

Overview of WHO family planning documents and guidelines

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Outline of the presentation

- ❑ Background
- ❑ Family Planning in Global initiatives
- ❑ Family Planning in RHR
- ❑ WHO guidelines on Family Planning
- ❑ Other WHO Guidelines
- ❑ Training Resource Package

Introduction

- ❑ 225 million women in developing countries would like to **delay or stop** childbearing but are not using contraception.
- ❑ FP methods, such as condoms, prevent the transmission of HIV and other sexually transmitted infections.
- ❑ FP reduces the need for abortion, especially unsafe abortion.
- ❑ FP reinforces people's rights to determine the number and spacing of their children.
- ❑ FP prevents deaths of mothers and children.

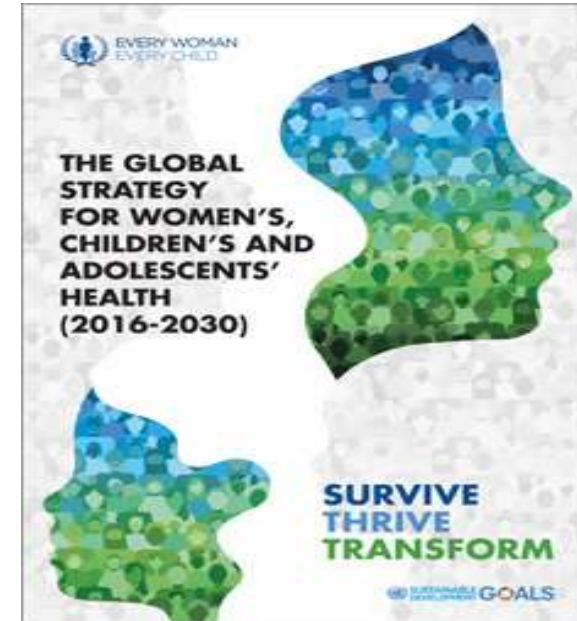
Reasons for none use of contraception

- ❑ limited choice of methods
- ❑ limited access to contraception, particularly among young people, poorer segments of populations, or unmarried people
- ❑ fear or experience of side-effects
- ❑ cultural or religious opposition
- ❑ poor quality of available services
- ❑ users and providers bias
- ❑ gender-based barriers

Impact of providing FP to all women with unmet need

- Unintended pregnancies, by 70%
- Maternal deaths by 67%
- Newborn deaths by 77%
- Burden of disability related to pregnancy and delivery by 2/3

