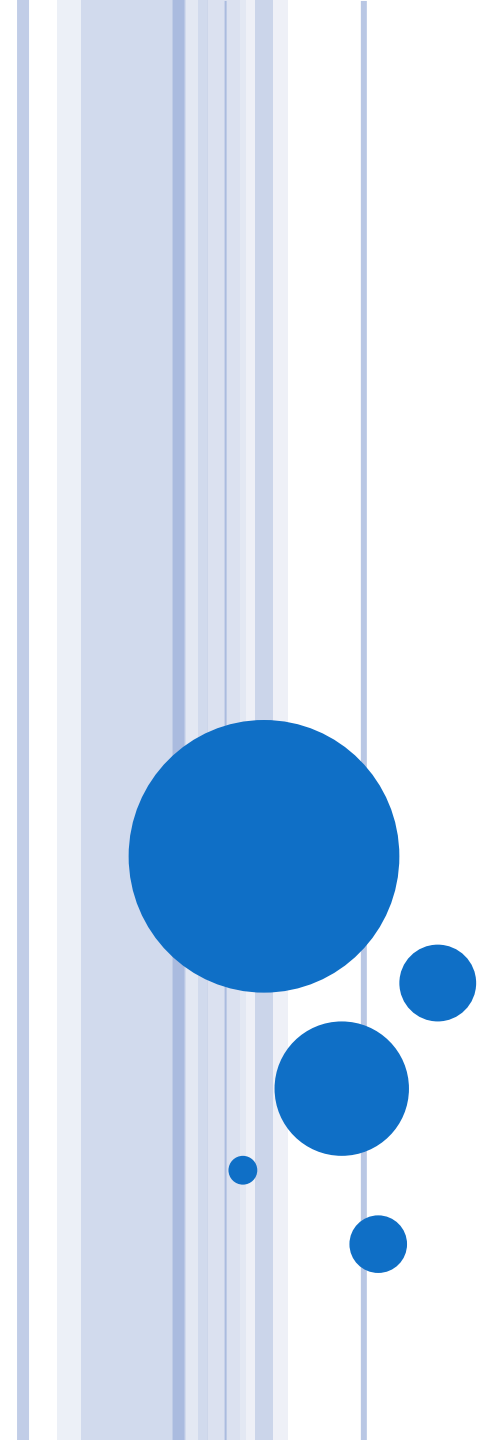




FAMILY PLANNING

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LEARNING OBJECTIVES

- Definition
- Objectives of Family planning.
- Describe health aspects of family planning
- National population policy 2000
- Fertility regulating methods
- Evaluation of contraceptive methods
- Medical Termination of Pregnancy Act, 1971
- Family planning program
- Delivery system
- Evaluation of family planning programme



DEFINITION

- WHO defines family planning as a *way of thinking and living* that is adopted *voluntarily*, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to *promote the health and welfare of the family group* and thus contribute effectively to social development of a country.





OBJECTIVES OF FAMILY PLANNING

1. To avoid **unwanted births**
2. To bring about **wanted births**
3. To regulate the **intervals** between pregnancies
4. To control the time at which births occur in relation to the **age of the parent**
5. To determine the **number** of children in the family



HEALTH ASPECTS OF FAMILY PLANNING

1. Women's Health- reduce maternal mortality, morbidity, improvement in nutritional status.
2. Fetal Health- reduce fetal mortality and fetal anomalies
3. Infant and Child Health- reduce neonatal, infant and pre-school mortality, reduce low birth weight babies, reduce vulnerability to diseases.



NATIONAL POPULATION POLICY, 2000

- Short-Term Objectives- Total Fertility Rate (TFR) to replacement level by 2010
- Long-Term Objectives- Achieve requirement for suitable economic growth, social development and environment protection.



