

## Promoting Institutionalization of Post-Placental and Immediate Postpartum Insertion of Intrauterine Contraceptive Device (PPIUCD)

Postpartum Family Planning (PPFP) has to be an integrated part of existing maternal and child health and Family Planning (FP) efforts. Postpartum women are among those with the greatest unmet need for FP and PPFP and have an important role to play in strategies to reduce the unmet need for FP. According to an analysis of Demographic and Health Surveys data from 27 countries, 95% of women who are 0–12 months postpartum want to avoid a pregnancy in the next 24 months; but 70% of them are not using contraception<sup>1</sup> (Ross & Winfrey 2001).

Intrauterine contraceptive devices (IUCDs) have been used by women in the immediate postpartum period which is an ideal time to address family planning needs. Returning to health facilities for postpartum services after delivery is challenging to mothers who have competing demands. Taking advantage of the immediate postpartum period for counseling on family

FP can avert more than 30% of maternal deaths and 10% of child mortality if couples space their pregnancies more than 2 years apart<sup>2</sup> (Cleland et al. 2006).

planning and IUCD insertion, overcomes multiple barriers to service provision. The increased institutional deliveries are the opportunity to provide women easy access to immediate PPIUCD services.

**Background:** Pakistan, with 185 million populations and a Growth Rate (GR) of 2.0 percent, is the 6<sup>th</sup> most populous country of the world. It is estimated to become 5<sup>th</sup> by 2050. It has some of the worst maternal health indicators in the region: MMR being 276 per 100,000 live births, CPR of modern methods at 26% with 20% unmet need. 1 in 3 births occurs within less than 24 months after a previous birth<sup>4</sup>.

48% women deliver in health facilities and leave without receiving counseling or family planning (FP) services<sup>4</sup>. These women often return with an unintended pregnancy. Provision of Postpartum FP (PPFP) services is an important intervention to prevent unplanned pregnancies. PPIUCD has been found to be safe and its expulsion rates are comparable to interval IUCD.

### PPIUCD Intervention by National Committee for Maternal and Neonatal Health (NCMNH):

**Pilot phase:** (From March 2012 till September 2013) PPIUCD intervention was implemented in two, public sector, teaching hospitals of Karachi (Sindh Province). Successful results encouraged NCMNH to expand the activities. The ultimate objective is Institutionalization of PPIUCD services.

**Scale up phase:** (October 2013-February 2016) 132,665 women delivered at the intervention sites during the study period and 19% of them had PPIUCD inserted. 16% of insertions were done by Mid-level providers and were as competent as doctors. 32% women could be followed up at 6 weeks and 26% were followed after 6 months. Continuation rate was 88% at 6 months.

### Phase II Year 1- (March 2016- February 2017)

During this report period 17,803 (27%) of the women received PPIUCD services. 418,298 clients attended antenatal clinics out of which 61,013 (15%) were counseled for PPFP.

67,101 deliveries were conducted at the intervention sites and 17,803 (27%) of the delivered clients had PPIUCD inserted. 10,136 (57%) insertions were post placental, 402 (2%) were immediate postpartum and 7,265 (41%) were intra caesarean.

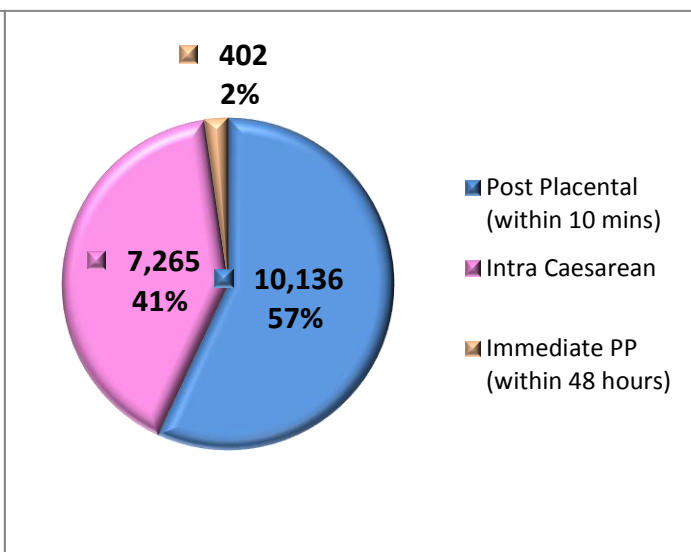
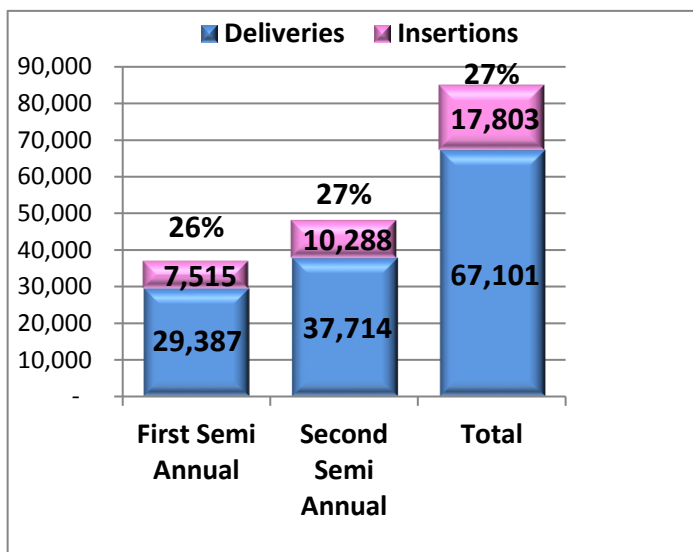
**At six weeks** 17,354 women were due for follow up, out of which 6,112 (35%) women could be contacted. Of those contacted, 4,613 (75%) had no complaints, 226 (4%) had IUCD removed due to various reasons and 269 (4%) IUCDs were expelled. The six week continuation rate of those followed is 92%.

