

# National Family Planning Program and Overview of Contraceptive Methods

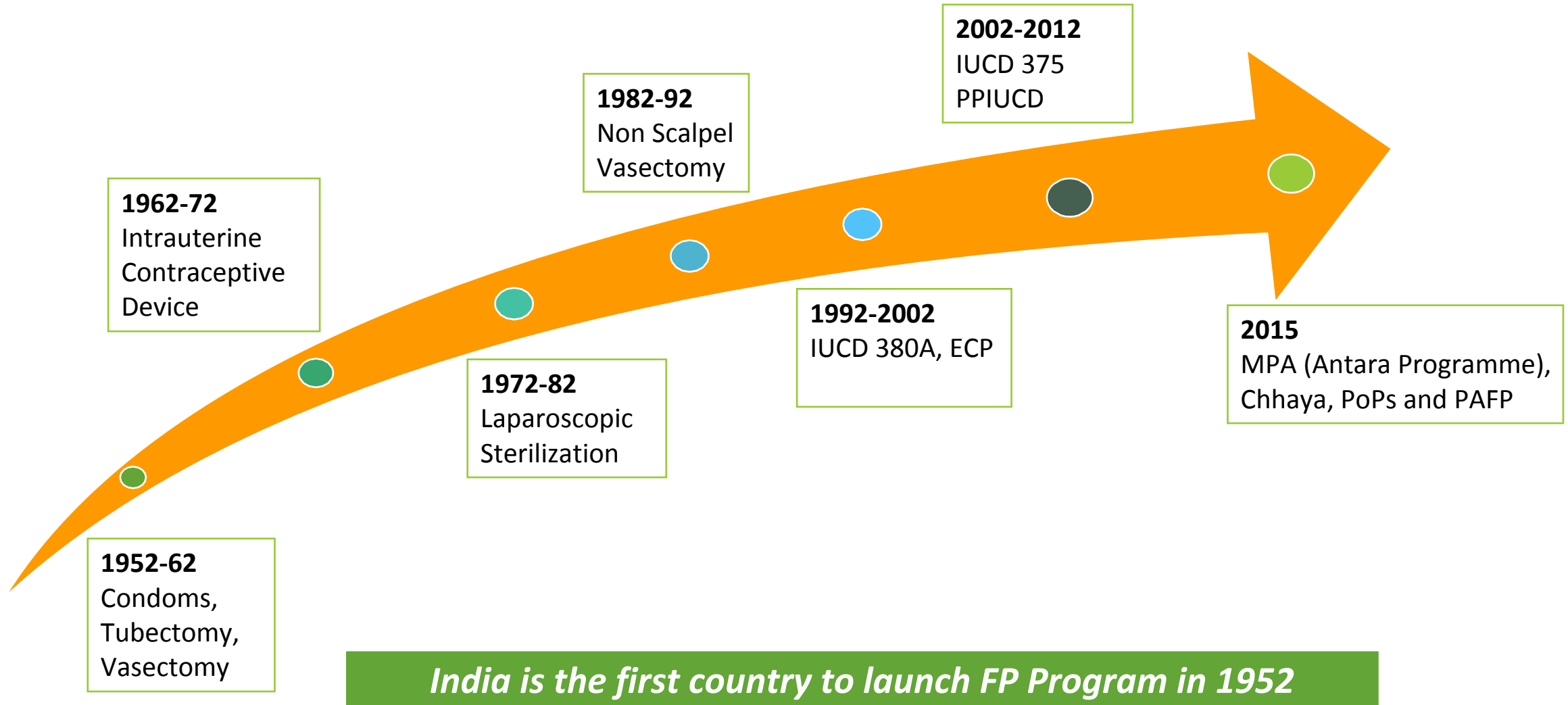
*Syeda samsunahar*

*Tutor of Aliah University*

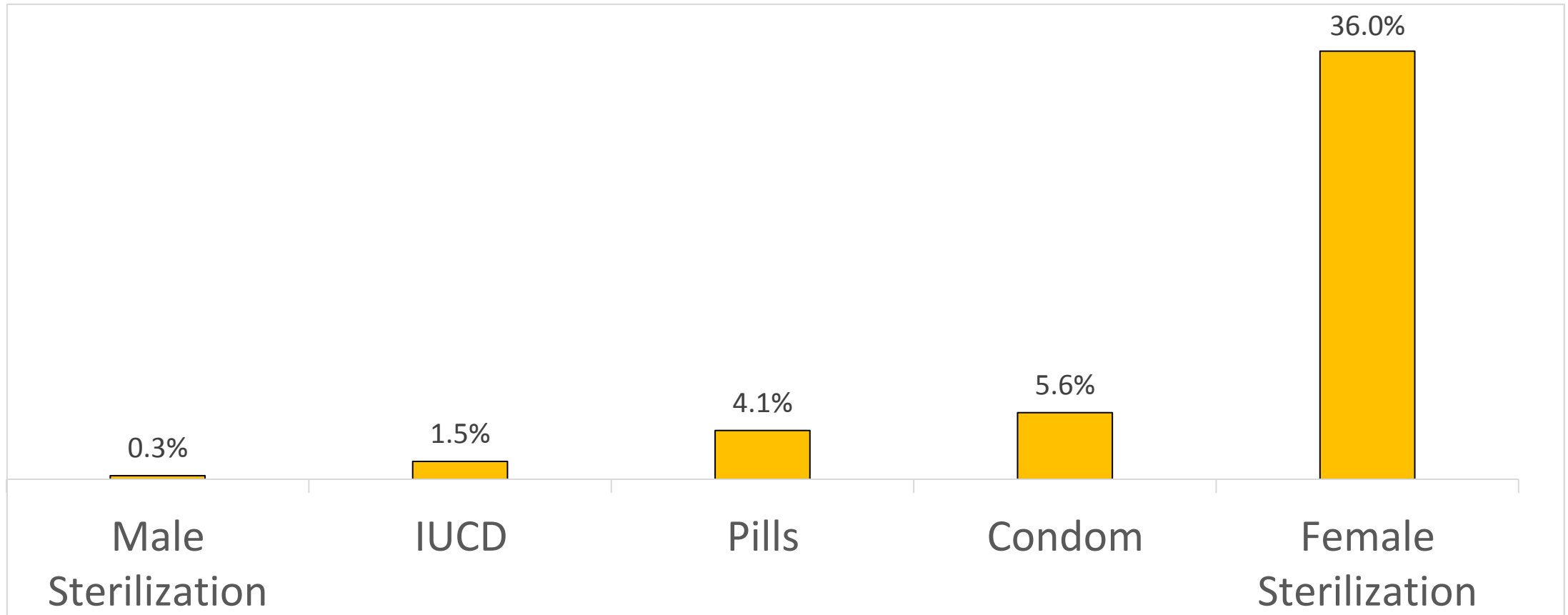
*For 4<sup>th</sup> year B.sc Nursing students*

*Subject- TFN*

# Evolution of FP Program in India



# Method Mix in India



Source: NFHS 4, 2015-16

# Methods of Family Planning

## Temporary Methods for Spacing

### A. Hormonal:

- Combined Oral Contraceptives (COCs)
- Progestin-only Contraceptives:
  - Progesterone-Only Pill (POPs)
  - Contraceptive Injection: Medroxy Progesterone Acetate (MPA)

### B. Non-Hormonal:

- Centchroman Pills (Ormeloxifene: Chhaya)
- IUCD

### C. Barrier Methods:

- Condoms

## Permanent Methods

- Male Sterilization
- Female Sterilization

Emergency Contraceptive Pill (ECPs): Tablet Levonorgestrel 1.5 mg



# Combined Oral Contraceptive Pills (COCs)



ASHA Supply: Under HDC scheme

Free Supply: At Public facilities



# Mechanism of Action and Schedule

- Contains low doses of Progestin and Estrogen (similar to natural hormones in woman's body)
- Prevents ovulation by suppressing FSH and LH, causing thinning of uterine lining & thickening cervical secretions
- Contains 21 hormonal pills and 7 iron pills/ strip (1 pill to be taken daily)
- Can be started anytime, if reasonably certain that woman is not pregnant
- First dose of COCs to be given only after screening by skilled and trained provider

# Benefits and Side Effects

## Benefits:

- Safe and effective
- Provides protection against endometrial and ovarian cancer, iron deficiency anemia, PCOS, endometriosis

## Limitations:

- Has to be taken everyday
- Cannot be used by breast feeding women if child is less than 6 months old

## Side Effects:

- Bleeding changes (irregular Bleeding/no monthly bleeding, etc.)
- Nausea, vomiting, headache
- Weight changes, breast tenderness, acne



(Gradually subsides)

# Injectable Contraceptive (MPA): Antara Programme

- **Composition:** An aqueous suspension of microcrystal for depo injection of Medroxyprogesterone acetate (synthetic hormones resembling the natural female hormones)
- **Schedule:** 3 monthly injection