NATIONAL POPULATION POLICY, 2000 (CONT'D)

- National socio-demographic goals by year 2010-
 1. Address unmet need for basic reproductive and child health services, supply and infrastructure
 2. School education compulsory and free up to age 14. Reduce school drop-outs to below 20%
 3. Infant mortality to <13 per 1000 live births
 4. Maternal mortality ratio to less than hundred per one lakh live births
 5. Universal immunization of children against all vaccine preventable diseases



NATIONAL POPULATION POLICY, 2000 (CONT'D)

6. Delay marriage of girls to eighteen years and above
7. 80% institutional deliveries and 100% deliveries by trained person
8. Universal access to information/counselling and services for fertility regulation and contraception.
9. 100% registration of births, deaths, marriage and pregnancy.
10. Contain the spread of AIDS and integration with the management of RTI and STI



NATIONAL POPULATION POLICY, 2000 (CONT'D)

11. Prevent and controlled communicable diseases
12. Integration of Indian systems of medicine in provision of reproductive and child health services.
13. Small family norm to achieve replacement levels of TFR.
14. Convergence in implementation of social sector programmes with the family welfare programme.



FERTILITY REGULATING METHODS

- Contraceptive methods-

1. Spacing methods
2. Terminal methods



- Intra-ceptive methods/emergency contraception

- Post-conceptional methods

These are dealt in detail in your clinical posting classes



EVALUATION OF CONTRACEPTIVE METHODS

1. Pearl Index-

$$\text{Failure rate/HWY} = \frac{\text{Total accidental pregnancies}}{\text{Total months of exposure}} \times 1200$$

(HWY – Hundred Woman Years)

2. Life-Table analysis calculates a failure rate for each month of use



THE MEDICAL TERMINATION OF PREGNANCY ACT, 1971

- It is in three parts-
 1. Conditions under which a pregnancy can be terminated
 2. Person or persons who can perform such terminations
 3. Place where such terminations can be performed



THE MEDICAL TERMINATION OF PREGNANCY ACT, 1971-

Conditions under which a pregnancy can be terminated

1. Medical- Endanger the mother's life or injury to physical or mental health.
2. Eugenic- Risk to the unborn child due to physical or mental abnormalities.
3. Humanitarian- Pregnancy due to rape
4. Socio-Economic
5. Failure of contraceptive device



THE MEDICAL TERMINATION OF PREGNANCY ACT, 1971-

Person or persons who can perform such terminations

- I. Pregnancy less than 12 weeks- One medical practitioner
- II. Pregnancy between twelve weeks to twenty weeks- Two registered medical practitioners

Medical practitioner qualified to do abortion should be PG degree in OBG, 6 months housemanship in OBG, one year practice in OBG and three years practice in OBG for those registered before 1971.



THE MEDICAL TERMINATION OF PREGNANCY ACT, 1971-

Place where such terminations can be performed

- A licensed institute obtained from the chief medical officer of the district.