**At six months** 15,765 women were due for follow up, out of which 5,258 (33%) women could be contacted. Of those contacted, 3,645 (69%) had no complaints, 526 (10%) had IUCD removed due to various reasons and 207 (4%) IUCDs were expelled. The six month continuation rate of those followed is 86%.

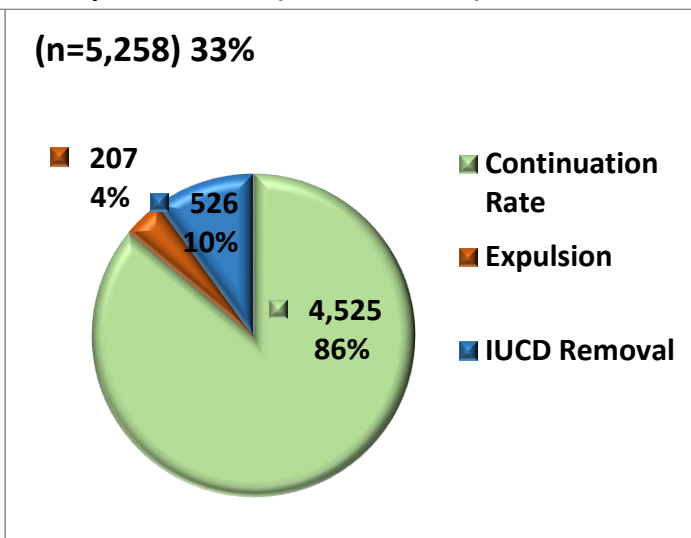
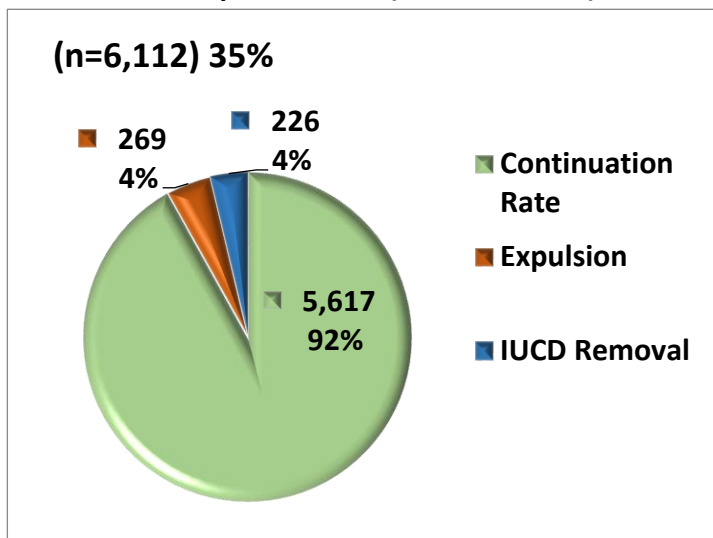
**RESULT: Scale up phase (Period March, 2016- February, 2017)**

**PPIUCD Insertion**

**Timing of PPIUCD Insertion**



**Client Follow up-Six Weeks (IUCD Removal) Client Follow up-Six Months (IUCD Removal)**



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