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Family Planning Initiative
Addressing unmet need for postpartum family planning

PPFP: Sharing Experiences, Lessons Learned and Tools for Programming

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May 12, 2009

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

Why the first year postpartum?

- **Return to fertility varies**
 - Breastfeeding patterns
 - Practices of abstinence
- **Pregnancies in this first year are unintended.**
- **Pregnancies in this first year are higher risk.**
- **High demand (~92-97%) and high unmet need (~60%) for FP in first year PP**

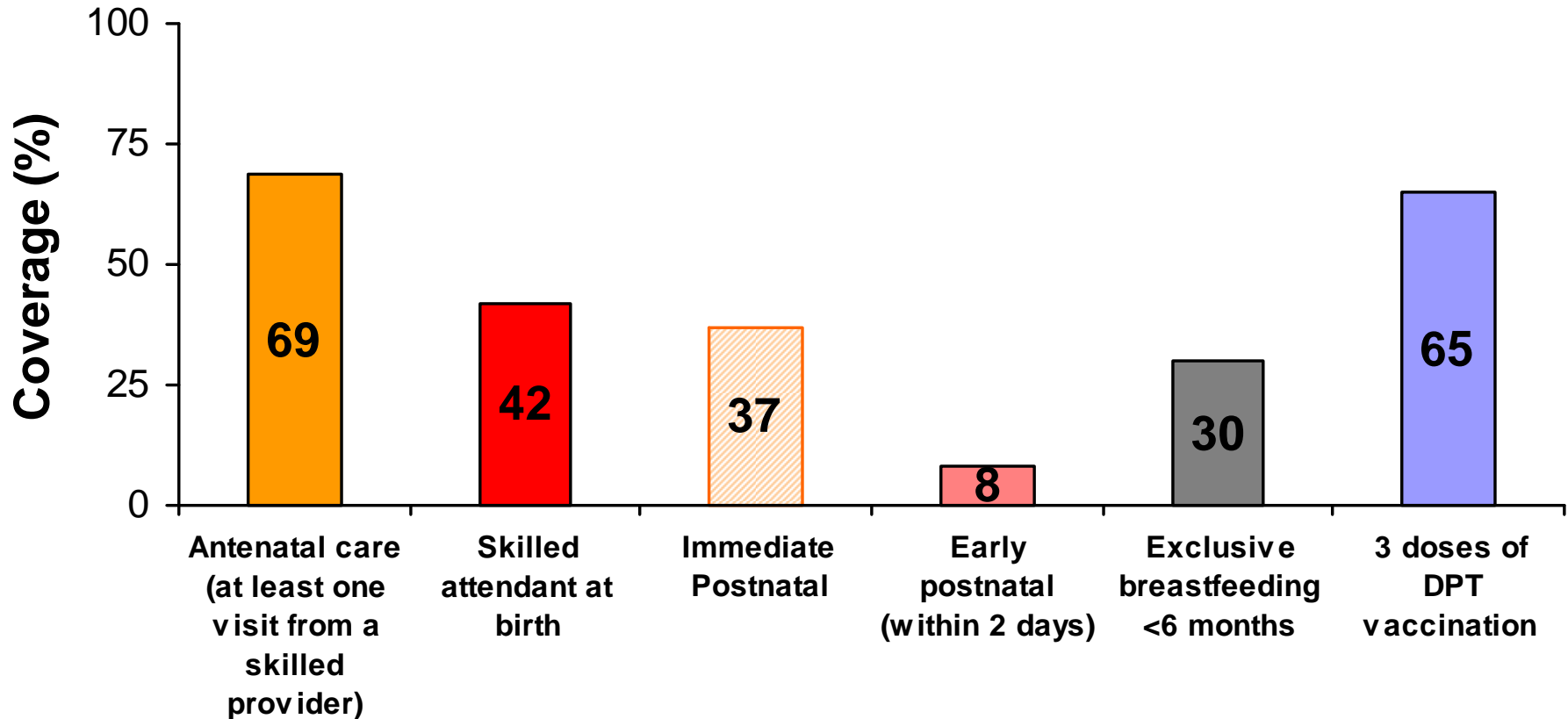


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Opportunities for MNCH Integration



