Adapting the DHS-Based Algorithm for Unmet Need as a Tool to Meet the Family Planning Needs of HIV Service Clients

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Basic algorithm to estimate unmet need of contraception

Currently married women not using contraception

Pregnant or amenorrheic

- Intended
- Mistimed
- Unwanted

Not pregnant or amenorrheic

- Fecund
- Infecund

Want later

Want no more

Want soon

Need for spacing

Need for limiting

Need for spacing

Need for limiting

Total unmet need

Bradley, Croft and Fishel, 2009
Basic algorithm to estimate unmet need of contraception

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Bradley, Croft and Fishel, 2009
Basic algorithm to estimate unmet need of contraception

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   - Not pregnant or amenorrheic

2. Intended
   - Need for spacing
   - Total unmet need

3. Mistimed
   - Need for limiting

4. Unwanted
   - Need for spacing
   - Need for limiting
   - Total unmet need

5. Fecund
   - Want later
   - Want no more
   - Want soon

6. Infecund
   - Need for spacing
   - Need for limiting
   - Total unmet need

Bradley, Croft and Fishel, 2009
Basic algorithm to estimate unmet need of contraception

1. Currently married women not using contraception

2. Pregnant or amenorrheic

3. Not pregnant or amenorrheic

- **Mistimed**
  - Intended
  - Need for spacing

- **Unwanted**
  - Fecund
    - Want later
  - Infecund
    - Want no more
  - Want soon

- Need for limiting

Total unmet need

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1. Currently married women not using contraception
   - Pregnant or amenorrheic
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   - Mistimed
   - Unwanted

3. Fecund
   - Want later
   - Want no more
   - Want soon

4. Infecund

Bradley, Croft and Fishel, 2009
## Comprehensive Strategy of PMTCT

<table>
<thead>
<tr>
<th>Prong 1</th>
<th>Prong 2</th>
<th>Prong 3</th>
<th>Prong 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary prevention of HIV among women of childbearing age</td>
<td>Prevention of unintended pregnancies among HIV positive women</td>
<td>Prevention of infection transmission from HIV-positive mothers to infants</td>
<td>Care and support for women, their children and family</td>
</tr>
</tbody>
</table>
Key Question

• How should the DHS-based algorithm for measuring the unmet need for FP be modified so that providers can respond better to the family planning needs of HIV service clients?

• Consider:
  – both recent and plans for future sexual activity
  – desire for children in the near and distant futures
  – use effectiveness of contraceptive methods
Methodology

- Pooled data from multi-country study of integrated FP-HIV services
- Data collected in Ethiopia, Kenya, Rwanda, South Africa and Uganda in 2007-2008
- Two samples of women aged 18-45
  - Care and Treatment (C&Tx): n=266
  - Counseling and Testing (HTC) n=713
- Calculated unmet need for FP based on various assumptions of sexual activity and pregnancy desires
Analysis addressed 4 questions of unmet need logic

1. Is the assumption that all married women are sexually active reasonable?
2. Does lack of sexual activity imply no need for contraception?
3. How should current pregnancy be treated?
4. What time horizon should be used to measure FP need among women wanting more children?
5. Should the assessment of unmet need consider method mix?
## Unmet need among women in union in C&Tx

<table>
<thead>
<tr>
<th></th>
<th>Sexual Activity Assumed</th>
<th>Sexual Activity Specified</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>158</td>
<td>158</td>
</tr>
<tr>
<td>Currently using contraception</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Not using contraception</td>
<td>83</td>
<td>83</td>
</tr>
<tr>
<td><strong>Among those not contracepting</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No sex in last 3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sex in last 3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Among those not contracepting &amp; sexually active</strong></td>
<td>83</td>
<td>42</td>
</tr>
<tr>
<td>Pregnant</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>Not pregnant</td>
<td>72</td>
<td>34</td>
</tr>
<tr>
<td><strong>Among those not contracepting, sexually active &amp; not pregnant</strong></td>
<td>72</td>
<td>34</td>
</tr>
<tr>
<td>Infecund</td>
<td>21</td>
<td>9</td>
</tr>
<tr>
<td>Fecund</td>
<td>51</td>
<td>25</td>
</tr>
<tr>
<td><strong>Among those not contracepting, sexually active, not pregnant &amp; fecund</strong></td>
<td>51</td>
<td>25</td>
</tr>
<tr>
<td>Do not want child in next 2 years</td>
<td>40</td>
<td>15</td>
</tr>
<tr>
<td>Want child in next 2 years</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td><strong>Among those pregnant</strong></td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>Last pregnancy was intended</td>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td>Last pregnancy was unexpected</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Method failure</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td><strong>Unmet Need</strong></td>
<td>26%</td>
<td>10%</td>
</tr>
</tbody>
</table>
# Unmet need among women in union in HTC

