Leveraging High Impact Practices in Family Planning for India's FP 2030 Commitments

September 27, 2023







Ados May, WHO/IBP Network Moderator

Ados is a Senior Technical Advisor at the WHO/IBP Network Secretariat. Ados provides technical leadership engaging the network member organizations on documenting effective practices in family planning, dissemination and use of high-impact practices (HIPs), and knowledge management. He has over 20 years of experience in international public health program design, technical assistance, management, and capacity building, focusing on HIV/AIDS and Reproductive Health.









Today's Agenda Ados May, WHO/IBP Network Welcome Andrea M. Wojnar, UNFPA India **Opening Remarks** Dr. Pawan Kumar, MoHFW India **Introduction to the High Impact** Pragati Singh, WHO India **Practices** Ados May, WHO/IBP Network **Adolescent Responsive Anand Sinha, Packard Foundation India Contraceptive Services** Saswati Das, UNFPA India **Post abortion Family Planning** Smisha Agarwal, CGDHI Johns Hopkins **Digital Health for Providers Questions & Answers** Moderator



UNFPA

Closing Remarks



Deepa Prasad, UNFPA India







Opening Remarks



Andrea M. Wojnar UNFPA India



Pawan Kumar MoHFW India







Andrea M. Wojnar, UNFPA India

Ms. Andrea Wojnar is the Resident Representative for UNFPA India and the Country Director for Bhutan. In a career spanning thirty-six years, Ms. Wojnar has been at the forefront of programmes that have focused on the rights and health of women and girls, and giving a voice to youth and adolescents. The 'power of data' being her core guiding principle, she is passionate about using evidencebased results to conduct public advocacy and high-level policy dialogue to influence decision-makers on the importance of gender equality for sustainable development. Ms. Wojnar is a strong advocate of ensuring Rights and Choices for All.









Opening Remarks







Pawan Kumar, MoHFW India

Dr. Kumar is the Additional Commissioner, In charge Maternal Health & Family Planning Division at Ministry of Health & Family Welfare, Government of India. Dr. Kumar has a career spanning over 23 years at various positions in the health sector including Health Care Management/Public Health ranging from Primary Health Care to the State & National level (Planning, Policy, Implementation, Monitoring & Supervision). He is associate editor for Journal of Advance Research in Medicine (JoARM). He has published/presented more than 75 research papers in national and international journals/conferences, written chapters in books on public health and health care management on highly innovative topics. He currently serves as the Treasurer of Indian Society of Hospital Waste Management.









Opening Remarks







Leveraging High Impact Practices in Family Planning for India's FP 2030 Commitments









Our Panelists



Pragati Singh WHO India



Anand Sinha
Packard Foundation
India



Saswati Das UNFPA India



Smisha Agarwal Johns Hopkins University







Introduction to the High Impact Practices (HIPs)









Pragati Singh, WHO India

Dr. Pragati is a National Professional Officer in WHO and is also supporting Ministry of Health and Family Welfare for strengthening Sexual and Reproductive Health (SRH) Services. She has more than 15 years of rich public health experience in government and development sector. Dr. Pragati is a medical professional with specialization in public health. She has a certification on Climate change and health from Harvard University and Climate solutions from University of Edinburg. She also contributed to FP initiatives under USAID as Senior reproductive health advisor where she was actively involved in devising innovative models for leveraging private sector participation, and addressing climate change and SRH. She has been a member of India core convener group for FP 2030 and spearheaded the development of country's FP 2020 and FP 2030 vision document and country commitments.











The HIPs: Tools to help achieve your FP goals

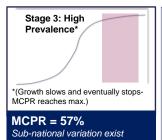
Dr. Pragati Singh, WHO- Country Office for India Ados May, WHO/IBP Network

September 27, 2023

Source: track20.org

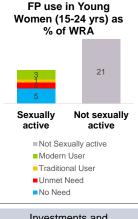


FP in India- Charting way ahead



Increasing access further will require-

- · Task-sharing,
- Investing in additional training of health care workers,
- Engaging the private sector,
- Or other interventions.



