



IMPACT OF INTEGRATING POST-PARTUM FAMILY PLANNING AT PRIMARY HEALTH CARE LEVEL, IN KARACHI AND HYDERABAD.

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INTRODUCTION & BACKGROUND

Postpartum family planning (PPFP) is an essential component of reproductive health, aimed at preventing unintended pregnancies, reducing unmet needs, and promoting healthy birth spacing within the first 12 months after delivery. PPFP services encompass four distinct timelines: within 10 minutes after delivery of the placenta; immediate postpartum (IPPPF) within 48 hours; early postpartum (PPFP) from 48 hours to 6 weeks; and extended postpartum (EPPFP) from 6 weeks to one year following delivery.

RESEARCH OBJECTIVES / QUESTIONS

The research objective of this study is to assess the effectiveness of integrating Postpartum Family Planning (PPFP) services on family planning uptake at primary health care level in Karachi and Hyderabad.

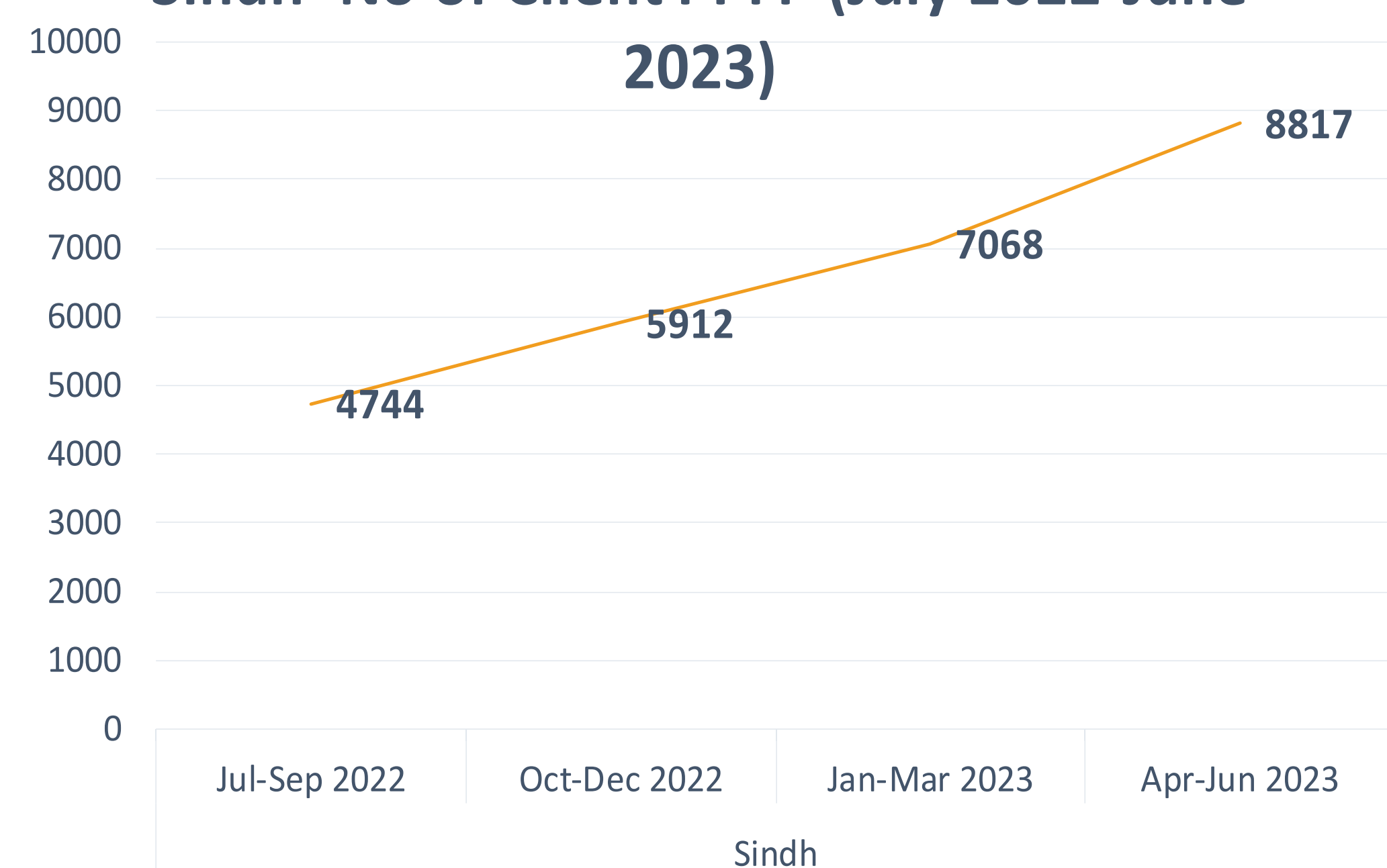
MATERIALS & METHODS

The integration of post-partum family planning (PPFP) services in Karachi and Hyderabad followed a structured approach. Initially, data at the provincial level was analysed to identify eligible healthcare contact points for integrating PPFP services. Healthcare facilities were then assessed for their willingness to provide PPFP services. Informed decision-making was promoted among women, and healthcare providers were trained in PPFP provision, including post-partum intrauterine device (PPIUD) insertion. Community engagement efforts aim to identify pregnant married women of reproductive age (MWRAs). Substantial documentation tracked the uptake of PPFP services, with monthly review meetings ensuring ongoing evaluation.

