



FAMILY PLANNING

More than 200 million women around the world want to avoid pregnancy but for various reasons lack access to family planning information and effective contraception. The shortage and maldistribution of health workers represents a major barrier to addressing this unmet need. As a global champion and leader in supporting health workers, IntraHealth International is committed to assisting country-led efforts to better manage, support, empower, and expand the health workforce to provide family planning and reproductive health services to communities.

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Because Health Workers Save Lives.



KEY APPROACHES

Building on more than 30 years of experience in strengthening health workers and service delivery systems, IntraHealth's key approaches in family planning and reproductive health include:

- **Expanding the roles of health workers** to deliver appropriate family planning services, supported by policy changes as necessary
- **Increasing the range of available family planning methods**, including long-acting and permanent methods, at all levels of the health system from hospital to community
- **Strengthening** the planning, information, education, management, and supply-chain **systems** that support health workers' ability to provide services
- Enabling health workers to **integrate family planning with other health care services** such as immunization programming, postabortion care, prevention and repair of obstetric fistula, prevention of mother-to-child transmission of HIV, and care and treatment for people living with HIV
- Improving the performance of health workers, organizations, and systems for **quality service delivery** by applying IntraHealth's highly successful *Performance Improvement* and *Optimizing Performance and Quality* tools
- **Developing innovative approaches to education and training**, including eHealth and mHealth applications
- **Enhancing community-based distribution and referral systems** between health workers at different levels of care, including promoting use of technology for improved communication
- **Engaging and educating communities and leaders** through advocacy, public campaigns, social media, and open dialogues.



HIGHLIGHTS OF RECENT WORK

- Through comprehensive programs in **Senegal**, IntraHealth has tailored innovative approaches to strengthen the accessibility, use, and quality of family planning services. These include 1) working with religious leaders to overcome negative perceptions of family planning; 2) applying a mentoring-based approach to on-site performance improvement for health workers; 3) scaling up a new model for contraceptive security that reduced stockouts to under 2% and increased contraceptive acceptance by 38%; and 4) testing an interactive voice response platform for health workers to receive family planning refresher training via simple mobile phones.
- In **Benin**, **Mali**, and **Senegal**, IntraHealth has supported the launch of civil society coalitions to advocate for family planning, support national investments in family planning, and demand government accountability in meeting family planning commitments.
- In **Kenya**, IntraHealth contributed to the development of a national family planning training plan, establishment of a family planning center of excellence, and formulation of a successful rapid hiring plan that deployed over 800 health workers in a fraction of the usual time.
- Our comprehensive assistance to the government of **Rwanda** to strengthen family planning services—including work in the areas of policy, decentralization, education and training, and community-based care—contributed to the country's dramatic increase in modern contraceptive prevalence among married women, from 10% in 2005 to 27% in 2007 and 45% in 2010.
- In **Rwanda**, IntraHealth trained physicians and nurses to offer nonsurgical vasectomies, resulting in more than 450 men opting for the procedure in the program's first year.
- Integration of family planning and services for obstetric fistula in **Mali** resulted in substantial increases in family planning acceptance among fistula clients, from 12% to 78% after service integration. In **Senegal**, IntraHealth is integrating family planning services into popular child immunization clinics; after two years, more than 28,000 women have been offered family planning information and methods, with 25% choosing to start a modern contraceptive method. In **Ethiopia**, **Namibia**, and **Rwanda**, IntraHealth integrated family planning counseling and services with prevention of mother-to-child transmission of HIV services. Results from Rwanda showed a 70% family planning acceptance rate among HIV-positive women at facilities where IntraHealth trained providers.
- In **Malawi**, IntraHealth collaborated with the Ministry of Health and nursing schools on a multipronged approach to improve preservice education in family planning, including developing a comprehensive reference guide for use by tutors and lecturers. The contraceptive prevalence rate in Malawi increased from 24% in 2004 to 42% in 2010.
- Around the world, IntraHealth has worked to strengthen family planning services and awareness-raising efforts through expanded roles for health workers. The wide variety of health workers with whom IntraHealth has worked includes pharmacists in **Togo**, enrolled comprehensive nurses in **Uganda**, volunteer health promoters in the **Dominican Republic**, pediatricians and family physicians in **Armenia**, indigenous medicine practitioners in **India**, and community outreach volunteers in **Bangladesh**.

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