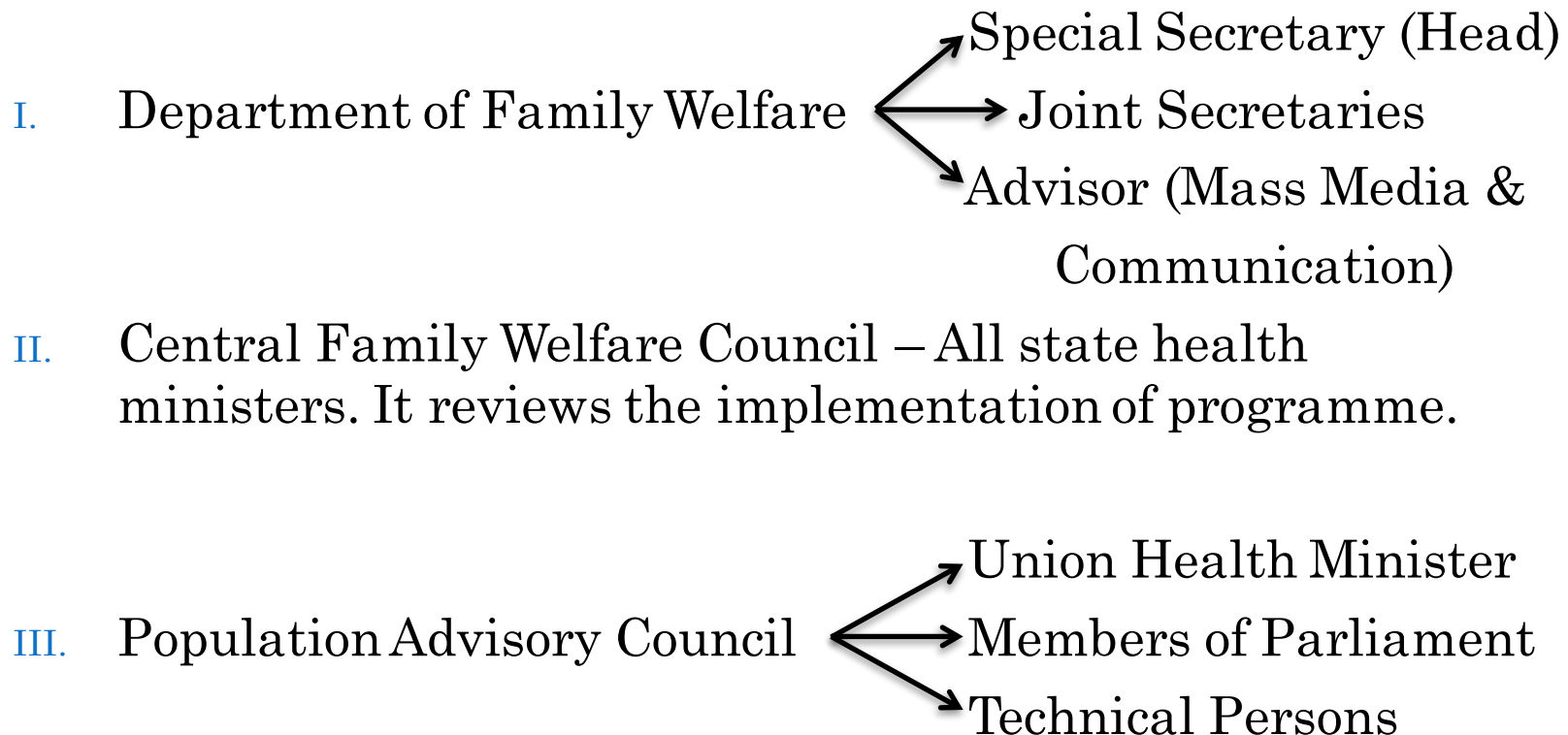
FAMILY PLANNING PROGRAMME

- The Family Planning Programme adopted by the Government of India in 1952.
- Department of Family Planning created in Ministry of Health in 1961
- Renaming of Family Planning to Family Welfare in 1977



FAMILY PLANNING SERVICES- DELIVERY SYSTEM – **AT CENTRE**

- 100% centrally sponsored scheme
- 5 bodies-



FAMILY PLANNING SERVICES- DELIVERY SYSTEM – **AT CENTRE**

- IV. Cabinet sub-committee- PM is the head. It periodically reviews the progress of the programme.
- V. National institute of Health and Family Welfare (Technical Institute)- It is involved in education, training, research and evaluation.



