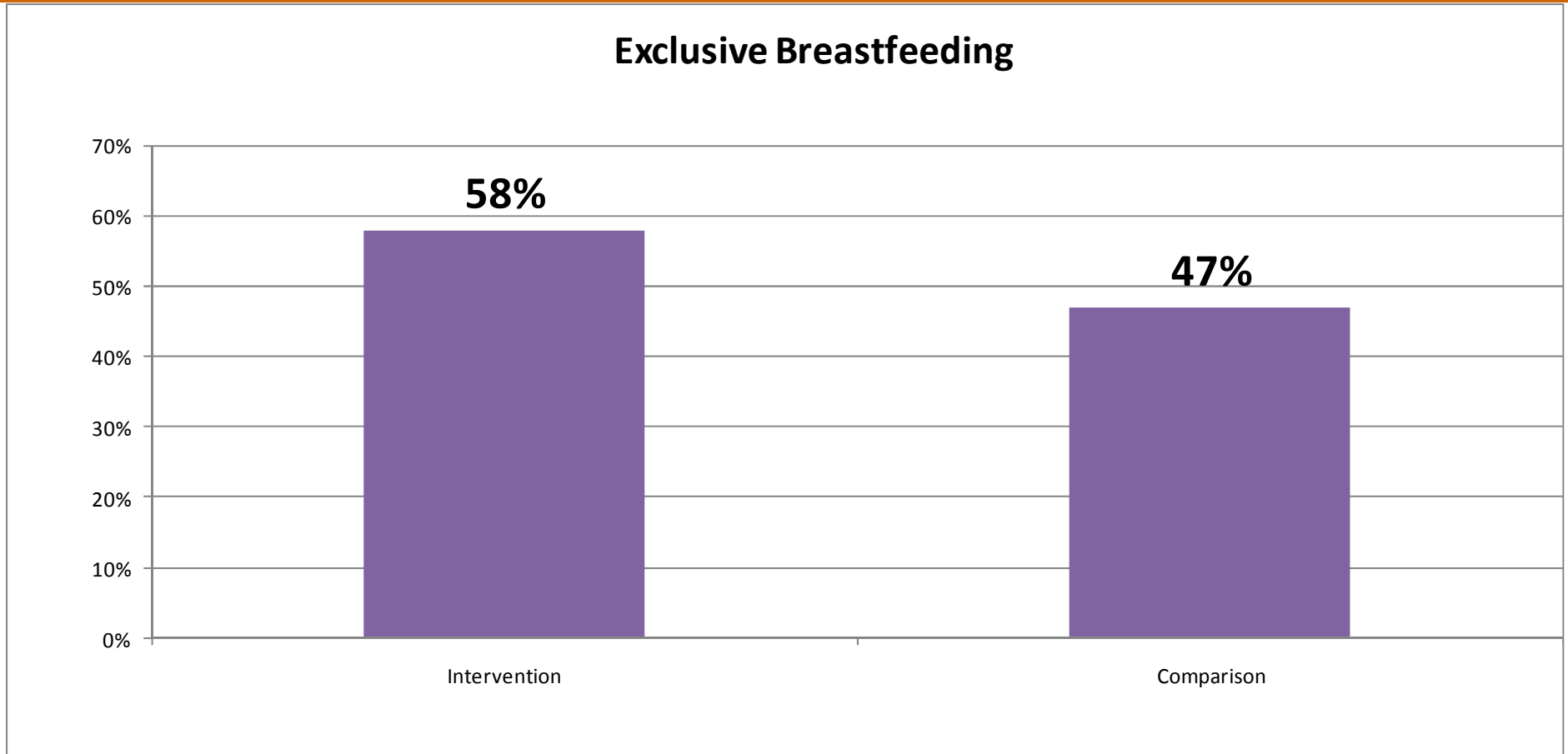


USAID
FROM THE AMERICAN PEOPLE



Family Planning Initiative
Addressing unmet need for postpartum family planning

Exclusive Breastfeeding Practices at Three Months Postpartum by Study Arm



P-value: <0.001



USAID
FROM THE AMERICAN PEOPLE

a&eccess

Family Planning Initiative
Addressing unmet need for propositus family planning

Exclusive breastfeeding and LAM



- **Mutually supportive components**
 - Protects newborn
 - Protects mother
- **Family support important**
- **MNH & FP**

