Why Post Partum Family Planning Now

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What is Post Partum Family Planning

- prevention of unintended pregnancy and closely spaced pregnancies through the first 12 months following childbirth.
- WHO recommends an interval of 24 months or more before attempting a next pregnancy after a live birth, to reduce the risks of adverse outcomes for mother and child.
Impact of Short inter pregnancy interval

- Unsafe abortion
- Stillbirth
- preterm birth
- low birth weight
- SGA
- Chronic undernourishment
- Stunted growth
- Infant mortality

Spacing pregnancies at least 2 years can avert an estimated

10% of infant deaths
21% of deaths in children ages 1 to 4

Percentage of women with short, ideal, and long inter pregnancy period

3 Zhuzhi Moore et al Analysis of 21 LMIC DHS. Contraception 2015
Unmet FP need in postpartum women\(^3\)

3 Zhuzhi Moore et al. Analysis of 21 LMIC DHS. Contraception 2015
Special needs for adolescent mothers

- About 16 million girls aged 15 to 19 and 1 million girls under 15 give birth every year—most in low- and middle-income countries.
- Complications during pregnancy and childbirth are the second cause of death for 15-19 year-old girls globally.
- Every year, some 3 million girls aged 15 to 19 undergo unsafe abortions.
- Babies born to adolescent mothers face a substantially higher risk of dying than those born to women aged 20 to 24.

4 WHO fact sheet on adolescent pregnancy
Programming Strategies for postpartum FP

- For programme planners and managers when designing interventions to integrate PPFP into national and subnational strategies.

- PPFP should
  - Raise Awareness of FP Needs of Postpartum Women
  - Mitigate missed PPFP opportunities across the continuum of care
  - Organize health services to allow time for family planning counseling
  - Maximize the availability of community based care
  - Expand the available range of family planning options and services
Evidence and measurement

Gaps

- Integrated holistic monitoring and evaluation
- Socio cultural expectations
  - Resumption of sex post delivery
  - Fertility
- Integration challenges

- Best practices

- Impact
MEC Revised Recommendation relevant to Post partum FP Guidance

1. Recommendations for CHC use among breastfeeding women
2. Recommendations for CHC use among postpartum women
3. Recommendations for progestogen-only contraceptive (POC) and levonorgestrel-releasing intrauterine device (LNG-IUD) use among breastfeeding women
4. New Methods
Next steps - Scaling Up post Partum FP

- Current status
  - Successful Pilots
  - Consensus on need to scale up

- How to scale up??????
  - Capacity building
  - Monitoring and evaluation
Thank You

Acknowledgement

- Monica Dragoman
- Mary Lyn Gaffield
- Petrus Steyn
- Suzanne Reier
- Marleen Temmerman