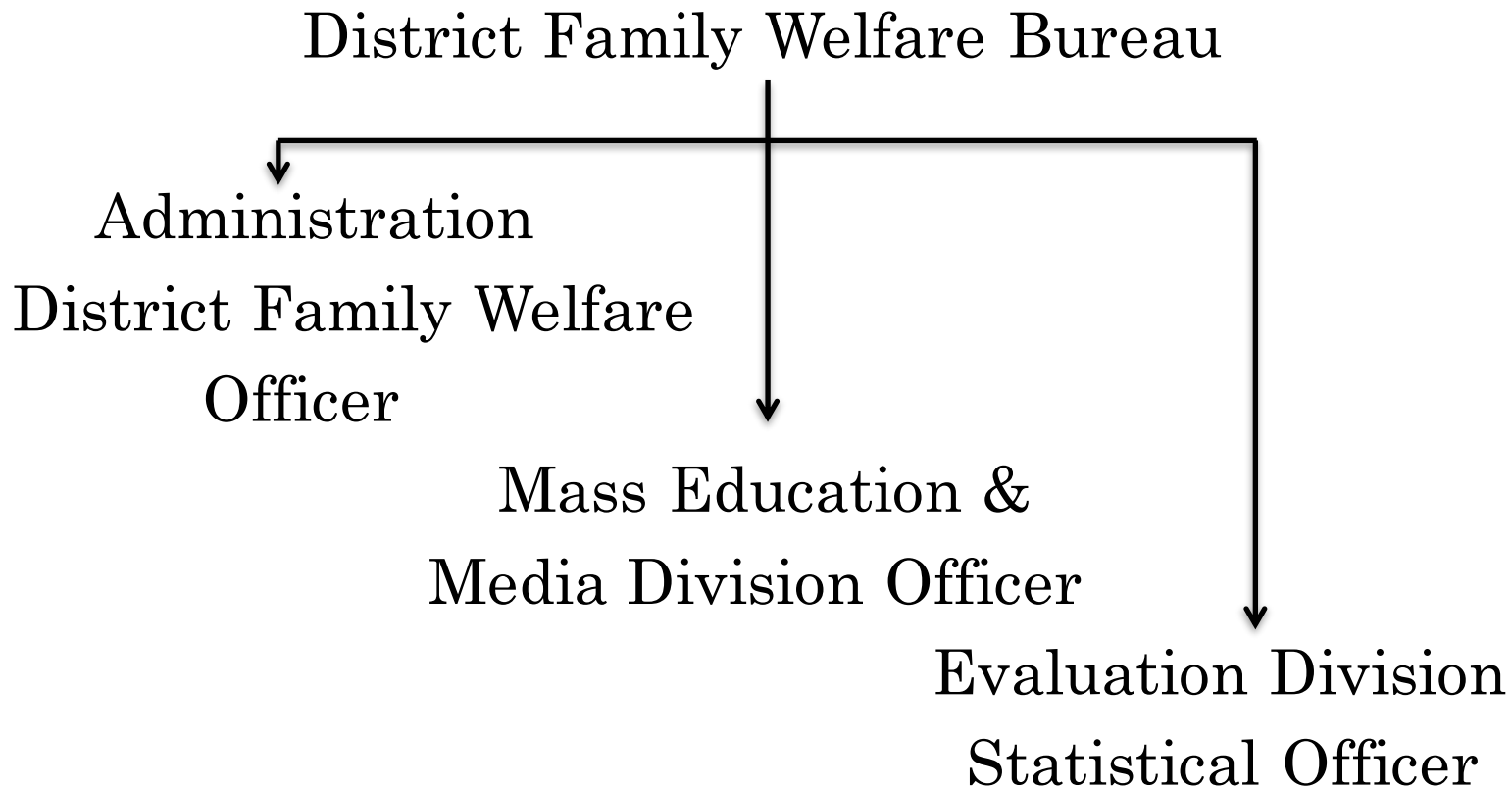
FAMILY PLANNING SERVICES- DELIVERY SYSTEM – AT STATE

