**CUMILLA DIAVETIC**

**ASSOCIATION NURSING INSTITUTE**

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**Assignment title : Family planning ………………………………………………………………………………………**

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**Subject name: Midwifery …………………………………………………………………………………………**

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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” defined 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 :

A, Benefits for mother-

Enables her to regain her health after delivery.

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

B. Benefits for children,

Healthy mother produce healthy children

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

c. Benefits for mother-

lightens the burden and responsibility in supporting his family. Gives him time for this family and own personal advancement

D. Benefits of nation –

Economic solvency will be achieved.

Food housing unemployment problems will be eradicated.

Different type of hormonal methods of contraception:

A. Temporary methods

1. Barrier methods

a. Physical – in male : condom

in female: vaginal

diaphragm

vaginal sponge

cervical cap

b. Chemical – Foams

Suppositories

Soluble films

C. Combined - condom + jelly

2. Behavioral methods

a. Safe period

b. Incomplete coitus

c. Natural methods

3. Mechanical methods intra- uterine contraceptive devices (IUCD)

a. Non medicated

b. medicated

4.Hormonal Methods

a. Oral Pills - combined pill

mini pill

once- a- month pill

male pill

b. Depot- Injectable

DMPA

NET-EN

Subcutaneous implants

Norplant

5. Post – Connectional methods

6. Miscellaneous – Non hormonal pill

Birth control vaccine

B. Terminal? Permanent methods

1. male sterilization – vasectomy

2. female sterilization – tubal ligation