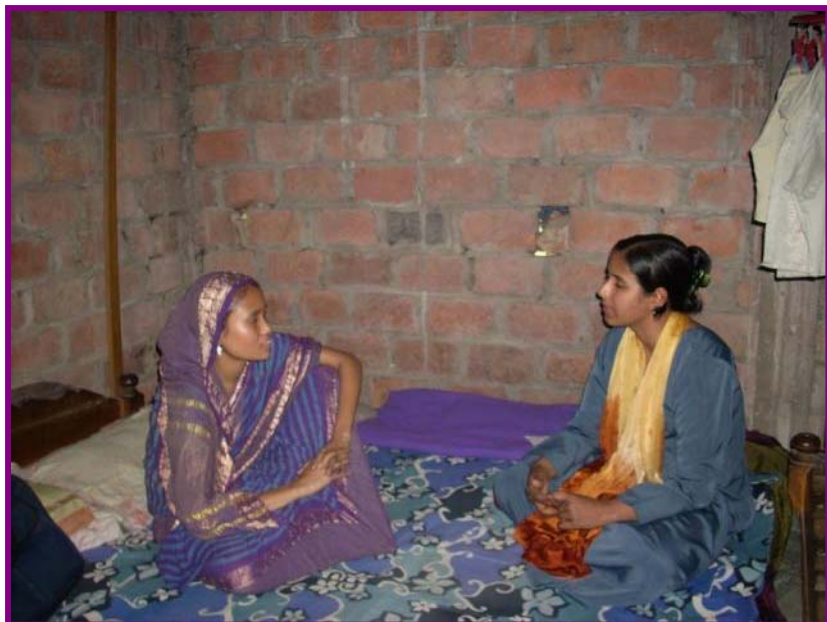


USAID
FROM THE AMERICAN PEOPLE

a&eccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

LAM transition- barrier analysis



CHW counseling woman 30 day visit, Sylhet Bangladesh
(Credit: C. McKaig)

Compared 40 transitioners and 40 non-transitioners

- **Higher education for transitioners (5 yrs) than non (3 yrs)**
- **Transitioners**
 - More likely to have menses return
 - More likely to report believing they could become pregnant when any of the criteria changed
 - Report they had social support
- **Non-transitioners**
 - Reported they were not at risk in the first year based on previous experience or what they had heard



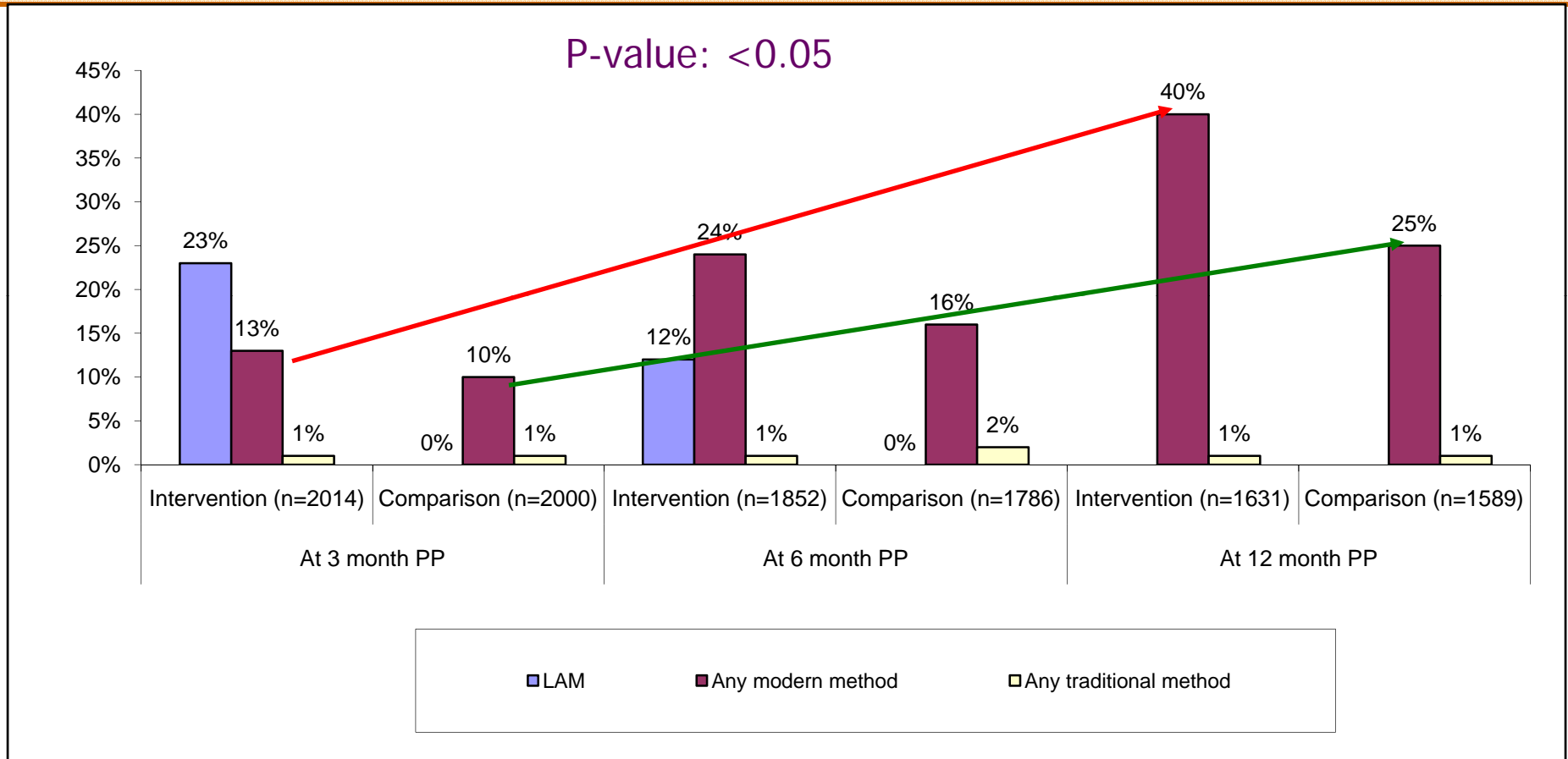
USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for population family planning

