Increase the Rational Use of Modern Contraceptive Methods through Community Approach

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Background

- Low contraceptive use rate in Sylhet and Chittagong division
- Contraceptive use tilted towards temporary methods
- Contraceptive discontinuation rates remain high
- Community identification and prioritization of FP and RH problems study identified that...
  - Lack of in-depth knowledge about FP methods
  - Misconceptions about FP methods
  - Social and religious barriers
- Considering the problems and needs an operations research study “Increasing the rational use of modern contraceptive methods throughout the reproductive life” was introduced
Objectives

Overall objective
- The aim of the study was to examine the impact of a service delivery model to enhance the rational use of modern contraceptive methods

Study site and period

Intervention sites
- Two unions from Nabiganj sub-district of Habiganj District
- Two unions from Raipur sub-district of Lakshmipur District

Control sites
- One union from Bahubal sub-district of Habiganj District
- One union from Ramganj sub-district of Lakshmipur District
Methodology

Study design: Quasi-experimental, non-equivalent control group

Study period: Jul ‘07 to Mar ‘09

Study phases:
- Preparatory (Jul-Sep ‘07)
- Intervention (Oct ‘07 – Sep ‘08)
- Evaluation (Oct – Dec ‘08)

Survey respondents: Currently married women aged 18-45 years and ever modern method users
- Baseline: 2827
- Endline: 2850
Interventions

- Capacity building of service providers and field workers
- Strengthening health facilities
- Community involvement through community support groups (CSGs) and peer promoters
- Creating awareness through behavior change communication activities (IPC, dramas, folk songs, raffle draws)
Preparatory activities

- Develop BCC materials (flipchart, pamphlet)
- Training to service providers and field workers on FP and RH
- Formation of 36 CSGs
  - 7-11 members in each group (Religious leaders, teachers, social activists, field workers, traditional birth attendants, rich and poor community members, and local government officials)
- Selection of 164 peer promoters
  - 2 male and 2 female, preferably satisfied couples of LA/PM users at ward level who had good communication skills, mobility, at least five years of schooling and acceptability in the community
- Orientation and local level planning with CSGs
- Training of peer promoters
Involvement of CSGs

- To strengthen physical infrastructure of health facility
- To aware community about the available FP and RH services
- To cooperate and collaborate with the health and FP service providers and fieldworkers to organize satellite sessions and BCC activities
- To meet once in a month
  - to discuss about the progress of project activities
  - to review and facilitate peer promoters activities
Involvement of peer promoters

- To increase awareness in community through IPC and group sessions using flipcharts
- To distribute pamphlets among the potential users of FPM
- To refer clients to health facility or fieldworkers for adopting FPMs
- To assist in organizing cultural programs and raffle draws in the community
KEY FINDINGS
Knowledge on seven modern FPMs

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Population Council
Current use of LA/PMs

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### Current use of LA/PMs by parity

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| N                        | 896 | 882  | 438 | 442  | 736 | 799  | 429 | 439  |
Future intention to use LA/PMs

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Population Council
Lessons learned

- Training of providers and fieldworkers found effective to improve quality of counseling and side-effects management of FPM.
- Training of peer promoters significantly improved their knowledge on FPM to disseminate and motivate couples.
- CSG and peer promoter approaches found useful to utilize existing social resources to improve health service delivery system in the rural areas.
- Involvement of CSG members was found effective to hold the satellite sessions regularly and to improve utilization of services.
- Peer promoters can play an important role in disseminating FP messages and encouraging potential acceptors, but continuous support and facilitation are needed to sustain their activities.
Lessons learned

- Selecting satisfied longer acting method acceptors as peer promoters can be an effective strategy to motivate the potential acceptors for longer acting methods
- Peer promoters can act as a liaison between the community and the formal health system
- Motivated community leaders can improve physical infrastructure of health facility by providing financial support
Project partners
NIPORT, RTM International, ICDDR,B

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