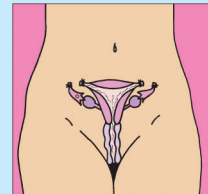
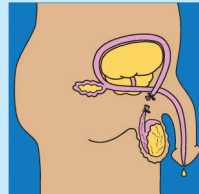
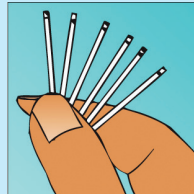
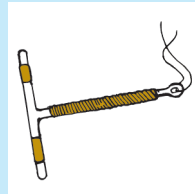
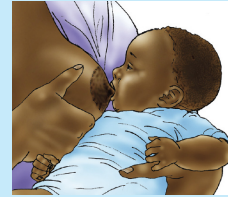
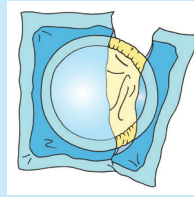
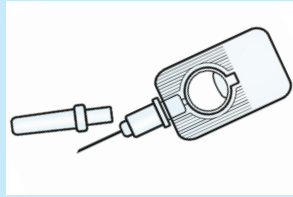
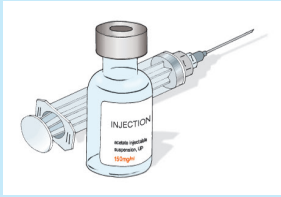
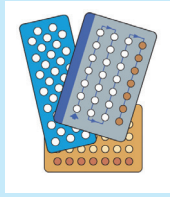


COMMUNITY DIALOGUE TOOL FOR FAMILY PLANNING INCLUDING DMPA-SC



Goal:

By the end of the discussion, participants will have knowledge about family planning including DMPA-SC and how to access services

Objectives:

By the end of community dialogue participants should;

- Be educated about family planning including DMPA-SC option, Understand rumours, myths and misconceptions and address challenges
- Have Increased access to family planning service up take

Preliminary:

1. Greet and welcome people to the dialogue
2. Introduce yourself and your role in the community (VHT)
3. Introduce your team or allow them to introduce themselves
4. Explain to the participants why they were invited
5. Introduce the topic for the day
6. Inform the group that their views or opinions will be recorded during the dialogue
 - Family Planning
 - Family Planning benefits

- Family Planning methods
 - DMPA-SC Self-injection
 - Side effects and appropriate referrals
 - Rumours, myths, and misconceptions about Family Planning
 - Roles of men and opinion leaders towards supporting family planning
7. Participants should feel free to share and talk during the dialogue
 8. Ask participants to respect each other's views/answers
 9. Tell them that the dialogue will take a maximum of 45 minutes
 10. Ask if there are any questions before you start.

Ground Rules

- There should be minimum movements in order not to interrupt community dialogues (e.g. frequent moving out to answer phone calls)
- People should raise their hands if they want to make a contribution during dialogues
- Members should not speak to each in a disrespectful manner

Discussion guiding questions

NB: Key discussion guiding questions used during dialogues.

How many of you have heard about family planning?

In your own words, what do you say is family planning?

Family planning is a right of an individual or couple to make an informed choice on: When to start having children, Spacing between them, How many to have, and When to stop.

What are the benefits of family planning? (Focused on the target audience you are talking to).

Prevents pregnancy-related health risks in women.

- Delays pregnancies in young women, who are at increased risk of health problems and death from early childbearing
- Prevents unintended pregnancies, including those of older women who face increased risks related to pregnancy.
- Evidence suggests that women who have more than 4 children are at increased risk of maternal mortality.
- Reduces the need for unsafe abortion

Reducing infant mortality

- Prevents closely spaced and ill-timed pregnancies and births, which contribute to some of the world's highest infant mortality rates.
- Infants of mothers who die as a result of giving birth also have a greater risk of death and poor health.

Helping to prevent HIV/AIDS

- Reduces the risk of unintended pregnancies among women living with HIV, Resulting in fewer infected babies and orphans.
- Male and female condoms should always be used in addition to other methods (e.g., hormonal contraception) to provide dual protection against unintended pregnancies and against STIs including HIV/AIDS

Empowering people and enhancing education

- Enables people to make informed choices about their sexual and reproductive health.
- Provides an opportunity for women to pursue additional education and participate in public life, including paid

employment outside the home.