- State Family Welfare Bureau

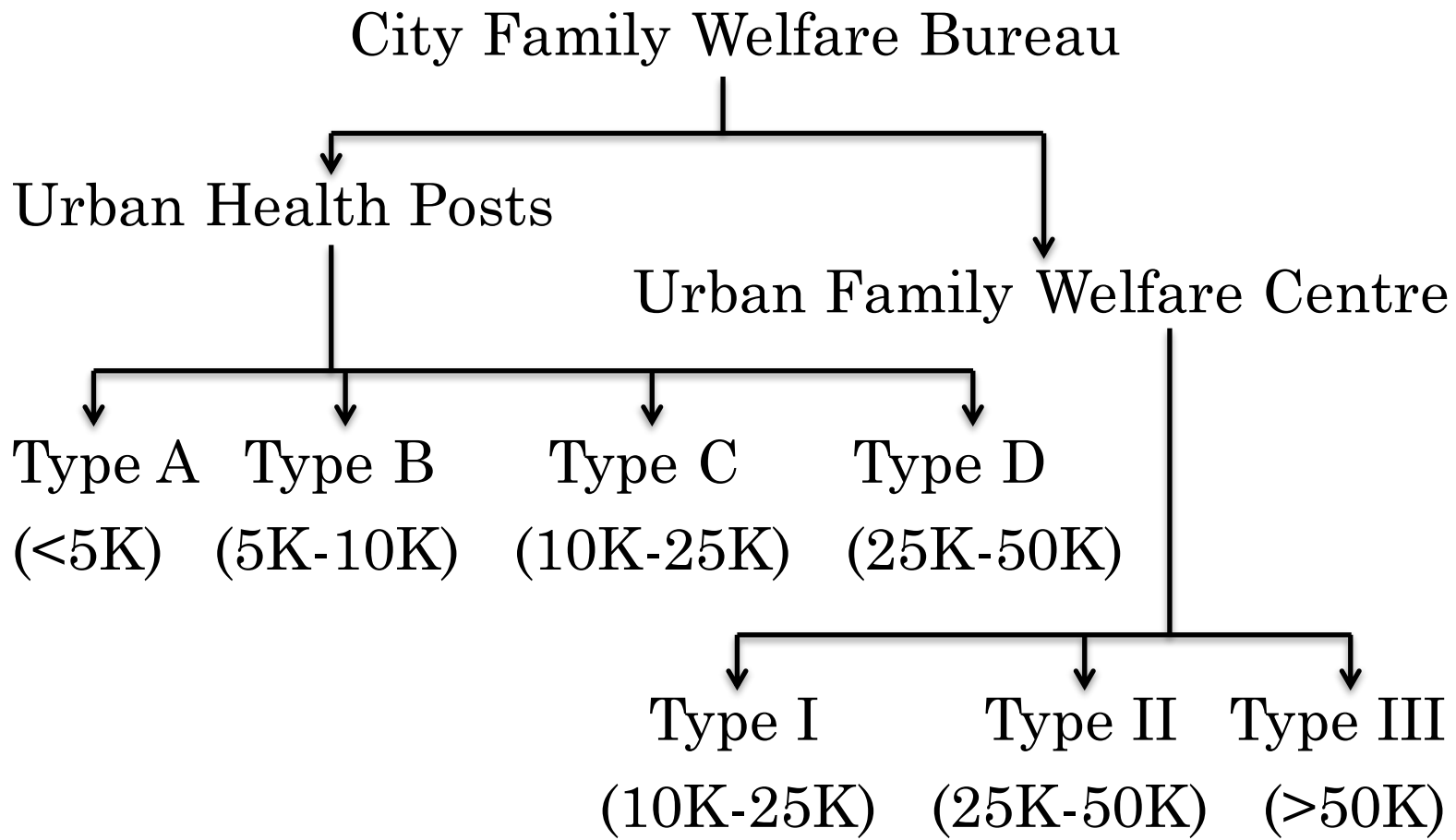
It takes care of the administration and implementation of the programme in coordination with the state health department



