



Family Planning Counselling Process For Providers

PRE-CHOICE

1. Establishes and maintains cordial relationship with client
2. Uses language that the client can understand
3. Ensures **PRIVACY** during conversation
4. Remains **NON-JUDGEMENTAL**
5. Assesses the **reproductive goals, current FP methods used by the** client
6. **Rules out pregnancy and check menstrual history** of the client
7. Displays all FP method options and ask if client has any particular method in mind
8. **Asks the following questions. Encourages client to respond.**
 - a) Do you wish to have children in the future? Discusses the importance of waiting until at least 18 years of age, before trying to become pregnant and the health benefits to mother and baby of waiting at least two years after the birth of her last baby before she tries to conceive again.
 - b) Have you given birth in the last 48 hours?
 - c) Are you breastfeeding an infant less than 6 months old?
 - d) Does your partner support you in family planning?
 - e) Do you have any medical conditions?
 - f) Are you taking any medications?
 - g) Are there any methods that you do not want to use or have not tolerated in the past?

METHOD CHOICE

9. Displays the Family Planning methods that have not been ruled out above. Uses appropriate job aids.
 - If **CLIENT HAS A METHOD IN MIND**, and that has not been ruled out basis the above set of questions - counselling is provided on that method and advantages of other remaining options available are discussed.
 - If **CLIENT DOES NOT HAVE A METHOD IN MIND**, provides **INFORMED CHOICE** on all available methods that have not been ruled out. Comparative advantage of each method is discussed.

METHOD CHOICE

Ensures the following facts are shared when each relevant method is being discussed:

- i. Effectiveness
- ii. Return to Fertility
- iii. Advantages of the method
- iv. How to use the method and if return visits are required
- v. Common side effects
- vi. Need for protection against STIs including HIV/AIDS
- vii. When to return for check up
- viii. Cost of the method and brands available
2. Clarifies any misconception the client may have about family planning methods
3. Using World Health Organization Medical eligibility criteria (WHO MEC) Wheel (Please refer to reference link given below) checks whether the client has any conditions for which the method is contraindicated. If yes, ask client to select another method. If no, proceeds to the next step
4. Asks which method interests the client. If client is not sure. Helps the client choose a method and DOES NOT DECIDE FOR THE CLIENT

POST CHOICE

1. Discuss method finally chosen by the client. Determines the client's comprehension and REINFORCES key information.
2. Makes sure the client has made a definite decision.
3. Takes consent, as required depending upon method chosen by client.
4. Give her/him the method chosen, a referral- if required, and a back-up method depending on the method selected.
5. Gives follow-up instructions, and the reference aid like a leaflet for the method chosen. Sets a date for next visit.
6. Thank client for the visit and complete the session.

Dr S Shantha Kumari, President

Dr Alpesh Gandhi, Immediate Past President

Dr Madhuri Patel, Secretary General

Dr Jaydeep Tank, Project Lead (FOGSI-USAID Projects)

Shares the FP Helpline at 1800-258-0001 for additional information.

To provide comprehensive service to Clients, Pl ensure the following-

1. If Client shows any major signs of intimate partner violence, refers her for specialized services. (applicable only to clients who show such signs)
2. Clients may be provided comprehensive screening for other maternal and health services available with the provider or refer appropriately to integrate and ensure comprehensive service provision.

Reference Source:

WHO MEC: World Health Organization Medical Eligibility Criteria

<https://srhr.org/mecwheel/>



By Pankh. A FOGSI initiative