Investments and Interventions in adolescent and youth programming

PPFP use in PP Women as % of WRA 2 3 0.5 1 Facility Del. Home Del. Using FP at 6 mths PP Not Using FP at 6 mths PP Investments in PPFP

Places with large proportion of postpartum women and not using modern contraception



Strength of the enabling environment can impact the potential for growth in mCPR



Contd...



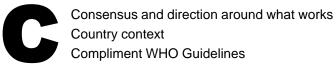
Key strategic priorities:

- · Adolescent and Youth,
- · Expanding contraceptive basket,
- Quality Improvement,
- · Community Engagement,
- Strengthening supply chain systems,
- · Ensuring male participation,
- Private Sector engagement,
- Strengthening data systems and
- Ensuring resilient health systems

HIGH IMPACT PRACTICES

Supported by WHO-SAMARTH







High Impact Practices

what works' in FP interventions

do not tackle the "how" around implementation or scale up



"A genuine leader is not a searcher for consensus but a molder of consensus." -

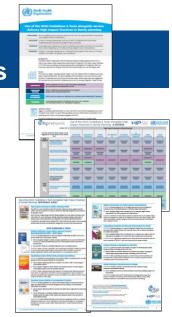
Dr. Martin Luther King, Jr.



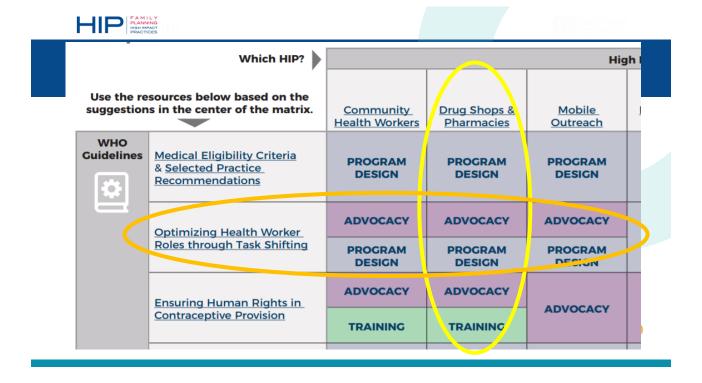


WHO/HIP Matrix Tool to Link WHO Guidelines and High Impact Practices

- Background
- Matrix
- 3 WHO Guidelines and Tools



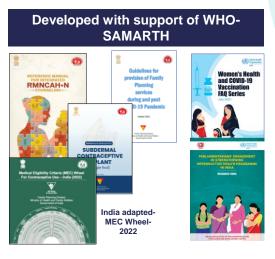


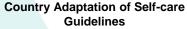




Aligning country priorities with WHO Guidelines











Existing-in-country technical & program guidelines





What are the HIPs?



Evidence-based family planning



Vetted by experts against specific criteria



Documented in an easy-to-use format



High Impact Practices in Family Planning

- HIPs are an authoritative synthesis of the evidence in family planning
- HIPs are tools to help countries achieve their SRH goals
- HIPs assist policy makers and program implementers in identifying what works in family planning programs
- HIPs develop consensus around practices that:
 - Have demonstrated impact
 - Are applicable across settings
 - · Are scalable
 - Are sustainable
 - Are cost-effective



HIP Categories

HIP briefs define the **practice** and summarize evidence of **impact** and experiential learning from implementing







HIP Partnership

The **Technical Advisory Group (TAG)** is made up of 25 experts in family planning, including representatives from the cosponsors.

The **Co-sponsors** include the following organizations:













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Anand Sinha, Packard Foundation India

Anand Sinha is based in Delhi and is the Advisor for the David & Lucile Packard Foundation's Reproductive Health Program in South Asia. He has over 28 years of experience in public health, primarily related to reproductive, maternal and child health in India. Before joining the Packard Foundation he was at the Gates Foundation and led their primary health care initiative in partnership with the government of Bihar, and prior to that was the Country Manager for Abt Associates on their private sector reproductive health initiatives in India.













