

## Programmatic Implications of LAM Use

### The Jordan Experience

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Presented at  
A Review of Programmatic Approaches through the 1<sup>st</sup>  
year Postpartum  
Hotel Monaco, Washington DC  
May 15, 2008



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## Purpose of Study

- **Determine LAM users' rate of transition to other modern methods:**
  - Develop profile of LAM users and LAM users who transition
  - Assess contraceptive prevalence at 12 months postpartum by type of contraception used in first 6 months
  - Assess unintended pregnancy rates by 12 months postpartum

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## Definition of LAM Use

- **Reported use of LAM or "using breastfeeding to delay menstruation to plan the family" during first 6 months postpartum, *and***
- **When asked "What criteria need to be met for LAM to be effective," spontaneously gave all 3 responses:**
  1. Amenorrhea (period has not returned)
  2. Breastfeeding (exclusive or nearly full)
  3. Baby is <6 months old

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## LAM User Profile Program Implications

- LAM is used by women with characteristics similar to other types of modern method users.
  - LAM acceptors are not necessarily lower parity or younger than other modern method users.
- Counseling played a pivotal role in enlisting women to use BF effectively to space births.
- Knowledge and importance of the 6 month criterion needs increased emphasis

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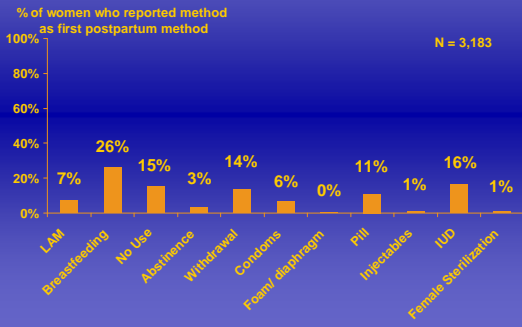
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## Use of Family Planning in the first 6 months postpartum




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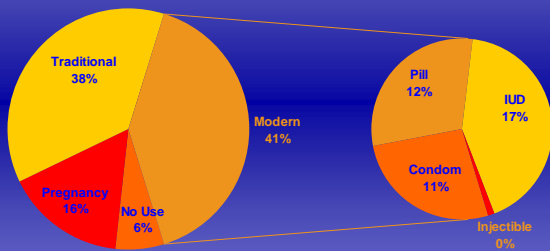
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## Family Planning Use at 12 Months for LAM Users




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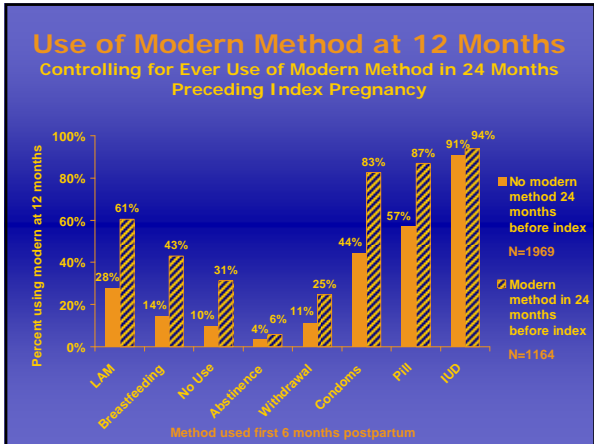
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### Use of Family Planning Results

Compared to women who relied on breastfeeding for protection, LAM users were:

- Twice as likely to be using a modern method at 12 months
- More likely to stop using LAM by the end of the 6<sup>th</sup> month
- Less likely to still rely on BF at 12 mo. (24% v 45%  $p \leq .001$ )

Nearly all (89%) LAM users who had resumed menses by 12 months were using a modern method at that time (compared to 68% of BFFP).

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### Implications of Results on Patterns of Transition

Among LAM users, the principal factors distinguishing those who transition from those who do not is:

- duration of amenorrhea
- the number of living children
- previous use of modern methods

This suggests the need for programs to:

- Tailor messages for low parity women to encourage modern method use
- Emphasize fertility protection from amenorrhea diminishes after 6 months postpartum
- Increase timely transition at 6 months from LAM to another modern method to avoid unintended pregnancies

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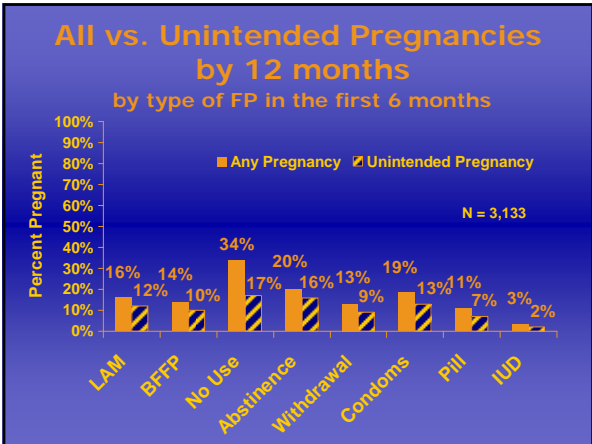
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### Pregnancy Rates at 12 months Results

- LAM users are no more likely to get pregnant than other short term modern method users.
- No difference in *unintended* pregnancy rates by 12 mo. postpartum between LAM users and all other short term modern method users except for pill users.
- Pregnancy rates among non-users were twice those seen among BFFP. Improving BF practices → increased birth intervals
- BFFP had similar pregnancy rates to condom users. Without knowing the 6<sup>th</sup> month criterion can delay pregnancy beyond 12 months as effectively as condoms

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### Conclusions

How does LAM relate to modern method use at 12 months?

- LAM users had higher use of other modern methods than non-users, or those who used breastfeeding, abstinence or withdrawal
- This pattern continued when parity and educational level were controlled

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## Conclusions

### How does LAM relate to pregnancies by 12 months?

- LAM users were less likely to get pregnant than non-users.
- LAM users were no more or less likely to get pregnant than other method users except for IUD users (who were less likely).
- LAM users were more likely to have an unintended pregnancy than a pill user.

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## Key Messages

- Proper identification of LAM users is essential to understanding their outcomes.
- LAM is not synonymous with breastfeeding.
- The MOH LAM program helped women to understand the relationship between breastfeeding and amenorrhea.
- LAM users can be reached through MCH clinics (vs. family planning clinics).
  
- Promoting LAM does not necessarily lead to a missed opportunity for contraception.

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For a copy of the full report go to:  
[www.linkagesproject.org](http://www.linkagesproject.org)  
and click on 'publications'

"Promoting the Lactational Amenorrhea Method (LAM) in Jordan Increases Modern Contraception Use in the Extended Postpartum Period"

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