# Centchroman (Ormeloxifene): Chhaya

- Non steroidal, non-hormonal and once-a week pill
- Available in public sector as free and ASHA supply
- Very effective method, effectiveness 1-2 pregnancy/100 women following one year of perfect use



# Mechanism of Action and Schedule

- It creates asynchrony between developing zygote and endometria maturation, which prevents implantation of zygote



For initiation: 1<sup>st</sup> pill is to be taken on 1<sup>st</sup> day of period (1<sup>st</sup> day of bleeding) and the 2<sup>nd</sup> pill 3 days later

1 <sup>st</sup> day of pill	First 3 months	After 3 months
Sunday	Sun, Wed	Sun
Monday	Mon, Thu	Mon
Tuesday	Tue, Fri	Tue
Wednesday	Wed, Sat	Wed

1 pill (30 mg) is taken twice a week for 1<sup>st</sup> 3 months, followed by once a week thereafter

# Intra-Uterine Contraceptive Device (IUCD)

## IUCD 380 A

- Effective for 10 years
- T shaped device
- Requires loading by “No-Touch Technique” before insertion



## IUCD 375

- Effective for 5 years
- Inverted U shaped device
- Loading is not required
- No plunger rod



# Male Condoms

ASHA Supply



Free Supply

- Barrier method used by male partner at the time of intercourse
- Very effective if used correctly and consistently
- Made up of latex rubber

## **Provides dual protection**

- Unwanted pregnancy
- STDs (Sexually Transmitted Diseases)

# Emergency Contraceptive Pills (ECPs)

- Emergency contraceptive method taken within 72 hrs of unprotected intercourse
- ECPs available in National Family Planning Program contains progestin - Levonorgestrel 1.5 mg
- It is available as free and ASHA supply (Ezy-pill)

## ECPs interfere with:

- Ovulation/fertilization/implantation depending on the phase of the menstrual cycle

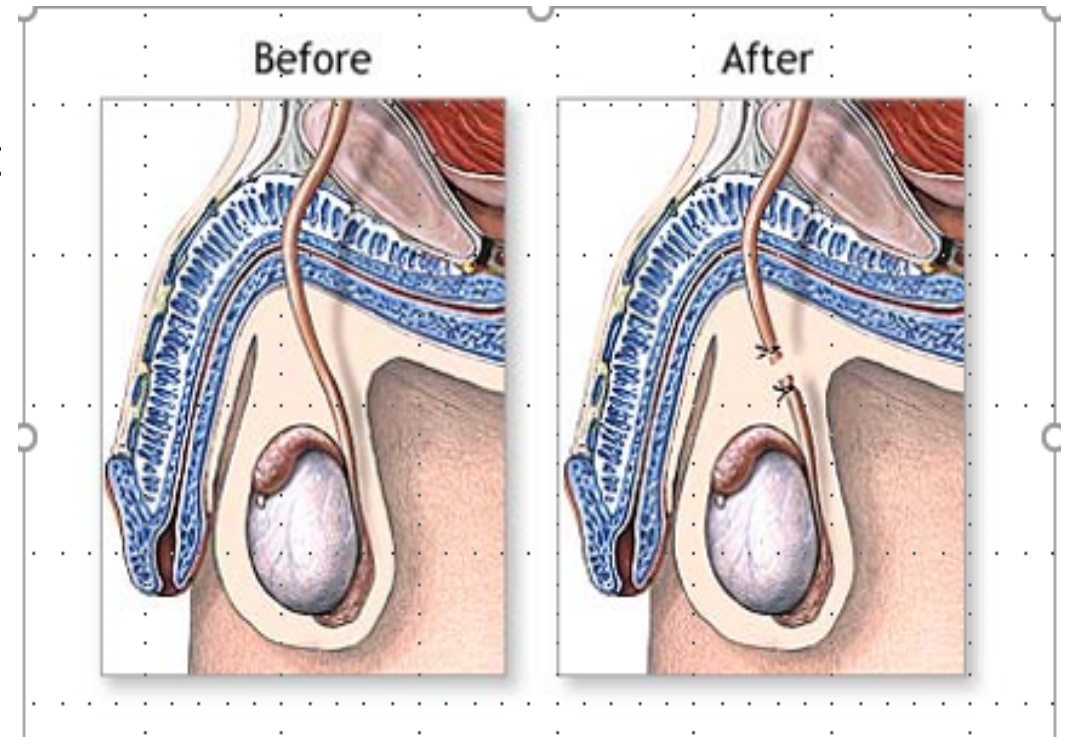
*Does not work if woman is already pregnant*