Apply a systems approach to make existing contraceptive services adolescent-responsive.



Adolescent-Responsive Contraceptive Services

Background

Health systems must institutionalize service delivery that:

- Acknowledges adolescents as distinct from other age groups
- Addresses the barriers that limit adolescents' access to and use of contraception.



Barriers to access and use of contraceptive services for adolescents



LAWS AND POLICIES Laws often police adolescent sexuality and policies can prevent provision of contraception to unmarried adolescents

or to those under a certain age.



GENDER AND SOCIAL NORMS Social and gender norms that stigmatize unmarried adolescent sexuality, legitimize coercive sex, pressure married girls to prove their fertility, and limit girls' mobility and agency can hinder adolescents from seeking services.



MISCONCEPTIONS AND LACK OF KNOWLEDGE

Adolescents may be less informed about their bodies, contraception, and different methods than adults, and hold misconceptions about contraceptives and their effect on fertility or pleasure, which limit contraceptive use



FINANCIAL BARRIERS

Adolescents often have fewer financial resources than adults, which can reduce access to contraception, especially in settings where contraception is not subsidized or free.



CONFIDENTIALITY

Facilities may not be equipped or services delivered in a way that ensures privacy and confidentiality—a key concern of adolescents.



PROVIDER BIAS

Due to personal beliefs, social norms and structural factors, providers may refuse to serve adolescents, restrict their access to certain methods, or treat them in a judgemental manner that deters them from



Background

Adolescent-friendly services, when well-designed and well-implemented, can help increase access to and use of contraception.

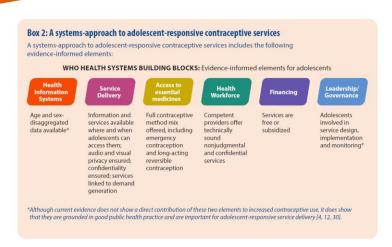
Establishing adolescent-responsive contraceptive services (ARCS) is emerging as a more **scalable and sustainable** way to meet adolescents' needs for contraceptive information and services.



Adolescent-Responsive Contraceptive Services

A systems-approach to ARCS

A systems approach implies that policies, procedures, and programs across the entire health system are adapted to respond to the diverse needs and preferences of adolescents.

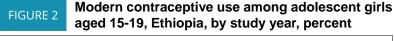


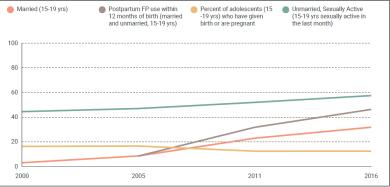


Evidence of Impact:

Ethiopia

Ethiopia has reported consistent increases in contraceptive uptake among all sexually active adolescents and fewer adolescent births.





Source: Ethiopia DHS 2005, Ethiopia DHS 2011, Ethiopia DHS 2016

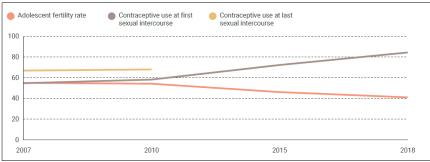


Adolescent-Responsive Contraceptive Services

Evidence of Impact:Chile

Positive outcomes included a decrease in the birth rate among adolescents aged 15-19.

Modern contraceptive use among all adolescents aged 15-19, Chile, 2007-2018, percent



Sources: [1]NJUV. Quinta Encuesta Nacional de Juventud. Santiago, Chile: Instituto Nacional de la Juventud; 2007. [2]NJUV. Sexta. Encuesta Nacional de Juventud. Santiago, Chile: Instituto Nacional de la Juventud; 2010. [3]Dides C, Fernández C, (Ed.), Salud Sexual Salud Reproductiva y Derechos Humanos en Chile. Estado de Situación 2016. Santiago de Chile: Corporaci Miles 2016. [4]NJUV. Novena Encuesta Nacional de Juventud. 2018. Santiago. (Ed.), Salud Sexual Salud Sexua

