



Family Planning Handbook for Medical Students & Physicians

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Journey of the development of the Family Planning Handbook

- The development of this Handbook started with the formation of a Technical Working Group comprising of the Director of ME, the key person of CME, Prof. of Community Medicine and Ob./Gyn, rep. of OGSB, WHO, UNFPA, DGFP and Consultant.
- The journey started in March 2020 and the Handbook got printed in March 2021. In the meantime we lost a considerable period of time due to the onslaught of COVID-19.
- Lots of consultative meetings and discussions held to bring the Handbook come up to this shape.
- Keeping in view the ease of understanding of the Medical students and use by the teachers each of the chapters on the different contraceptives have been developed.
- Each of the chapter starts with the Objectives at the beginning of the chapter, then the description on the Contraceptive and a box on Key Points at the end of the chapter with some key questions and answers at the end.

Journey of the development of the Family Planning Handbook (contd.)

- According to the need of the students two Chapters have been added at the very beginning namely, 'Basics of Family Planning' and 'Family Planning Global Scenario and Bangladesh Situation'.
- To provide a support to the teachers the last chapter have been designed titled as 'Guide for the Teachers' with a set of short questions and answers.
- This is supposed to be a living document with a provision of gathering comments and corrections to develop the next revised version as and when required.
- The soft copy of the Handbook is posted on to DGFP website, www.DGFP-bd.org. This will also be posted on to the DGHS website and other webpages to make it easily accessible.
- The total endeavor steered by CCSDP, DGFP and financially supported by UNFPA.



Family Planning Handbook for Medical Students and Physicians



The Handbook has been developed keeping in mind the needs of the undergraduate Medical Students.

The Handbook has been developed based on the National Family Planning Manual in Bangla.

The Handbook has been developed following the book titled as 'Family Planning: A Global Handbook for Providers' by USAID, WHO and others.



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Family Planning Handbook for Medical Students and Physicians



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Family Planning Handbook for Medical Students and Physicians

(Publication Developed Based on the National Family Planning
Manual in Bangla and the WHO/USAID FP Handbook)

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Acknowledgement

The need for developing the Bangladesh Family Planning Handbook stemmed from the fact that the medical students wanted a complete book on Family Planning. This book contains the history of Family Planning program in Bangladesh, all relevant information about the different contraceptives including the Traditional Methods and some description of Family Planning service provision. We do have the National Family Planning Manual, Bangladesh which serves as the Standard Operating Procedures (SOP). This Handbook has been developed in such a way that towards the end there is a chapter as Guide for the Teachers which would help the Teachers to use this handbook in teaching the undergraduate medical students.

I offer my heartfelt thanks to my colleagues at CCSDP Unit, of the Directorate General of Family Planning, senior professionals of the Center for Medical Education (CME) under the Directorate General of Medical Education, Professors from the different Departments of Medical Colleges, some reviewers from international NGOs, and Consultants. My special thanks go to the UNFPA, Bangladesh Country Office for their financial support, Consultant who drafted the content of the Handbook and also to the Members of the Technical Working Group as well as the Panel of Reviewers.

I would end this note with a hope that this Handbook will be extensively used by doctors and other service providers and teachers in using for teaching the undergraduate medical students. I also hope that this will be helpful to the post-graduate medical professionals as well.

Profound thanks and best wishes to all concerned.

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Preface

Let me take the opportunity to discuss in brief about the Family Planning Handbook. In the MBBS curriculum, family planning is included in "MCH-FP & Demography" section under Community Medicine. There are different Family Planning methods with different names in national family planning program. There are some country specific social criteria also for using the methods. Access to safe, voluntary family planning is a human right. Family planning is one of the most lifesaving, empowering and cost-effective interventions for women and girls. Effective use of family planning methods can bring down maternal mortality and child mortality. This Family Planning Handbook is designed for the medical students and physicians as well as teachers following international standards and Bangladesh government's policy and programs. It is not a clinical book but it is a collection of must-know information. Nursing and Midwives' students also can use this Handbook.

