



QUALITY FAMILY PLANNING COUNSELING

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Outline

- Objectives
- Definition of quality family planning counseling
- Uses of quality family planning counseling
- Principles of family planning counseling
- Reproductive life plan
- Summary



Objectives

1. Define counseling
2. Articulate uses of family planning counseling
3. Identify principles of family planning counseling



Definition Family Planning Counseling

- Process that enables clients to make and follow through on their decisions concerning contraceptive use



Question - True or False?

“Practicing good family planning counseling take a lot of time.”



Use of Family Planning Counseling

- Help clients make better choices
- Help clients use, improve and continue their use their method properly
- Increase their satisfaction
- Facilitate their participation
- Increase return for follow-up



Principles for Providing Quality Counseling

1. Establish and maintain rapport
2. Assess the client's needs and personalize discussions accordingly
3. Work with the client interactively to establish a plan
4. Provide information that can be understood and retained
5. Confirm client understanding



1. Establish and Maintain Rapport

- Create a welcoming environment
- Rapport-building: happens the moment an encounter begins
- Good rapport requires client-centered communication skills that:
 - Help build and maintain rapport throughout a client encounter.
 - Aims to listen for client's goals and preferences to communicate with empathy
 - Ensure privacy and confidentiality



OARS Communication Model during Family Planning Counseling

- O - Open-Ended Questions
- A - Affirming
- R - Reflective Listening
- S - Summarizing



Ask Open-ended Questions

- Build a trusting and respectful professional relationship
- Help gain an understanding about the client and the "client's world"
- Example: How regularly do you use your contraception method?



Affirm

- Find out about healthy behavior like adherence to the method
- Compliment: "You ask really great questions!"
- Doing this
 - Helps build trust
 - Makes them feel that you are on their side
 - Engages their best self



Listen with Reflection

- Listening to what the client says, then briefly reflecting key words:
 - To check accuracy and understanding
 - To show that you are listening
 - To help the client explore her/his own thoughts and feelings
- Example: "So I hear you saying... (ie: your husband wants to have more children, but you are not sure?)... Do I have that right?"
- Format
 - Introduction
 - Re-phrase
 - End



Summarize

- Transition - Reflecting what's been said so far and moving to a new topic
- Closing - Reflecting what's been said during the session and moving to a plan of action



2. Assess the Client's Needs and Personalize Discussions Accordingly

- Does the client have any health issues and/or safety considerations that would rule out certain methods?
- What is the client's reproductive life plan and pregnancy intention?
- What is important to the client in a birth control method?



Reproductive Life Plan (RLP)



RLP: What is it?

- A self-assessment of life goals
- Goals in several broad categories (based on the social determinants of health)
 - Education
 - Work/Career
 - Family Planning
- We assist or guide as needed



What to Consider in Developing a Reproductive Life Plan

- Age
- Educational goals
- Career plans
- Living situation
- Financial situation
- Social support
- Relationship with partner

- Readiness to become a parent
- Medical history
- Current health status
- Health behaviors
- Contraceptive use



When Pregnancy is Desired - Preconception Care



When Pregnancy is Not Desired - Contraception



CDC Reproductive Life Plan Tool Questions

Do you plan to have any (more) children at any time in your future?

If Yes

- How many children would you like to have?
- How long would you like to wait until you or your partner becomes pregnant?
- What family planning method do you plan to use until you or your partner are ready to become pregnant?
- How sure are you that you will be able to use this method without any problems?



CDC Reproductive Life Plan Tool Questions (cont'd)

Do you plan to have any (more) children at any time in your future?

If No:

- What family planning method will you use to avoid pregnancy?
- How sure are you that you will be able to use this method without any problems?
- People's plans change. Is it possible you or your partner could ever decide to become pregnant?



3. Work with the Client Interactively to Establish a Plan

- Shared decision-making
- We all have goals and obstacles

Obstacles:

- Potential side effects
- Fear of negative health effects
- Risk of unplanned pregnancy
- Concern for future fertility
- Perception of risk
- Concealing contraception from a partner



What is Important to the Client about the Method?

- Effectiveness
- Frequency of use
- Different ways of method delivery
- Return to fertility
- Specific side effects



4. Provide Information that can be Understood and Retained

- Strategies to give patient education
 - Simple language
 - Give balanced information on benefits as well as risk
 - Limit the amount of information
 - Best time is when they ask
 - Be stingy
 - Highlight the most important information
 - Use educational materials



Tiered Effectiveness

We don't need to go through each method with each client



5. Confirm Client Understanding

- Use the teach-back method to ensure the client understands
- Asking clients to use their own words
- An indication of how well YOU communicated, NOT a "test" of the patient
- Help evaluate if you did a good job of explaining
- Last: provide the service



Summary

- Family planning counseling is not only about providing information
- Family planning counseling helps clients make their own decisions about methods and continued use
- The five principles in family planning counseling include establishing rapport, assessing client needs, helping to reach a shared decision, providing education and ensuring understanding