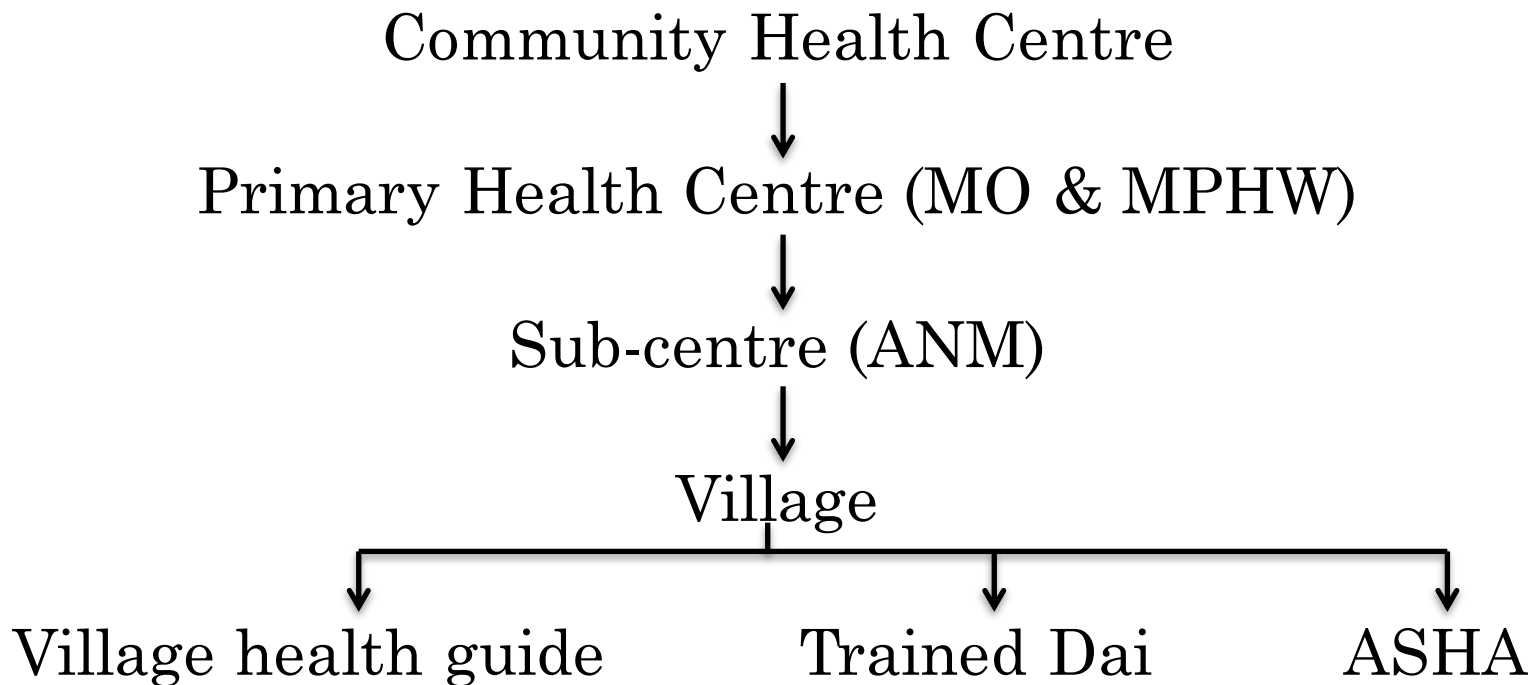
FAMILY PLANNING SERVICES- DELIVERY SYSTEM – AT DISTRICT LEVEL



FAMILY PLANNING SERVICES- DELIVERY SYSTEM – IN THE URBAN AREA OF DISTRICT



FAMILY PLANNING SERVICES- DELIVERY SYSTEM – IN THE RURAL AREA OF DISTRICT



ELEMENTS OF SUCCESS IN FAMILY PLANNING PROGRAMME

1. Accessibility
2. Affordability
3. Client-centered care
4. Evidence based technical guidance
5. Effective communication
6. Contraceptive security
7. Supportive policies
8. Coordination
9. Highly motivated staff
10. Adequate budget



NEWER INITIATIVES

1. Home delivery of contraceptives
2. Ensuring spacing at birth
3. Pregnancy testing kits
4. Mission Parivar Vikas
5. New contraceptive launch- Injectable MPA called Antara Programme and Oral contraceptive pill Centchroman called Chhaya
6. National Family Planning Indemnity Scheme



THE END

