

Position Paper on Post-Pregnancy Family Planning (PPFP)

Partners' Commitment for Provision of Post-Pregnancy Family Planning Services



According to the recent Pakistan Demographic and Health Survey (PDHS 2017-18), the Contraceptive Prevalence Rate (CPR) has dropped from 35 to 34 percent in past 5 years with only 25% couples using modern contraceptive methods. Improvements have however been documented in the percentage of deliveries at health facilities (from 48 to 66). This is an opportunity, not to be missed. Global evidence suggests that post-pregnancy family planning (post-partum and post-abortion family planning – PPFP and PAFP) is one of the most effective way of addressing family planning needs. Integrating family planning services into maternal and child health services is an effective strategy for taking advantage of women's increased contacts with the health care system in the time period around childbirth. More importantly, increasing the uptake of PPFP/PAFP has the potential to protect and empower women at a crucial time in their lives, establish healthy birth spacing practices, and reduce maternal and child morbidity and mortality.

Pakistan committed at the 2012 London Summit on Family Planning to address barriers faced by women when trying to access family planning (FP). Under this FP2020 commitment, Pakistan aims to increase its CPR to 50 percent by 2020. One of Pakistan's Strategies to achieve FP2020 commitments includes integration of FP in to Health Services. Institutionalization of PPFP services at primary, secondary and tertiary care hospitals is much needed. Unfortunately, most doctors think provision of FP services is not their responsibility. They have personal beliefs/ biases regarding FP methods that reflects in their professional services. These health care providers (HCPs) are influencing not only the future practices of their under graduate trainees but also the future of Pakistan and its people.

The partnering organizations affirm the following policy position on post-pregnancy family planning:

- Family Planning is a human right where couples have control over their reproductive lives and are able to significantly improve the health and economic welfare of their families
- Providing FP is a national responsibility and should be available for all women round the clock.
- HCPs should be motivated to understand that providing FP specifically PPFP is their responsibility.
- Counseling of family planning methods should be offered not only to women in antenatal/ postnatal and outpatient clinics but also at well women and baby clinics
- There should be a universal access to modern methods of contraception especially in labor rooms/ delivery areas.