

A photograph of a woman in a yellow sari and pink shawl, holding a young child. Another child is visible in the background, partially obscured by a red fabric. The background is dark and textured.

SPACING METHODS: OFFERING FREEDOM OF CHOICE AND MUCH MORE

CHC Sarsaul-
District Kanpur Nagar
Uttar Pradesh

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Twenty five year old Chandini just entered her eighth year of marriage. While she doesn't remember her educational details, she says she knows how to sign her name. Chandini delivered her first born within the first year of her marriage and, in a couple of months of the delivery, was pregnant again with her second child who died soon after child birth. A few more years passed and Chandini gave birth to a baby girl who is a year and a half right now and in May this year Chandini gave birth to another baby girl. Up till now, no one had counselled or informed her about options of family planning methods or the ill effects of repeated and closely spaced pregnancies.

Chandini and 18.1% (NFHS-4) women like her in Uttar Pradesh have limited access to Family Planning services and face an unmet need for Family planning.

But all is not lost. In consensus with her husband, who is a daily wage laborer, she signed a piece of paper, soon after giving birth to her fourth born, consenting to adopt an Intra Uterine Contraceptive Device (IUCD) - a limiting spacing method that would allow Chandini ten years of liberation. She was counselled by a Gynecologist at the Jhpiego supported Community Health Center at Sarsaul where she learnt about the options that would soon give her freedom of choice and much more.

“The ASHA who was visiting me during my pregnancies had informed me about the CopperT, but today morning when the doctor explained the merits and demerits of this solution to limit my pregnancies, I thought I should get it done”, says Chandini holding a Yellow card for her next visit in a month's time to check for any signs of adverse effects.

Since 2013, the two states- Uttar Pradesh and Bihar- saw more than 8 lakh women like Chandini in their postpartum period accepting the IUCD. These states are being supported by Jhpiego to Scale up Postpartum IUCD services through a program which is funded by the Bill and Melinda Gates Foundation.

With a total of 670 district and sub-district level facilities in UP and 537 in Bihar, where the program is intensifying postpartum family planning services, more than 4500 providers have been trained- in providing quality FP services, face to face counselling, recording and reporting which has resulted in a ten fold increase in PPIUCD insertions in the state since 2013. From CHC Sarsaul alone, where only last year in the month of April merely twenty one women had got an IUCD inserted, reported a total of 124 insertions in June this year.



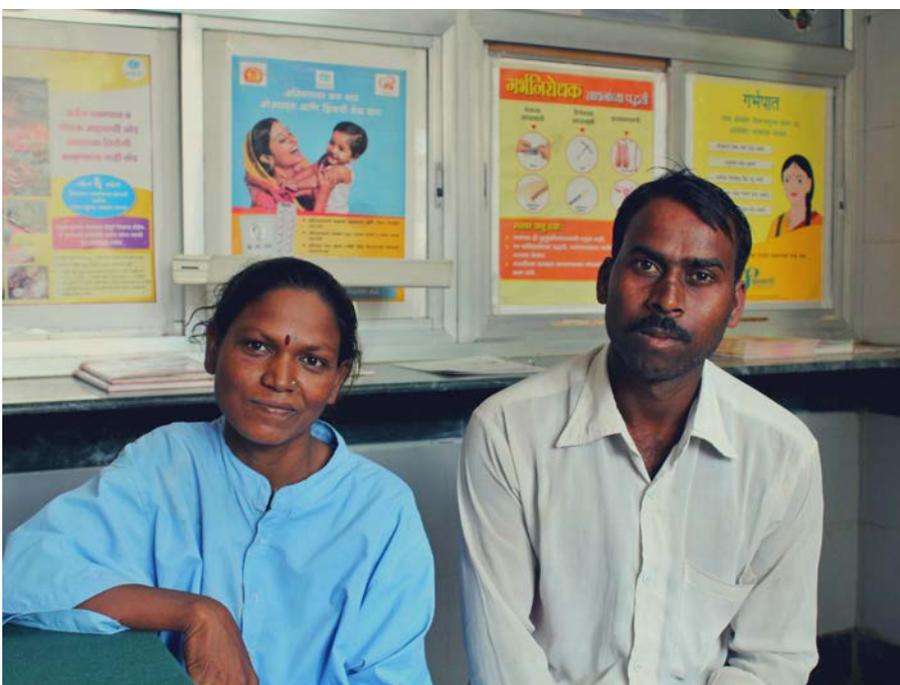
“Spacing of births is important for the health of a mother and her child and IUCD offers the freedom of choosing to get it inserted and removed at your will”, says Dr. Sarita Katiyar, a Gynecologist at CHC Sarsaul who vouches for IUCDs to change lives of women by giving them the power of decision making.



“Until the training I was not convinced about the IUCD, I used to think the expulsions were more. But after the training, I noticed with the right technique the retention was much more and it helped change the lives of a lot of women.”



“My entire staff here is committed to counseling women for family planning. And we make sure to counsel the family as well so that they are all in consensus of the option and don't get it removed responding to the misconceptions that float in the community”, she adds.



Trained in the month of December last year, Dr. Sarita feels that Counselling and Follow- ups were two aspects that pushed the provider's resolve to ensure every woman is informed about Family Planning and for those who chose a method, it is provided with quality. So that, thousands of women like Chandini can make better life decisions and thrive in a carefree environment.