Note: The estimates for contraceptive use at first and last sexual intercourse are for all adolescents and not disaggregated by sex (sex-disaggregated data for this age group was not available in the latest of the second secon



Evidence of Impact: Chile, Ethiopia, Uruguay

Each country developed its own approach to scale up, and the following points were commonalities in their efforts:

Box 3. Lessons from Chile, Ethiopia, and Uruguay

- Dedicated advocates created momentum for scale-up
- Supportive policies enabled the development and implementation of evidence-informed interventions
- · Communication around scale-up was clear and directive
- · Adequate resources were allocated
- The scale up effort was effectively managed Scale-up execution was systematic and pragmatic
- Relevant stakeholders were actively engaged and contributed to sustainability
- Assessments and periodic reviews enabled the adaptive management of programs, and effectively communicated successes
- Ongoing advocacy ensured sustained integration across policies, programs, strategies, services, and indicators



Adolescent-Responsive Contraceptive Services

Measurement and Indicators

1a. Number and percent of health facilities that currently provide adolescent contraceptive services

Measured by the percent of facilities that provided contraceptive services to at least one adolescent under the age of 20 years

- 1b. Total number of contraceptive visits by clients under the age of 20 years
- 2. Proportion of districts (or other geographic area) in which adolescents aged 15-19 years have a designated place in community accountability mechanisms on access to and quality of health services

The denominator is the number of districts with a community accountability mechanism in place, and the numerator is the number of them in which adolescents have a designated place.



Priority Research Questions

- What are the factors and system conditions that allow for adolescent-responsive contraceptive services to be scaled and sustained?
- What actions have governments taken to integrate ARCS into universal health care (UHC), and what were the results?
- What social accountability mechanisms—including those that are led by adolescents—could increase contraceptive services' responsiveness to adolescents?



Adolescent-Responsive Contraceptive Services

Implementation Quite Tips



Employ a variety of sectors and channels, to reach different adolescent segments.

- Use different channels to reach a wider range of adolescents, taking into consideration adolescents' needs and preferences.
- Integrate contraceptive products and services into other health services, especially services that adolescents readily seek.
- Consider promising new modalities, especially relevant in the context of COVID-19, such as self-care models and direct-toconsumer models.



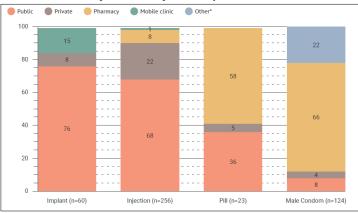
Implementation Carrier Tips



Employ a variety of sectors and channels, to reach different adolescent segments.

An example from Kenya shows the importance of offering a range of channels to obtain contraception.

Method source by current method, all users ages 15-19 years, Kenya DHS, percent



*Other methods include female condoms, LAM, IUD.

Total sample size of all users ages 15-19 is 463, and n=the number of users for the method.



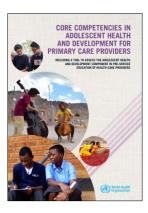
Adolescent-Responsive Contraceptive Services

Implementation Quite Tips



Improve providers' competency in providing ARCS.

- Use whole clinic training that equips all providers and staff with the competencies necessary to offer respectful care.
- Train small groups using low dose, high frequency training methodologies.





Implementation Quite Tips



Improve providers' competency in providing ARCS.

- Reinforce training through job descriptions that reference quality standards, job aids, refresher training, mentorship, and supportive supervision.
- Complement trainings with interventions that address the individual, situational and social factors contributing to provider bias.



Adolescent-Responsive Contraceptive Services

Implementation Q Tips



Collect and use data to design, improve, and track ARCS implementation.

- Use quantitative and qualitative data to determine the specific needs and preferences of different adolescent groups.
- Review existing health information systems to collect, compile, and analyze age- and sex-disaggregated data.



Implementation Q Tips



Collect and use data to design, improve, and track ARCS implementation.