- Having smaller families allows parents to invest more in each child.
- Children with fewer siblings tend to stay in school longer than those with many siblings.

Reducing adolescent pregnancies

- Pregnant adolescents are more likely to have preterm or low birth-weight babies.
- Babies born to adolescents have higher rates of neonatal mortality.
- Many adolescent girls who become pregnant have to leave school. This has long-term implications for them as individuals, as well as their families and communities.

Slowing population growth

- Helps to slow unsustainable population growth.
- Unsustainable population can bring negative impact on the economy, environment, and national and regional development efforts.

Who should use family planning contraceptives?

All people in reproductive age bracket (women 15 – 49 yrs and Men 15 – 55yrs).

What family planning methods do you know?

Short term

- Pills
- Injections: DMPA-SC and Depo-Provera
- Moon beads
- Condoms
- LAM (Lactational Amenorrhea Method) or breast feeding
- Withdrawal

Long term

- Implants: 3 and 5 years
- IUDs: 5 and 12 years

Permanent methods

- Tubal ligation: for women
- Vasectomy: for men

Have you heard about DMPA-SC Self-Injection (SI).

This depends on the audience's exposure to information: some will say Yes while others No

You can get DMPA-SC from a health worker or a VHT and a woman can learn to self-inject after training, woman are free to switch from one method to another of their choice.

Ask these questions where applicable

What are the benefits of DMPA-SC/ subcutaneous DMPA?

To the user

- Women could avoid making frequent trips to the clinic/ health facilities, hence saving time and money.
- It is more private/discreet to self-inject at home.

To the service provider

- Reduces the workload in the family planning clinic and in the long run in the maternity ward.

Opinion leaders

- Apart from the actual family planning use, these are the other benefits:
- A community with few people can be easily planned for hence leading to development.
- There are limited cases of immortality and morbidity in the community.
- There are reduced chances of theft in the community.
- Fewer people can be easily lead because most of them would have gone to school.

What can we do to increase uptake of family planning methods?

- Encourage men to support their partners to make a decision
- Encourage lovers to be "open and share with their partners" about family planning concerns
- Health workers should be honest, open, and share complete information about both the benefits and potential side effects related to family planning methods

People should know that if they get side effects they can contact a health worker or VHT for proper management

People should know that side effects do not affect everyone, it is not a permanent condition but can be manageable

- People should know that contraceptives do not cause deformities or abnormalities to a child
- Contraceptives do not prevent people from getting HIV/ AIDS except condoms, condoms should always be used in addition to other methods to prevent against sexually transmitted infections.

What makes some people not to use family planning methods?

- Fear of unknown side effects.
- Some people hear rumours, myths, and misconceptions about family planning methods from peers.
- Partner interference, hence leading to non-use.
- Inaccessibility of FP (e.g., living far from a clinic) while others cannot find the family planning methods of their choice.

What is the take of husbands/partners in this community about their partners using family planning?

Explain your response.

In Support .

- Husband support their wives because they want to space their births
- Husbands support their wives because they want healthy families
- Husbands support their partners because they want to have mutual love

Not in support.

- Fear of unknown side effects
- Some people hear rumours, myths, and misconceptions about family planning methods from fellow friends
- Ignorance about available family planning methods
- Religious affiliations make some not supportive yet they have family planning needs.
- Cultural attitudes

What can we do that will involve men to support their partners to use family planning contraceptives?

- Educate and create awareness to men from the meeting points
- Conduct dialogues for men only
- Integrate man services in case they escorts his wife for FP issues

- Make some men role models on the villages or satisfied users

What is the take of opinion leaders in this community about the use of family planning?

Explain your response

In Support

- Opinion leaders should support their communities so as to have a small manageable family size they can plan for in the community
- Support family planning because they want harmony in the community hence reduced crime rates
- Leaders support family planning services in order to attract development in the community because of proper planning

Not in support

- Ignorance about available family planning methods
- Cultural influence
- Religious influence

What is your role as peer educator/youth/woman/man/opinion leader in family planning?