* Immediate postnatal care is based on the DHS assumption that all facility births get PNC before discharge. Early postnatal care (within 2 days) at home was only measured for home births only in previous DHS

Source: *Opportunities for Africa's Newborns*, inputs from 28 African DHS from 1998-2005



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Through the first year postpartum

- Return to fertility- pregnancy risk
- Return to sexual activity
- Breastfeeding
- LAM and transition
- Method considerations- timing and breastfeeding status
 - Immediate PPIUCD, sterilization
 - Hormonal contraceptives
- Integration- tailoring to fit with MNCH services



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PPFP Technical Consultation, November 2006

*Set the stage & reviewed
learning to date*

- **Over 40 MNCH / FP experts
from 23 global health
organizations**

Areas for follow-up included:

- **LAM and transition to modern
methods**
- **Ensuring a method mix for
spacing and limiting**
- **Service integration with MNCH**
- **Pre-service education**
- **Focused postpartum care**
- **Community-based PPFP**
- **Advocacy for PPFP**



Postpartum Family Planning Technical Consultation

Tuesday, 14 November 2006
9:00 a.m. to 5:30 p.m.

The Academy for Educational Development
Conference Center, Vista Room
1825 Connecticut Avenue, N.W.
Washington, DC 20009



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PPFP: A Review of programmatic approaches, May 2008

Examined PPFP program approaches

- 48 MNCH / FP experts from 20 global health organizations
- Experience in community and facility

(FRONTIERS, ESD, Linkages, BASICS, FHI, IRH, AQUIRE, CCP and ACCESS-FP)

- Initial areas for research agenda identified

Areas for follow-up included:

- Sharing of programming tools
- Research priorities

The image shows the cover of a report titled "POSTPARTUM FAMILY PLANNING". The cover features a photograph of a smiling man in a light blue shirt holding a baby wrapped in a yellow blanket. The text on the cover includes the title "POSTPARTUM FAMILY PLANNING" in large letters, followed by the subtitle "A review of programmatic approaches through the first year postpartum". The date and time of the event are listed as "Thursday, 15 May 2008, 9:00am to 4:00pm". The location is "Hotel Monaco, Athens Room, 700 F Street, NW, Washington, DC 20004". Logos for USAID and ACCESS are visible at the bottom.

Research/Learning- broad areas identified May 2008

- **LAM-** transition*, linkages with EBF*, FP continuation
- **Providers-** PFP training*, counseling on fertility return*, manageable package*, service schedule
- **Integration with other services-** immunization, PNC package*, systematic screening, PMTCT
- **Clients with special needs-** very young mothers, women dealing with stillbirth or early neonatal death*
- **Cultural contexts-** adapting messages*, PFP couples counseling, HIM approach/role of men
- **Cost effectiveness/benefit analysis**



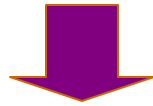
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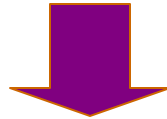
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Today's meeting

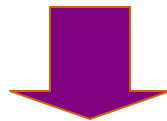
- Builds on previous technical consultations, previous research



- Builds on FP/MNCH priorities



- Builds on multiple efforts- HTSP, LAM working group, FRONTIERS OR studies, and others



- 1) Present and discuss experience and lessons learned in PPFP
- 2) Share tools and other resources to support PPFP programming
- 3) Discuss progress, continuing priorities for research and integration



Move expectations.....



“I was expecting to receive information about family planning during the visit, but the provider didn’t tell me anything about family planning.”

Postpartum woman with her two month old baby, Health Center in Morogoro Region, Tanzania



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.....to practice



When the midwife began to introduce the subject of birth spacing, the woman immediately said,

I've been waiting for someone to talk to me about this. I've heard of family planning, but I haven't had the chance to discuss with anyone before."

Postpartum client,
Murtala Mohammed Hospital
Kano, Nigeria



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**Thank you for
participating and
sharing your
experiences!**



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