- Collect adolescent feedback.
- Include adolescent-focused indicators in quality improvement frameworks.
- Review data at the facility, district, and national level to ensure that corrective action is taken, and resources are appropriately allocated.



Adolescent-Responsive Contraceptive Services

Implementation Q Tips

Financing

Address financial barriers to adolescent contraceptive use.

- Include ARCS in universal health care and national insurance schemes and/or use other approaches such as offering vouchers or offering subsidized services.
- Finance ARCS through national and sub-national budget allocations and distributions.



Implementation Q Tips



Support meaningful participation and leadership of adolescents.

- Ensure that national policies are designed and implemented to acknowledge adolescents' rights to meaningful engagement and establish mechanism that facilitate adolescents' meaningful participation in the design, implementation, and monitoring of ARCS.
- Support adolescents to effectively contribute to advocacy, governance and accountability efforts.



Adolescent-Responsive Contraceptive Services



Thank You

Continue to the extra slides or access the HIP brief for more information.



Post abortion Family Planning









Saswati Das, UNFPA India

Dr. Saswati Das is a highly accomplished public health professional with a Master's degree in Public Health from Jawaharlal Nehru University (JNU), New Delhi and an MBBS from Calcutta University, India, where she earned top honors in community medicine. Currently, she serves as the Sexual and Reproductive Health Specialist at the United Nations Population Fund (UNFPA) in India, leading the SRH thematic unit since August 2021. Before joining UNFPA, Dr. Das spent 11 years as Director of Program and Clinical Services at Jhpiego, India. With almost three decades of experience, Dr. Das is an expert in maternal health, family planning, reproductive health, and HIV prevention public health programmes. Throughout her career, Dr. Saswati Das has left a lasting impact on public health, improving healthcare services for women and families.













Postabortion Family Planning

A critical component of postabortion care

Webinar: September 27, 2023







Dr. Saswati Das (HIP TAG Member) SRHR Specialist, UNFPA India

A proven High Impact Practice

Proactively offer voluntary contraceptive counseling and services at the same time and location where women receive facility-based postabortion care.







Theory of Change

Postabortion period is an opportune time to counsel and offer clients voluntary contraception.

Women are at

risk of unintended

pregnancy almost

immediately

after abortion.

Proactively offer voluntary Postabortion contraceptive clients leave counseling and the facility with services at the an effective same time and voluntary contraceptive location where method of women receive facility-based their choice. postabortion care.

Fewer unintended pregnancies

Fewer women at risk of unsafe abortion







Rationale

Spacing is important for women's and children's health

Unmet need for family planning is high among post-abortion clients

Improves contraceptive acceptance and continuation

Reduces unplanned pregnancies and subsequent abortions

Unsafe abortion is a major contributor to maternal morbidity and mortality







What challenges can PAFP help countries address?

- Postabortion family planning can reach many women and girls in need of contraceptive counseling and services.
- Postabortion family planning can help clients achieve their reproductive intentions and is likely to provide cost savings for women, families and the health system.







What challenges can PAFP help countries address?

- Many postabortion clients and health workers do not know that postabortion clients are at risk of pregnancy almost immediately after abortion.
- Unsafe abortion is a major contributor to maternal morbidity and mortality in developing countries, and postabortion family planning can reduce subsequent abortions.







Recommended Indicators

Percentage of postabortion clients who were counseled on family planning

Disaggregated by age group, <20 years vs. >20 years



Percentage of postabortion clients who leave the facility with a modern contraceptive

Disaggregated by type of method and age group, <20 years vs. >20 years



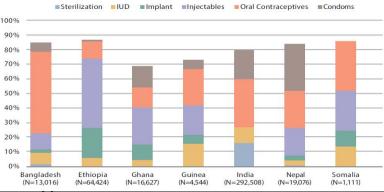




Evidence of Impact

Across a wide variety of settings, data consistently show that acceptance of contraception is high when women are offered counseling and services as part of PAC.

