

Family planning

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Family planning

Family planning expressed by contraception which is defined as avoidance of pregnancy by methods other than abstinence of marital relation and it is very important to save women and children life.

Objectives:

1. Improve quality of life:
 - a. keep health of women by spacing of birth.
 - b. keep health of women by decrease complications of legal and illegal abortion, pregnancy, labor.
 - c. prevent pregnancy at teenage.
 - d. prevent sexually transmitted diseases.
2. Avoid unwanted children, allowing parent to have children when they want.
3. Limitation of population growth (family size).

To whom contraception is used?

1. Social problems: to limit the population for political reason.
2. Temporary ill health e.g. typhoid fever, TORCH.
3. Chronic systemic diseases as hypertension, heart diseases, diabetes mellitus, malignancy.
4. Previous obstetrical complications as pregnancy induced hypertension, repeated cesarean section.
5. Transmitted disease to fetus as syphilis and TORCH.
6. Birth spacing.
7. Limitation of the family to decrease the danger to the fetus and mother.

There is NO ideal contraceptive method because an ideal method should be:

- 1. 100% sure there is no pregnancy.**
- 2. It should be acceptable.**
- 3. No side effect or complication.**
- 4. It should be temporary and stopped whenever the couple needs a baby.**

Factors influenced the choice of the method of Family planning

1. Characteristic of service provider (like sex, expertise...).
2. Type of health facilities (hospital, PHC, private clinic...)
3. Effectiveness of the method.
4. Popularity and acceptability.
5. Perceived risk (age of female, diseases)
6. Scientific evidence for safe use of each approach to limit fertility.
7. Availability.
8. Cost.
9. Occupation of couple.

Methods of family planning

1. Temporary methods:

1. a. Hormonal (oral contraceptive pills, implanted, injectable, transdermal patch)

1.b. Intrauterine contraceptive device.

1.c. Barrier methods:

Male condoms

Vaginal diaphragm:

Cervical cup.

Female condom

1.d. Spermicidal agents.

1.e. Withdrawal (coitus interruptus): .

1.f. Periodic abstinence (safe period):

1.g. Breast feeding.

1.h. Vaccination.

2. Permanent method (Sterilization)

Tubal ligation, vasectomy

3. Termination of pregnancy.