This Handbook consists of specific learning objectives with short brief and key points related to the different methods (modern and traditional). All contraceptive methods along with counseling, infection prevention is mentioned considering our country perspectives. For each of the contraceptive methods, the points that are noted includes Types, Mode of action, Effectiveness, Instruction of use, Contraindications, Advantages, Disadvantages, Side effects, Warning signs of use and Commonly asked questions. For detail information, there are different books and references and also links which are mentioned at the end of this Handbook.

The development of this Handbook has been a joint effort of many people which includes the officials of Center for Medical Education, several Professors of different Medical Colleges who are involved in teaching contraceptives and Family Planning to the students, my colleagues at the Clinical Contraception Services Delivery Unit (CCSDP) of the Directorate General of Family Planning with the DG, DGFP in the leadership. I would like to mention with huge thanks to the Members of the Technical Working Group, the Reviewers and the Consultants who drafted the entire text of this Handbook.

I hope that this Handbook would be a great addition in the Family Planning arena particularly for the medical students, physicians and teachers. This Handbook is certainly going to bridge the gap between the Family Planning program persons and the Health professionals.

It would stay as a living document and from time to time, CCSDP of DGFP will be responsible to update the content in terms of technical and programmatic perspectives.

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Foreword

This is an occasion to express in brief about the genesis and the need that is going to be fulfilled by this Family Planning Handbook. In the undergraduate medical curriculum, Family Planning particularly the contraceptives are taught to the medical students when they are learning about Community Medicine and OB/Gyn. Medical students when they become doctors, they have a great role in improving the access to safe, voluntary family planning as a part of human rights. Imparting knowledge to our students on the different aspects of the effective use of the contraceptive methods and its service delivery systems is crucial for the country. Worldwide it is acclaimed that proper contraceptive use can bring down maternal mortality and child mortality which is now the need of the country as we graduate from a low income country (LIC) to a middle income country (MIC).

This Family Planning Handbook should be a very good teaching compendium for the medical teachers which covers international standards and Bangladesh government policies and program. It is good to see that it is not heavy on clinical aspects of the different contraceptives but contains simple, easy to use and must-know information. This Handbook can be used by the program personnels even the Nursing and Midwives' students and their teachers.

I would like to extend my heartfelt thanks and gratitude to all those who contributed to the development of this Handbook. Let me mention some of them particularly my colleagues at the Center for Medical Education (CME), some Teachers/Professors of different Medical Colleges and above all my professional colleagues at the Clinical Contraception Services Delivery Program (CCSDP) of the Directorate General of Family Planning (DGFP), the DG, DGFP and the Consultants.

Let this document/Handbook be a technical and programmatic toolkit for all concerned in Bangladesh with all support from DGFP and DGME, MOHFW.

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Basics of Family Planning

The first chapter of this Handbook is all about the different aspects of Family Planning/contraceptives starting from the benefits to impacts.

Objectives

At the end of reading this chapter the readers will be able to:

- Define Family Planning and classify the contraceptives
- Mention the benefits of Family Planning
- Explain the mechanisms of Maternal Death Reduction by Family Planning
- Describe the impact of Family Planning on the SDGs aligning with maternal mortality

Basics of Family Planning

Family planning is a lifestyle now. It is becoming more and more a necessity for the different aspects of our lives. In developing countries like Bangladesh, Family Planning is an issue that correlates to and intersects with the various determinants of women's health and well-being both individually and in their communities. It is considered as one of the greatest public health advances of the past century. Family Planning empowers women by decreasing excessive childbearing particularly unwanted and unplanned pregnancies, reduces poverty in different ways and means, granting them the ability to attain higher education, obtain better economic opportunities, and results in the avoidance of unsafe abortions and diminishing the chances of maternal and infant mortality.

It is imperative to ensure access, affordability, acceptability, availability of quality family planning methods (contraceptives) to the general population. In this journey, healthcare practitioners including doctors and the paramedics have an important role to play. In fact, healthcare practitioners have been advocating/counseling patients about various available family planning methods keeping in mind the context and need of the users. As such, healthcare practitioners need to know details about the family planning methods, mode of action

Family Planning: Global and Bangladesh Situation

After having a discussion on the benefit and impact of Family Planning any reader will be able to provide the information about the Family Planning program worldwide and specifically in Bangladesh. This Chapter has the following objectives:

Objectives:

At the end of reading this chapter the readers will be able to:

- Describe the Family Planning program worldwide
- Define commonly used acronyms like TFR, CFR, unmet need and discontinuation rate
- Explain the history of Bangladesh Family Planning program along with the FP2020 goals and mention the use of contraceptive with examples taken from Bangladesh
- Describe the FP service delivery set up in Bangladesh

Family Planning: Global and Bangladesh Situation

Contraceptive use varies substantially around the world, both with respect to total use and the types of methods used. According to 2019 Family Planning Data Sheet, globally, 62 percent of married women (ages 15 to 49 years) use a method of family planning and 56 percent use a modern method. Examples of modern methods include pill, intrauterine devices, implants, injectable, condoms, and sterilization. These rates are twice as high among women living in high-income countries (67 percent and 60 percent, respectively) compared to women living in low-income countries (34 percent and 29 percent, respectively)—a result of differences in access to, availability of, and demand for modern methods of contraception. At a country level, use of any method of family planning among married women can vary significantly, ranging from 4 percent (South Sudan) to 88 percent (Norway).

Bangladesh has made significant achievements during the last decades in reducing population growth and improving maternal and child health. The reduction in the total fertility rate (TFR) from 6.3 births per woman in 1975 to 3.4 in 1994 and to 2.3 in 2017 is encouraging.

Oral Contraceptives

Among the contraceptives, oral pills are the most popular and widely used method all over the world. A similar situation is in Bangladesh. This Chapter on oral contraceptives has been developed with the following objectives:

Objectives

At the end of reading this chapter the readers will be able to:

- Describe combined oral contraceptives (COC) and the progesterone only pills (POP)
- Explain the mode of action of COC and the progesterone only pills
- Mention the effectiveness, indications, absolute contraindication of COC & POP
- List the advantages, disadvantages and side effects of COC and the POP

Oral Contraceptives

Combined Oral Contraceptives

Combined Oral Contraceptives (COCs) contain low doses of 2 hormones—a progestin and an estrogen—like the natural hormones progesterone and estrogen in a woman's body. They are also called "the Pill," low-dose combined pills, OCPs, and OCs. In Bangladesh, combined oral contraceptive is the most commonly used contraceptive method. Combined oral pill available in the National Family Planning program in Bangladesh is named as "Sukhi". The Sukhi pill contains Levonorgestrel 0.15 mg, Estradiol 0.03 mg, and Ferrous Fumarate 75 mg. Other available brands are- Femicon, Nordette-28, Ovostat Gold etc.



Picture of the combined oral contraceptive pill available in the Government program

Condom

Condom is one of the old times/ancient contraceptives. It is the only short acting contraceptive for the males. Nowadays taking the principles of the functioning of the condoms, it has been developed for the females as well.

Objectives

At the end of reading this chapter the readers will be able to:

- Describe the two varieties (male and female) of condoms
- Explain the mode of action of condoms
- Mention the effectiveness, indications, contraindications of condoms
- List the advantages and disadvantages of condoms

Condom



Picture of the male Condom available in the Government program.

Progestin only Injectable

The progesterone containing contraceptive given in the form of injectable is very popular worldwide and in Bangladesh as well.

Objectives

At the end of reading this chapter the readers will be able to:

- Describe the progesterone containing injectable contraceptive
- Explain the mode of action of the injectable contraceptive
- Mention the advantages, disadvantages and side effects of injectable contraceptive
- Describe the window period of use of injectable contraceptive

Progestin only Injectable

The injectable contraceptives are Depot Medroxyprogesterone Acetate (DMPA/Depo containing 150 mg, DMPA in one ml. per vial) and Norethisterone Enanthate (NET-EN). Each contain a progestin like the natural hormone progesterone available in a woman's body. In contrast, monthly injectable contain both estrogen and progestin.

Contraceptive injection DMPA is a 3-monthly temporary family planning method for women in Bangladesh national family planning program. Although there are two kinds of progesterone only contraceptive injections available worldwide as a) Depot-Medroxy Progesterone Acetate, which is known as DMPA and b) Norethisterone enanthate or NET-EN. Its commercial name is 'Noristera' which is not available in the Bangladesh national family planning program.



Picture of the three monthly contraceptive injectable available in the Government program.

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