<table>
<thead>
<tr>
<th></th>
<th>Sexual Activity Assumed</th>
<th>Sexual Activity Specified</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>402</td>
<td>402</td>
</tr>
<tr>
<td>Currently using contraception</td>
<td>104</td>
<td>104</td>
</tr>
<tr>
<td>Not using contraception</td>
<td>298</td>
<td>298</td>
</tr>
<tr>
<td><strong>Among those not contracepting</strong></td>
<td>298</td>
<td>298</td>
</tr>
<tr>
<td>No sex in last 3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sex in last 3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Among those not contracepting &amp; sexually active</strong></td>
<td>298</td>
<td>298</td>
</tr>
<tr>
<td>Pregnant</td>
<td>143</td>
<td>138</td>
</tr>
<tr>
<td>Not pregnant</td>
<td>155</td>
<td>87</td>
</tr>
<tr>
<td><strong>Among those not contracepting, sexually active, not pregnant &amp; fecund</strong></td>
<td>155</td>
<td>155</td>
</tr>
<tr>
<td>Do not want child in next 2 years</td>
<td>105</td>
<td>54</td>
</tr>
<tr>
<td>Want child in next 2 years</td>
<td>50</td>
<td>33</td>
</tr>
<tr>
<td><strong>Among those pregnant</strong></td>
<td>143</td>
<td>138</td>
</tr>
<tr>
<td>Last pregnancy was intended</td>
<td>75</td>
<td>74</td>
</tr>
<tr>
<td>Last pregnancy was unexpected</td>
<td>37</td>
<td>35</td>
</tr>
<tr>
<td>Method failure</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td><strong>Unmet Need</strong></td>
<td>35%</td>
<td>22%</td>
</tr>
</tbody>
</table>
Reasons for Seeking HIV Test among Non-Contracepting HTC Clients, No Sex in Last 3 Months

- Getting married: 37%
- Know HIV status/plan for future: 20%
- Missing: 11%
- Multiple partners: 8%
- Unwell: 8%
- Other: 10%

n=225
Contraceptive Use among C&Tx and HTC Clients by whether They Want a Child in Next 2 Years
Effectiveness of FP Methods

Comparing Effectiveness of Family Planning Methods

More effective
Less than 1 pregnancy per 100 women in 1 year

- Implants
- IUD
- Female sterilization
- Vasectomy

How to make your method more effective

- Implants, IUD, female sterilization: After procedure, little or nothing to do or remember
- Vasectomy: Use another method for first 3 months

Injectables: Get repeat injections on time

- Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night
- Pills: Take a pill each day
- Patch, ring: Keep in place, change on time

Condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.

Less effective
About 30 pregnancies per 100 women in 1 year

- Male condoms
- Diaphragm
- Female condoms
- Fertility awareness methods

Withdrawal, spermicides: Use correctly every time you have sex

Sources:


## Percent Distribution of Method Use among FP Users by Parity

<table>
<thead>
<tr>
<th></th>
<th>C&amp;Tx</th>
<th>HTC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All FP users (n=107)</td>
<td>FP users with &lt; 3 children (n=57)</td>
</tr>
<tr>
<td>Condoms only</td>
<td>43</td>
<td>44</td>
</tr>
<tr>
<td>Hormonal method plus condom</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Injectables only¹</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Pills only</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Long acting or permanent method²</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Other and missing³</td>
<td>5</td>
<td>7</td>
</tr>
</tbody>
</table>

1. Includes three women who reported using injectables and pills.
2. Includes women using implants, IUCD or sterilization.
3. Includes women using the rhythm method, cycle beads, etc.
Basic algorithm to estimate unmet need of contraception

1. **Sexual activity, FP use effectiveness**
   - Pregnant or amenorrheic
   - Not pregnant or amenorrheic

2. **Post Partum FP Plan**
   - Intended
     - Need for spacing
   - Fecund
     - Want > 12 mos.
     - Need for limiting
   - Infecund
     - Want none
     - Need for spacing
     - Want < 12 mos.
     - Need for limiting

3. **Total unmet need**

4. Bradley, Croft and Fishel, 2009
Providers should consider the following …

1. Current sexual activity and intentions to become sexually active in the near future
2. Client Intentions about timing of future pregnancies for shorter time period
3. Method use that considers use effectiveness and fertility intentions (esp. high parity women)
4. Counseling to move from dual protection (condoms) to dual method use (condoms + other method)
5. Action plan for pregnant women to receive FP counseling soon after delivery