Family Planning in Global initiatives



FP2020 MOMENTUM AT THE MIDPOINT 2015-2016



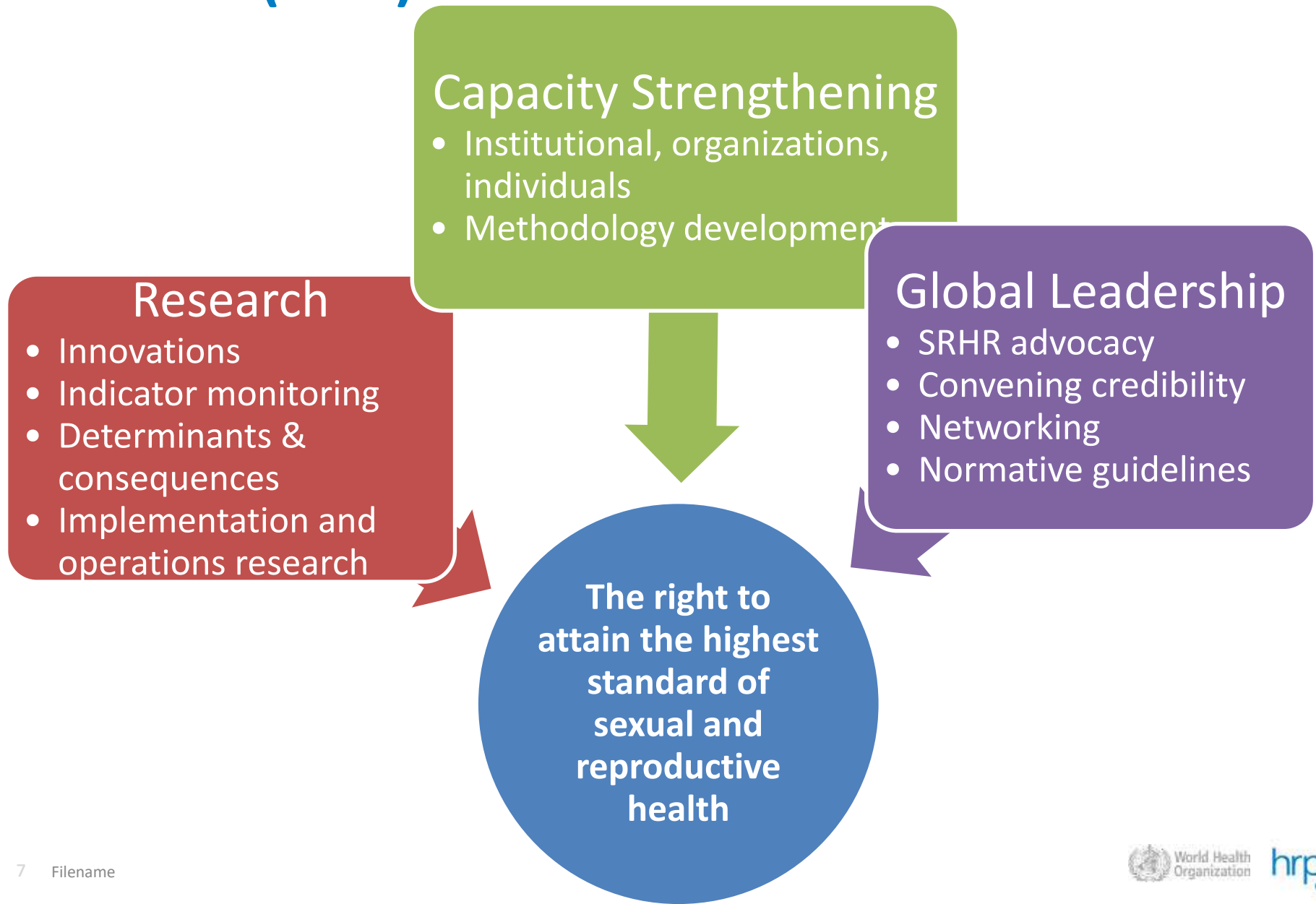
Available now



#FP2020Progress
www.familyplanning2020.org/progress



WHO Department of Reproductive Health and Research (RHR) core functions



How is WHO RHR working to promote FP

Producing evidence-based guidelines on safety and service delivery

Developing quality standards and providing pre-qualification

Helping countries introduce, adapt and implement tools/Guidelines

Developing new methods to expand contraceptive choices

Conducting research to improve service delivery

<https://www.who.int/en/news-room/fact-sheets/detail/family-planning-contraception>

Family Planning in RHR



Family planning and contraception



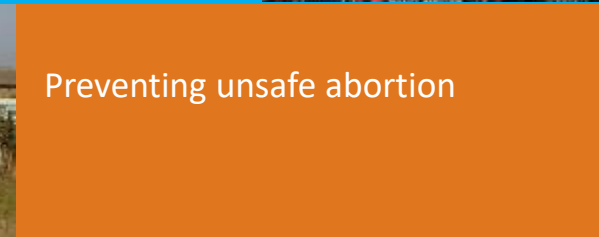
Adolescent sexual and reproductive health



Measurement, monitoring and accountability



Maternal and perinatal health



Preventing unsafe abortion

Sexually transmitted infections (STIs) and reproductive tract infections (RTIs)