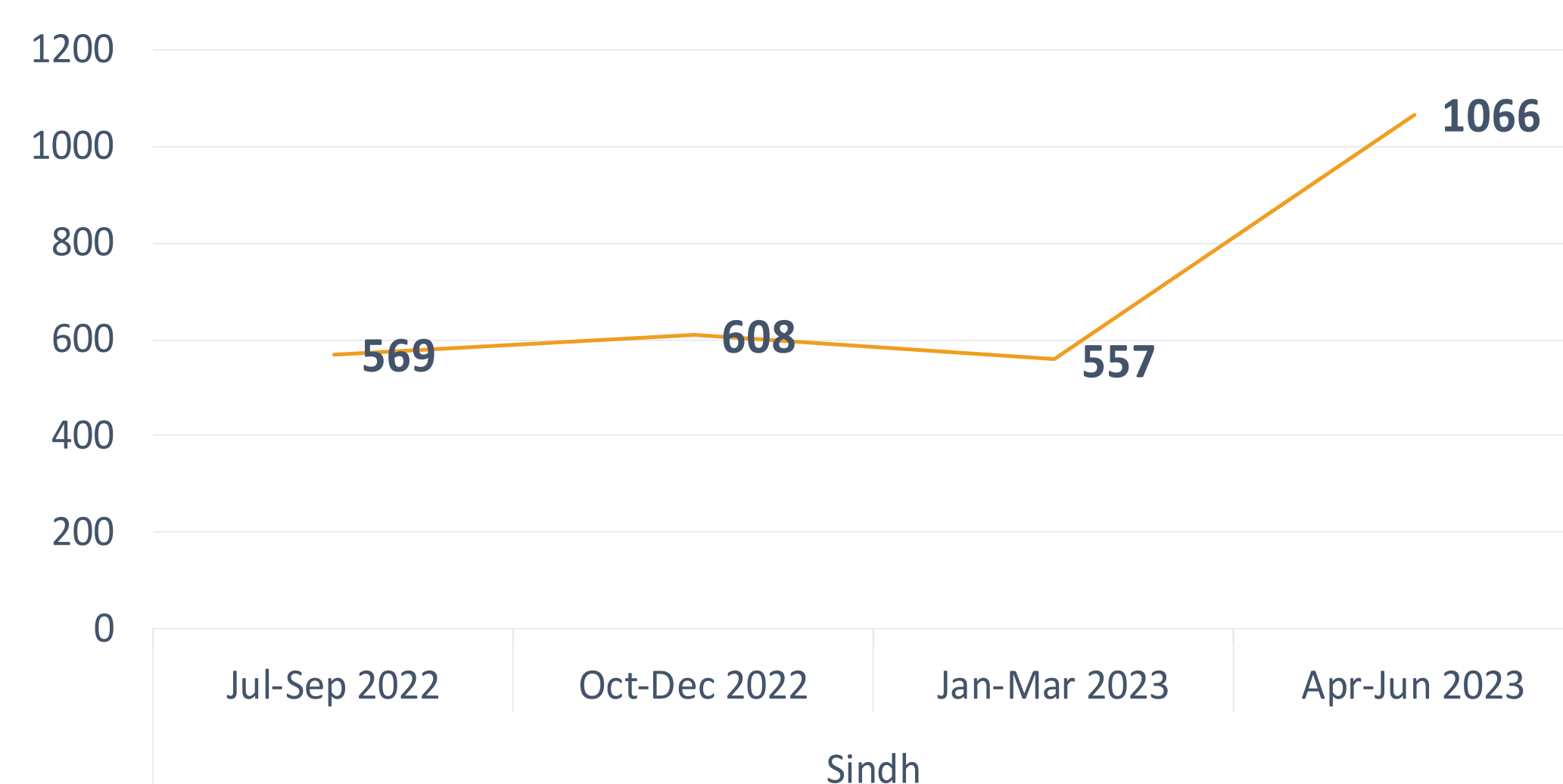
RESULTS

The outcomes demonstrate a significant increase in both PPFP service utilization. PPFP cases show a consistent rise in the number of cases, which can be observed in consecutive quarters as follows: July-September 22, "4,744"; October-December 22, "5,912"; January-March 23, "7,068"; and April-June 23, "8,817".

Sindh- No of Client PPFP (July 2022-June 2023)



Sindh- No of Client PAFP (July 2022-June 2023)



CONCLUSION

The integration of PPFP services holds vital importance in enhancing maternal health during the postpartum period. This integration aligns with the World Health Organization's guidance on achieving healthier families and improved financial outcomes, emphasizing the importance of appropriate birth spacing, ideally 24-33 months after childbirth.

