

Expanding Access to Contraceptives and Improving Couple Communication about Family Planning In South – West Nigeria: Lessons Learned

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Program Goal

- To expand access to contraceptives and improve couple communication about Family Planning as well as improve Sexual and Reproductive Health among poor and Vulnerable populations in Nigeria by building on the lessons learned in development and management of Nigeria's contraceptive social marketing program.

Background

- Contraception is a critical component in the health and well-being of women, their families and communities.
- Without access to contraception, most women's ability to participate fully and equally in life is severely curtailed by repeated childbearing.
- Limited access to Sex education, Contraceptives, lack of communication between couples about family planning, inadequate reproductive health services and trained providers have increased the rate of unsafe abortion and maternal mortality in Nigeria.

SFH Response

- Society For Family Health (SFH) is one of Nigeria's indigenous NGO with large scale Sexual and Reproductive Health programs. It has national coverage in Family Planning and HIV prevention efforts and implements interventions using key gatekeepers and local language experts
- SFH through the Promoting Sexual and Reproductive Health and HIV/AIDS Reduction in Nigeria (PSRHH) project (jointly funded by DFID and USAID) distributed and promoted a range of family planning commodities and condoms for pregnancy/HIV prevention through commercial sector distribution systems

Program Mechanism

- The Family planning intervention is built around
 - Advocacy and Stakeholders meeting
 - Community sensitization and mobilization
 - Training of Peer Educators/IPC Conductors
 - Interpersonal Communication Sessions
 - Multi Media Approach – Radio Spots, TV Campaign
 - Use of SBC materials
 - In-depth Interview and Focus Group Discussions
 - Condom/Products promotion and distribution

Program Mechanism

- Others include
 - Participatory situation analysis
 - Skill acquisition on contraceptive use
 - HIV Counseling and Testing
 - Couple HIV Counseling and Testing
 - Referral

Program outcome

- Over 250 uniformed service men and 242 women were sensitized on the need to adopt highly effective contraceptive method.
- About 20 Peer Educators were trained from within SFH sites to conduct IPC sessions
- Over 1750 clients (including TWs and FSWs) in more than 7 sites were reached through Interpersonal Communication
- Training were centered on how to use condoms, Cycle Beads and other family planning methods
- Clients were referred to facilities in the neighborhood to access commodities

Program outcome

- Women were taught how to initiate and negotiate condom use and other form of contraceptives with their husbands
- About 6000 Patent Proprietary Medicine Vendors (PPMVs) were trained on family planning
- Program success created a pull for FP Products at the community level and reflected in number of FP products sold nationwide

Lessons learned

- The program revealed that more married women are not interested in having more children
- Informative counseling that is focused on clients' needs helps clients make good choices and can increase successful use of contraceptive methods
- Programme increased condom availability and accessibility
- Men have a significant role to play in the adoption of contraception and their involvement in family planning should be encouraged through inter-spousal communication

Recommendation

- The program needs to be scaled up to other communities and more women need to be empowered
- Strong involvement and engagement of traditional rulers, village heads, religious and opinion leaders and other stakeholders in the promotion and use of contraceptives
- Training of Primary Health Providers on effective and friendly service provision

Thanks for listening