SRH and HIV linkages



Cervical cancer



Violence against women



Female genital mutilation
Early marriage



SRH in
humanitarian
settings



Infertility

Sexual health



Human Rights and
gender equality



Legislation



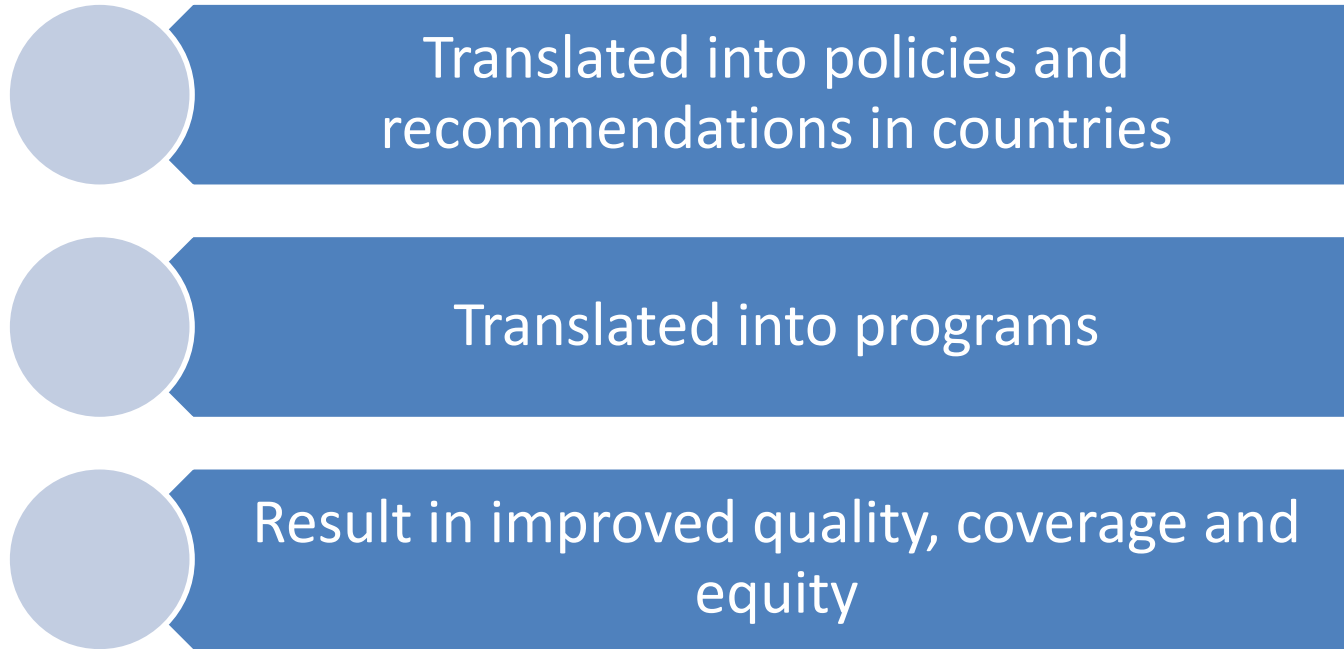
Innovations and
mHealth

WHO Family Planning guidelines and tools

- WHO has a broad range of high quality evidence based guidelines on contraception
- Types
 - Safety and quality of family planning
 - Human rights in contraception programmes
 - Implementation and scaling up
 - Integrated guidelines for specific populations

<https://www.who.int/health-topics/contraception>

Normative Guidance Role of WHO



Types

- **Norms, standards and protocols:** inform development and revision of national policies and guidelines
- **Programmatic guides:** inform development of programmes
- **Tools and Clinical guides:** For use by policy makers, programme managers and health care workers

Safety and quality of family planning

Medical Eligibility Criteria



↑
5th edition



*Decision-Making Tool
(to be updated)*

Selected Practice Recommendations

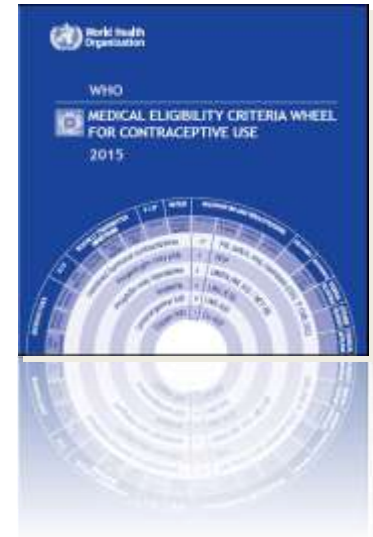


3rd edition in 2016



*Global Handbook
2018 edition*

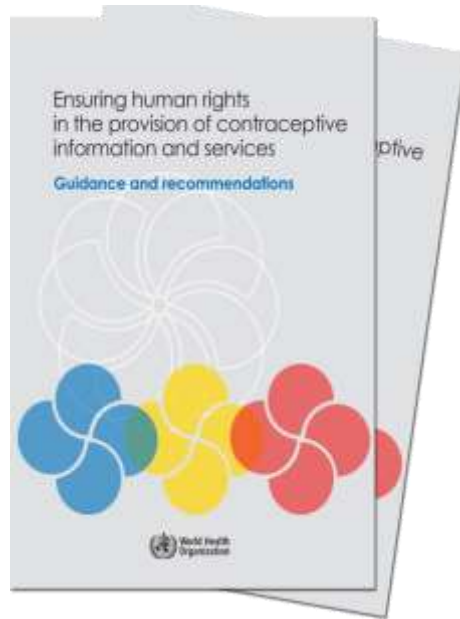
The Medical Eligibility Criteria (MEC) Wheel (new)