# Male Sterilization

## Vasectomy

- Minor surgical procedure performed to cut the Vas deferens and thus prevents sperms entry into semen, so that ejaculate does not contain any sperm
- Operation is simpler than female sterilization

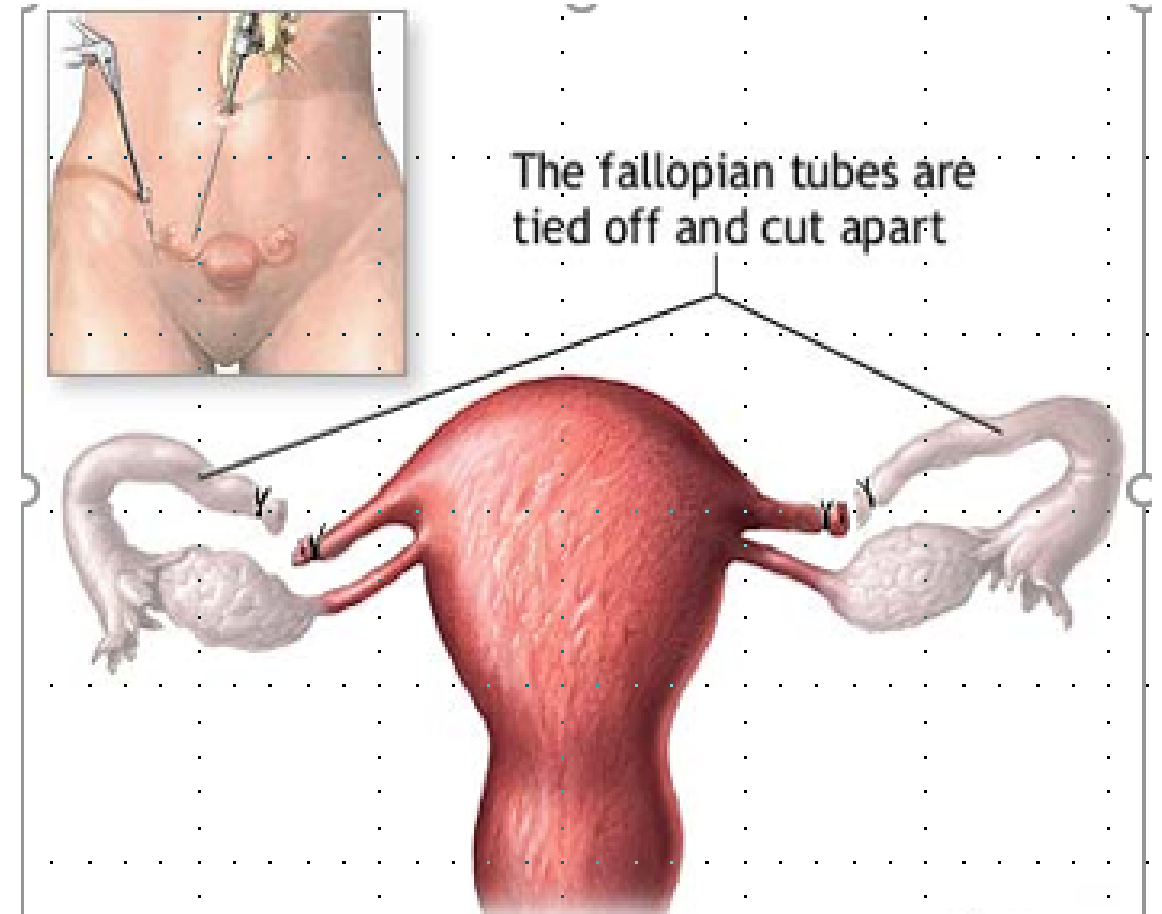


**Operation is considered successful only when sperm count confirms that there are no sperms three months after the operation. (Certificate of sterilization is issued after that)**



# Female Sterilization

- Tubal ligation or “tying tubes”
- Fallopian tubes are tied off and cut apart
- This stops eggs from being fertilized
- Two techniques
  - Minilap Tubectomy
  - Laparoscopic Tubectomy



# Effectiveness

\*Perfect use  
failure

Injectable: 0.3% (*Effectiveness depends on timing of first injection, regularity of subsequent doses, injection technique and post injection care*)

COC: 0.3%

Female Sterilization: 0.5%

IUCD: 0.8%

(WHO: Family Planning: A Global Handbook for Providers)

**\*Perfect use – when use is consistent and exact according to directions.**





**Thank you**