A model of integration: Postpartum family planning through a community based maternal and newborn program

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## Background: Bangladesh and Sylhet District

<table>
<thead>
<tr>
<th></th>
<th>BDHS 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BGD</td>
</tr>
<tr>
<td>Unmet FP need Overall</td>
<td>18%</td>
</tr>
<tr>
<td>Contraceptive Prevalence Rate</td>
<td>56%</td>
</tr>
<tr>
<td>Total Fertility Rate</td>
<td>2.7</td>
</tr>
</tbody>
</table>

Sources: Bangladesh DHS 2007
## Birth Intervals

<table>
<thead>
<tr>
<th>Birth intervals</th>
<th>Bangladesh</th>
<th>Sylhet</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 24 months</td>
<td>15.1%</td>
<td>26.1%</td>
</tr>
<tr>
<td>&lt; 36 months</td>
<td>36.9%</td>
<td>56.8%</td>
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</tbody>
</table>

*Sources: Bangladesh DHS 2007*
Study sites

- Sylhet district
- Zakiganj & Kanaighat sub-district
- Intervention area: 4 unions
- Comparison area: 4 unions
Study objectives

- To develop and test an integrated Family Planning, Maternal and Neonatal Health (FP/MNH) service delivery approach.
- To assess:
  - the strengths and limitations of integration.
  - the impact of the intervention package on FP.
  - the impact of the intervention package on pregnancy spacing.
Study design

Study sites: Eight unions in two subdistricts in Sylhet district, Bangladesh

Non-Random Allocation

Intervention unions: 4
1 CHW for 4000 population

Comparison unions: 4
1 CHW for 4000 population

Enrollment of women during <8 months of pregnancy

Intervention clusters:
MNH plus FP during ANC and Postpartum visit

Comparison clusters:
MNH ONLY during ANC and Postpartum visit

Follow the cohort through pregnancy to 36 months postpartum
Intervention delivery strategy

Strategic axis 1

Capacity Strengthening: Training, orientation

Strategic axis 2

Community-based Advocacy and Behaviour Change Communication approach

HH level

Community level

Facility level
Intervention delivery strategy

- Household level by Community Health Worker
  - One Community Health Worker for 4,000 population
  - Pregnancy surveillance by CHWs (two monthly rounds)
  - Household visits during pregnancy (1 visit) and postpartum period (4 visits)
  - Screen, dispense and Refer postpartum women to facility for postpartum care and contraceptive methods
Community Health Workers (CHWs)

Young woman with grade 10 education from the local community

Training received:
- MNH: 21 days
- HTSP & LAM: 3 days
- FP: 4 and 1/2 days
### CHW household counselling topics and timing of visits

<table>
<thead>
<tr>
<th>Messages</th>
<th>Integrated with MNH program</th>
<th>Additional Month 2-3 &amp; 4-5 PP</th>
</tr>
</thead>
<tbody>
<tr>
<td>During pregnancy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ANC</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Newborn Care, EBF</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>PNC</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Return to fertility</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>LAM and transition</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>HTSP</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Visit to facility</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Day 6 postpartum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 29-35 postpartum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ANC</td>
<td></td>
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Community and facility level intervention delivery strategy

One male and one female Community Mobilizer for 20,000 population

- Advocacy meetings with community leaders, religious leaders, teachers and their wives
- Targeted male/female group meetings
- One-to-one visits to develop role models on LAM

Intervention delivery at health facility level by GOB/NGO Providers

- Postnatal care
- Counsel about FP methods including LAM
- Provide FP methods
LAM and other contraceptives use rate during PP 6 months: from monitoring data

![Bar chart showing LAM and other contraceptives use rate](chart.png)

- **PP 29-35 days (n=1932):**
  - LAM user: 90%
  - Other methods user: 9%
  - No method users: 1%

- **PP 2-3 months (n=1293):**
  - LAM user: 62%
  - Other methods user: 10%
  - No method users: 28%

- **PP 4-5 months (n=1021):**
  - LAM user: 39%
  - Other methods user: 23%
  - No method users: 38%
Contraceptive use rate at 3 month postpartum (preliminary analysis of half of the cohort)

Note: Active LAM users are those women who mentioned they were using LAM as a method of contraception; passive LAM users are those who did not mention using LAM as a method of contraception but they were exclusively BF their babies and their menses not returned at 3 month postpartum.
Contraceptive use rate at 6 month postpartum (preliminary analysis of ¼ of the cohort)
Challenges

- Initially integration of FP in MNH was not well accepted by MNH personnel
- Postpartum women mobility is limited
- Limited availability of GOB services
Lessons learned: Integration of FP and MNH

FP messages are well integrated into the MNH counseling curriculum

- Facilitates discussion of family planning because of focus on health outcomes
- Integration was feasible for CHWs workload
- Young, unmarried MNH CHWs were able to effectively deliver messages on family planning
- Did not adversely affecting the quality of the MNH counseling
- Inclusion of family planning is accepted by community
Study partners

- Government of Bangladesh
- Shimantik
- ACCESS-FP
- JHSPH
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