**COMILLA DIABETIC**

**ASSOCIATOINS NURSING INSTITUTE**

**Bagichagaon, Comilla**

**Assignment Title:** Family planning……………………………………………………………………….

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**Subject Name:** Midwifery……………………..

**Submitted To:** Mrs. Nasrin Sultana Nipa

**Submitted By:**

**Name:** Group - B

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|  | | |
| Index | | |
| Serial No. | Topic Name | Page  No |
| 01 | Introduction of family planning | 01 |
| 02 | Definition of family planning | 01 |
| 03 | Different type of hormonal methods | 06-08 |
| 04 | Define IUCD | 11 |
| 05 | Indication of IUCD | 11-12 |
| 06 | Contraindication of IUCD | 12-13 |
| 07 | Side effect of IUCD | 13 |
| 08 | Time of insertion of IUCD | 13 |
| 09 | Equipment of IUCD | 14 |
| 10 | Procedure of IUCD | 14-15 |

|  |  |  |
| --- | --- | --- |
| 11 | Conclusion of family planing | 19 |

**Family planning**

Introduction:

Family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility.

Definition of family planning:

An expert committee 1971 of the “WHO” define family planning as a way of thinking and living that is adopted voluntary, upon the basis of knowledge, attitudes and responsible decisions by individual and couples, in order to promote the health and welfare of the family group and thus contribute effective to the social development of a country.

Important of family planning:

1. Benefit of mother-

Enables her to regain her health after delivery.

Gives enough time and opportunity to love and provide attention to her husband and children.

Gives more time for her family and own personal advancement.

1. Benefit of children:

Healthy mothers produce healthy children.

Will get all the attention, security, love and care they deserve.

1. Benefit for mother:

Lightens the burden and responsibility in supporting his family.

Gives him time for this family and own personal advancement.

1. Benefit of nation:

Economic solvency will be achieved.

Food, housing, unemployment problem will be eradicated.

Different types of hormonal methods of contraception:

1. Temporary methods
2. Barrier methods
3. Physical – In male : Condom

In Female: Vaginal

Diaphragm vaginal sponge cervical cap

1. Chemical- Foams

Suppositories soluble films

1. Combined- Condom +Jelly
2. Behavioral methods
3. Safe Period
4. Incomplete Coitus
5. Natural methods
6. Mechanical methods Intra-uterine contraceptive devices (IUCD):
7. Non medicated
8. Medicated
9. Hormonal methods
10. Oral pills –combined pill

Mini pill

Once –a – month pill

1. Depot-Injectables

DMPA

NET-EN

Subcutaneous implants

Norplant

1. Post- conceptional methods
2. Miscellaneous- Non hormonal pill

Birth control vaccine

B.Terminal/Permanent methods

1. Male Sterilization-Vasectomy

2.Female Sterilization- Tubal ligation

IUCD

Define:

Intrauterine contraceptive device is a small plastic carrier, usually in the shape of a T or Similar design on the vertical stem of which is wound somev copper wire and may have copper bands on the transverse arms.

Indication of IUCD

Multiparous woman for birth spacing

Women who cannot use hormonal contraceptive methods.

Post coital contraception whrn IUCD is inserted within 5 days of unprotected sex.

Contraindication of IUCD:

1. Absolute-

Suspected Pregnancy

PID

Vaginal bleeding of unknown aetiology.

Wilson’s diseases

Breast malignancy

1. Relative-

Anaemia

Menorrhagia

HIO PID Since last pregnancy

Purulent cervical dischange

Unmotivated person

Side effect of IUCD

Mood changes

Acne

Headache

Breast tenderness

Nausea

Expulsion

Ectopic Pregnancy

Time of insertion of IUCD

1. End of menstruation
2. 6 weeks after delivery or abortion
3. Just after MR
4. Insertion by withdrawal method
5. Follow up : After each mens

Equipment of IUCD

1. A Speculnm
2. A Single – tooth tenaculum
3. A uterine Sound
4. Antiseptic solution
5. Scissors
6. Cervical os finder

Procedure of IUCD

1. Inserting an IUCD usually takes about 10 minutes.
2. Doctor or nurse will insert a speculum (the some instrument used for a smear test) into your vagina.
3. Doctor or nurse will place the IUCD inside the womb.
4. Cut the strings used to remove the IUCD, leaving about 3 centimetres of the strings deep inside vagina.
5. The woman can check whether the IUCD is in place by feeling for the device’s thread in vagina.
6. The IUCD can be easily removed when it is due for change or when pregnancy is desired.

Reference-

Neuron publication

Community health nursing

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Obstetrics and Gynaecology

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Obstetrics

**Name of group leader:**

Mahmudur Rahman

**Name of other member**

1. Israt Jahan akhi
2. Sinthia sifat
3. Sumona akter Irin
4. Roksana Akter
5. Shahena Akter
6. Sajib Chandra biswash
7. Khadiza akter
8. Md Asifur Rahman
9. Nipa Biswash
10. Tauhida Akter