Peer educator

- Share correct information about Family Planning with fellow peers
- Refer fellow peers for FP education at selected facilities and seek services
- Counsel the fellow peers and help them to make informed decisions about FP

Youth

- Share correct information about Family Planning with fellow youth
- Refer fellow youth for FP education at selected facilities and seek services
- Counsel fellow youth and help them to make informed decisions about FP

Woman

- Seek and utilize the services
- Share correct information about Family Planning with other women

- Refer other women to selected facilities for FP services
- Actively use Family Planning methods of their choice
- Share experiences for Family Planning to encourage others to use

Man

- Transport your Partner to the facility and actively choose a method together
- Remind your partner about the appointment dates for FP
- Encourage fellow men to discuss with their partners about family planning issues
- Share the benefits of family planning with friends and family
- Mobilise fellow men to go for family planning sessions in the community

Opinion Leaders

- Educate the masses about benefits of Family Planning
- Link and refer masses for family planning services available in community
- Participate in meetings geared at improving the welfare of the community
- Attend meetings, partner and lobby with organizations which provide SRH services for the benefit of the community

Frequently asked questions and answers during community dialogues

What is the cause of irregular bleeding while using Family Planning methods?

If women have questions about bleeding changes, they should contact a health worker or VHT or go to a health centre

What is the cause of feminine dryness while using Family Planning?

In many cases, men do not prepare their wives before having intimacy; sometimes it's psychological; and sometimes it's due to hormonal changes or other biological issues. Encourage couple communication and giving enough time to each other before having intimacy. If there are questions or concerns they should contact a health worker.

What is the cause of low sex libido while using Family Planning?

That depends on an individual user, and what the woman is going through on a daily basis, all the same a husband and wife should communicate very well so that their intimacy is not affected more.

Does family planning methods make women deliver children with deformities?

No, that is not true. All family planning methods are approved by WHO and Ministry of Health and other bodies before given to people for use in the community.

Do you examine blood before giving family planning methods to women?

No, but if the woman has any condition warranting a checkup, this will be done before the method is administered.

What makes a woman delay to conceive after using FP methods?

It is because the woman's body would have got used to family planning drug, but gradually the woman will regain her fertility and conceive once again.

Why do some women gain or lose weight while on FP methods?

Weight changes can also vary some women may gain or lose weight due to other factors like genetics, stress, lifestyle).

What can I do in case I get side effects?

Go to your nearest health facility and discuss with a health worker about your condition

Should a woman consult with her husband before using family planning methods?

Yes and No: she can choose a family planning method of her choice without informing her husband, but when possible, is good for her to discuss with him so as to have good communication and harmony at home.

Why do men have only 2 family planning methods?

It is true, currently men have only two methods for family planning (condoms, vasectomy). Scientists are researching other method options for men, but these are not yet available.

Is it true that Family Planning methods cause infertility, cancer and other diseases?

It's not true; all methods are approved by WHO and ministry of health before use.

What are the major side effects of DMPA-SC?

Some women get, lack of monthly bleeding, Heavy or irregular monthly bleeding, headaches, changes in mood or sex drive, Weight gain, Abdominal pain, dizziness and nausea among others but they can clear with time, if they persist after a few weeks, the woman should contact a health centre.

What is DMPA-SC?

It is a progestin only injection which is injected into the fatty tissue right under the skin, to prevent pregnancy for three months for women. A health worker can give the injection OR a woman can give herself the injection after she is trained and given more units to use at home.

What is the difference between DMPA-SC and Depo-Provera?

DMPA-SC has a lower dosage than Depo-Provera, is delivered in a prefilled Uniject, and is injected under the skin in fat rather than in the muscle.

What can I do if I don't get the injection on my scheduled re-injection date?

If you are within 2 weeks before or 4 weeks after your scheduled injection date:

- You can still give yourself an injection and be protected against pregnancy.

If you are more than one month after your scheduled injection date, you may not be protected from pregnancy. In this case:

- Do not give yourself an injection.