*Guide to family
planning for
community health
care providers
and their clients
(to be updated)*



Human rights in contraception programmes



24 recommendations across 9 organizing principles

- Non-discrimination
- Availability
- Accessibility
- Acceptability
- Quality
- Informed decision making
- Privacy and confidentiality
- Participation
- Accountability

Programme implementation and scale up

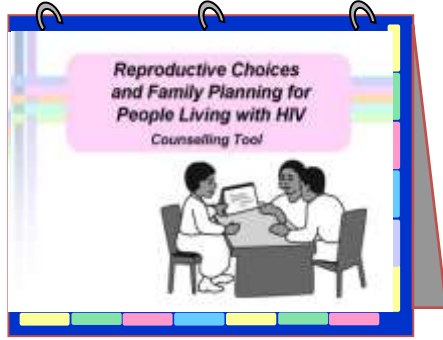
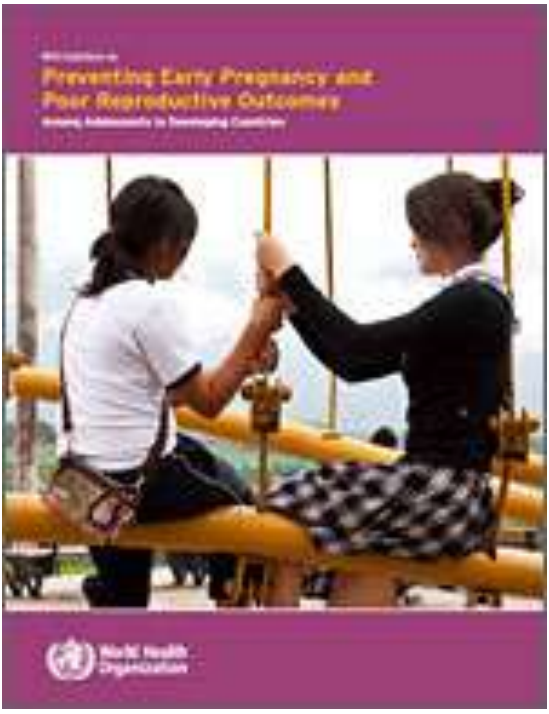


- ❑ The WHO **Strategic Approach** to strengthen SRH policies and programmes
- ❑ **Guide to Fostering Change** to Scale Up Effective Health Services
- ❑ **Beginning with the end in mind**
- ❑ **Nine steps for developing a scaling up strategy**
- ❑ **Introducing WHO's sexual and reproductive health guidelines and tools** into national programmes
- ❑ **Practical guide for scaling up health service innovations**

Integrated guidelines for specific populations

Preventing early pregnancy and poor reproductive outcomes among adolescents in developing countries

WHO guidelines



Reproductive Choices and Family Planning for People with HIV (to be updated)

Sexual and reproductive health of women living with HIV/AIDS



Other Recently issued WHO Guidelines and tools



WHO recommendations on antenatal care for a positive pregnancy experience

Treatment guidelines for chlamydia, gonorrhoea and syphilis



THE TRAINING RESOURCE PACKAGE FOR FAMILY PLANNING

[Home](#) [Training Modules](#) [Conducting Training](#) [Partners](#) [About](#) [Resources](#)



Featured Module: Benefits of Family Planning

This module is designed to provide a basic definition of family planning and discuss how it can help improve the lives of women, children, families, and communities. © 2012

Akintunde Akinleye/NURHI, Courtesy of [Photoshare](#)

Welcome to the TRP!

This website offers curriculum components and tools for trainers to design, implement, and evaluate family planning and reproductive health (FP/RH) training.

All materials can be downloaded for free, and you may adapt or translate them for your own work. If you do use or adapt these materials, please let us know!

[Learn More](#)

<https://www.fptraining.org/>

Summary

- ❑ WHO has guidelines and tools that can support FP programmes in several ways
- ❑ Improve quality of care
- ❑ Address counselling challenges
- ❑ Address several contexts particularly with need for a human rights approach
- ❑ Support programme implementation and scale up
- ❑ Support training and capacity building
- ❑ Support with integration with various services

<https://www.who.int/health-topics/contraception>

Thank You!

Follow us on Twitter **@HRPresearch**

Visit our website

[https://www.who.int/teams/sexual-and-reproductive-health-and-research-\(srh\)/](https://www.who.int/teams/sexual-and-reproductive-health-and-research-(srh)/)