Percentage of Postabortion Clients Leaving the Facility With a Modern Contraceptive Method in Selected Countries with High-Quality Postabortion Family Planning Services



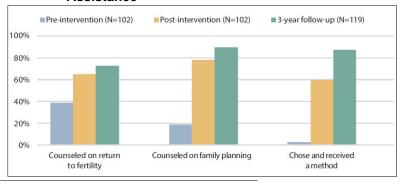




Evidence of Impact

Postabortion family planning is scalable and sustainable, and program effectiveness can increase over time.

Figure Postabortion Family Planning Outcomes in Peru Before, During, and Three Years After Technical Assistance









Source: Benson and Huapaya (2002)

Implementation Tips

https://www.fphighimpactpractices.org/briefs/postabortion-family-planning/

Make contraception free or

- Invest in quality. Offer a wide range of contraceptive methods.
- Encourage and support providers to treat all clients respectfully.
- Link clients to resources for ongoing support.

Ensure **equitable access** to postabortion contraception, regardless of:

- Client's age,
- Local contexts, and
- The type of evacuation procedure received.

Address stigma, social and community barriers.









Tools & Resources





Postabortion Care e-learning course



Postabortion Care Resource site



Family Planning: A Global **Handbook for Providers**







India (MoHFW) Resource Materials

Gol Materials for Providers and Trainers:

- Technical Update on Post Abortion Family **Planning**
- Operational Guidelines for Post Abortion Family Planning





FP 2030- India's commitments includes post pregnancy contraceptive services: Postpartum and post abortion family planning services









Thank You

Please access the <u>HIP brief</u> for more information.

https://www.fphighimpactpractices.org/briefs/postabortion-family-planning/

















Smisha Agarwal, Center for Global Digital Health Innovation, Johns Hopkins U.



















Questions & Answers









Closing Remarks

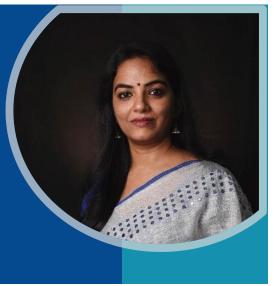






Deepa Prasad, UNFPA India

Dr Deepa Prasad is the Chief of Programmes at UNFPA India Country Office. She is an Obstetrician trained from the Bangalore Medical College and Research Institute and holds an MSc in Public Health with specialisation in Health Services Management from the London School of Hygiene and Tropical Medicine. Dr. Deepa has her core expertise in health system strengthening and has extended strategic support in designing and implementing policies and programmes for women and young people and has worked extensively on issues around Maternal and Reproductive Health. She has been with UNFPA India for over 12 years, leading portfolios of Sexual and Reproductive Health, advancing gender equality and health and wellbeing of adolescents.









Closing Remarks







Before we close

Presentation and Recording available here:

https://www.fphighimpactpractices.org/leveraginghigh-impact-practices-in-family-planning-for-indias-fp-2030-commitments/









Tools & Resources

Adolescent Responsive Contraceptive Services:

http://www.fphighimpactpractices.org/briefs/adolescent-responsive-contraceptive-services/

Post Abortion Family Planning:

http://www.fphighimpactpractices.org/briefs/postabortion-family-planning/

Digital Health for Providers:

http://www.fphighimpactpractices.org/briefs/digital-health-tosupport-family-planning-providers/







For more information, please visit:

High Impact Practices: www.fphighimpactpractices.org



HIP Products:

https://www.fphighimpactpractices.org/hip-products/







Invitation to Networking Event

Connecting for Impact:

Strengthening Partnerships across Asia

Join Knowledge SUCCESS and the WHO/IBP Network for an exciting opportunity to cultivate meaningful new connections with FP/RH colleagues across Asia, learn from one another, and find opportunities for collaboration.

Wednesday, October 12th

8 AM Lahore | 8:30 AM New Delhi | 10 AM Jakarta | 11 AM Manila

Register here:

 $\underline{https://us02web.zoom.us/meeting/register/tZAsceyrrj0qGNaqu5TgWMGWDb9acfTfs2fn\#/registration}$







Thank you for your participation today!