R. Anthony-Kouyate et al. Barrier Analysis LAM and Transition in Sylhet, Bangladesh, ACCESS-FP

Contraceptive Use Rate at 3, 6 and 12 Months Postpartum by Study Arms



13%, 24% and 40% of women at 3, 6 and 12 month PP used any modern method in intervention arm compared to 10%, 16% and 25% in comparison arm



USAID
FROM THE AMERICAN PEOPLE

aaccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Learning from HFS about effective postpartum FP



CHW counseling session (Credit C. McKaig)

- Promotion of LAM supports positive breastfeeding practices
- Role of LAM in contraceptive mix
- Emphasis on transition
- Household provision of methods
- Community support for maternal and newborn health including FP
- Role of every organization and program that has contact with mothers



USAID
FROM THE AMERICAN PEOPLE

a&eccess

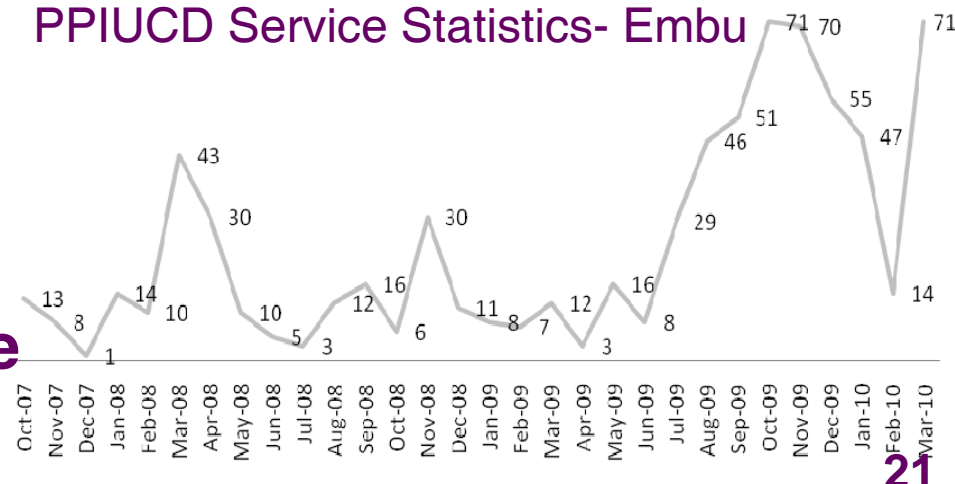
Family Planning Initiative
Addressing unmet need for postpartum family planning

Revitalizing the PPIUCD



- Midwife providers= not FP cadres
- Routine screening- increases awareness
- Synergy with AMTSL/EMONC
- Client pre-discharge and 6 month interview
 - Client satisfaction high, with good continuation
- Improved clinical technique

PPIUCD Service Statistics- Embu



USAID
FROM THE AMERICAN PEOPLE

aaccess

Family Planning Initiative
Addressing unmet need for propositus family planning

Challenges

- Focus on FP as an essential element
- Service delivery
- Multiple partners
- Multiple donors
- Been there, done that attitude
- No magic bullet



USAID
FROM THE AMERICAN PEOPLE

a&eccess

Family Planning Initiative
Addressing unmet need for propositus family planning

Future

- **WHO- call to action for PFP -2011**
- **USAID High impact practices -2011**
- **ACCESS-FP- transitioned to MCHIP- 2011**



USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for population family planning