

2. Family Planning

The main focus of the chapter² is to provide ASHA with skills such as understanding contraceptive needs of the community, enabling them to make an informed choice, and ensuring access to contraceptive services. She will also learn the skill of maintaining and updating the list of eligible couples in her community in the Health Register.



Objectives of the session

By the end of the session, the ASHA will learn about:

- Be able to develop line lists of eligible couples for identification and follow-up.
- Understand the side-effects of the methods to counsel the woman to continue with the method or seek appropriate assistance.
- Be able to assess which methods are suitable for couples/individuals based on their marital status, number of children, child bearing intentions, and the mother's health status, and counsel for method use based on informed choice.
- Be able to counsel for delay in age of marriage, delay in age of first child bearing and in child spacing.
- Provide contraceptive services like: (i) Condoms, (ii) Emergency Contraceptive Pills (ECP), and (iii) Re-supply of Oral Contraceptive Pills (OCP), and maintain sufficient stocks and client records.
- Provide information on where, when and how to access other methods (sterilisation, Intra Uterine Contraceptive Device (IUCD), starting the use of OCP) and provide information on compensation for sterilisation and IUCD services and family planning insurance scheme.
- **Assist ANM in follow-up of contraceptive users.**
- Identify side-effects and user problems in contraceptive users and counsel and refer appropriately.
- Help poor families access contraception.

²Family Planning has been covered in Books 1 and 2 in some detail. Book 1 also provides an understanding of the menstruation-fertility links. This chapter is intended to serve as a refresher, and builds on the ASHA's existing knowledge.

