

# FAMILY PLANNING

- Choosing the number of children in a family and the length of time between their births.
- It allows parents, particularly mothers, to plan their lives without being overly subject to sexual and social imperatives.
- A woman's ability to space and limit her pregnancies has a direct impact on her health and well-being, as well as on the outcome of each pregnancy.
- rate of contraceptive use by couples in developing countries is very low
- reasons for this:
  - complicated deep-rooted religious and other beliefs,
  - attitudes and practices favouring larger families
  - strong preference for male child
  - Children are a gift of God
  - Number of children are determined by God
  - Children are a poor man's wealth
  - Children are an asset to which parents can look forward to in periods of dependency caused by old age, disease or misfortune
  - Most of these beliefs stem from ignorance and lack of communication
  - Solution to the problem is MASS EDUCATION and COMMUNICATION so that people understand the benefits of a small family.

## OBJECTIVES

- Identify the meaning of family planning.
- the importance of using contraceptive methods towards maternal and neonatal health
- different ways of contraception.

- advantage and disadvantage for each method
- contraindications criteria to avoided contraceptive method
- midwifery role as family planning consultant.

## **TYPES OF FAMILY PLANNING**

- Natural Family Planning Method
  - relies on abstinence from sexual intercourse during the most fertile phase of a woman's menstrual cycle.
- Artificial Family Planning Method
  - the live sperm is prevented from entering the uterus
  - by killing them with spermicidal or
  - by obstructing them through the use of condom and diaphragms.

## **FERTILITY AWARENESS**

- Recognising the signs of fertility in a woman's menstrual cycle.
- It can be used to
  - understand menstrual cycle,
  - plan a pregnancy or
  - avoid a pregnancy.
- Natural Family Planning
- Relies on abstinence from sexual intercourse during the most fertile phase of a woman's menstrual cycle.

## **FERTILITY AWARENESS**

- Methods used to predict ovulation:
- **Basal Body Temperature method:**
- A woman's resting temperature rises between .5 C and 1C on the day of ovulation and stays elevated until the next menstrual period.
- Using a special (Basal body) thermometer, a woman needs to take her temperature every morning before getting out of bed.
- When she sees her temperature rise, she knows she has ovulated.

- Methods used to predict ovulation:
- **Cervical Mucus Method:**
- Right before ovulation, the mucus from the cervix changes from being cloudy and scanty to being clear and slippery.
- The consistency of ovulation mucus is like that of an egg white and it can be stretched between the fingers.
- After the ovulation, the mucus tends to dry up again.
- Methods used to predict ovulation:
- **Calendar Method:**
- Woman with regular menstrual periods can guess when ovulation occurs by looking at a record of their cycles.
- If a reasonable estimate can be made of when the next menstrual cycle will begin, subtracting 14 days from the estimated date will give the approximate day of ovulation.

## **WITHDRAWAL**

- man pulls the penis out of the vagina before ejaculation into the vagina

## **LONG-ACTING REVERSIBLE CONTRACEPTION**

- contraceptive that lasts for a long time:
- an intrauterine device (IUD) that lasts five or more years
- an implant under the skin that lasts either three or five years.
- **Advantage:**
- These types of contraception last longer so are more effective at preventing pregnancy
- They are “fit and forget” contraception.

## **HORMONAL CONTRACEPTIVES**

- The Pill/comes in two forms:
  - combined oral contraceptive pill
  - Progesterone -only contraceptive pill

- Both are taken daily and are over 99% effective at preventing pregnancy when taken correctly.
- The Depo Provera injection and the vaginal ring are other forms of hormonal contraception.
- The injection lasts three months and the vaginal ring is changed every month.

## **BARRIER METHODS**

- stop sperm from entering the vagina.
- There are three main barrier methods of contraception:
  - male condoms
  - female condoms
  - diaphragms.
- A diaphragm (with spermicide) is inserted into a woman's vagina before

## **Injectable Contraception**

- Depot medroxyprogesterone acetate
- injectable synthetic hormone
- prevents pregnancy for 13 weeks at a time.
- The hormone is like endogenous progesterone to regulate the menstrual cycle.
- DMPA works mainly by preventing ovulation – the process by which an egg is released from the ovary.
- It also thickens the cervical mucus which may keep sperm from joining with an egg.

## **Birth Control Pills**

- taken by mouth every day to prevent pregnancy.
- Combined birth control pills are the most common type
- contain both female sex hormones - estrogens and progesterone (in the form of progestin).

- The pill works mainly by preventing the ovaries from releasing eggs (ovulation).
- Secondly, it may also prevent fertilization from occurring by thickening the cervical mucus which impedes the sperm.

### **IUD (Intrauterine Device)**

- a small device placed inside the uterus for birth control.
- Prevent fertilization by
- Primarily: creating an intense inflammatory reaction inside the uterus that is harmful for sperm, either destroying sperm or making it nearly impossible for sperm to reach the fallopian tubes.
- Secondly: the IUD also makes the uterus unsuitable for implantation.

### **Diaphragm / Condoms**

- Dome shaped latex cap
- first coated with a spermicidal gel or cream
- then placed high in the vagina before intercourse.
- physical barrier to sperm entering the cervix but,
- importantly, it holds the spermicidal cream or gel
- against the cervix and thus immobilizes sperm near the cervical canal.
- female condom is a thin polyurethane sheath which lines the vagina and
- some of the external genitalia.
- It is a barrier method of birth control and does not contain a spermicide.

### **Spermicides**

- Chemicals which kill sperm.
- available in many different forms:
- suppository, foam, cream, gel, film and tablets.
- The active ingredient in most spermicidal is nonoxynol-9,

- may also offer protection against sexually transmitted diseases.

### **Sterilization**

- is a simple surgery
- for both men and women.
- a one-time method of birth control
- permanent
- requires no effort other than getting the procedure done.
- Vasectomy for men
- Tubal Ligation for women