The Leading Safe Choices program: Partnering to strengthen immediate post-partum family planning and comprehensive post-abortion care in Tanzania

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BACKGROUND

Material mortality rate remains high in Tanzania at 506 deaths per 100,000 live-births.

Maternal mortality is preventable:

• Up to 44% of maternal deaths can be prevented by use of family planning alone

Gap

• Only about a third of currently married women of reproductive age use modern contraception.
• One in four women discontinues contraceptive use within 12 months.
• Only about half of demand for family planning is satisfied.
• Up to 22-24% around need for family planning has remained high for >15 years.

Are of the leading safe choices program

• To strengthen competence and raise the standing of post partum family planning and comprehensive post abortion care professionals in Tanzania

METHODOLOGY

The Leading Safe Choices program was a collaborative effort among key maternal health stakeholders across levels from global to front-line health facility. We greatly appreciate the contribution of key stakeholders that enabled the success of this program including: oversight and guidance by the Tanzania Ministry of Health Community Development, Gender, Elderly and Children; global technical leadership and funding by the Royal College of Obstetricians and Gynaecologists of London, UK; as well as in-country overall program management by Management and Development for Health. We are also deeply grateful for the contribution and role played by the multi-institutional in-country steering committee in providing program oversight as well as: Kilimanjaro Christian Medical Centre; Dar es Salaam and Kilimanjaro Regional Medical Offices of Health; Kinondoni, Ubungo and Moshi Municipal Medical offices of Health for embracing and managing the program at their institutions. We are most importantly grateful to the health care providers, staff and clients of the 10 participating hospitals for their willingness to be part of the program.

RESULTS

• 266 providers trained on post-partum family planning. Among them 289 attained competency and were certified by MKOOGEC.
• 148 antenatal care providers completed on post-partum family planning counseling
• 52 providers trained on comprehensive post abortion care
• Up to 23,710 women giving birth received immediate post partum family planning in LSC sites
• Witness improvements in uptake of post-partum family planning among all women giving birth from 12.4% to 99.2% in less than 2 years

Women who received immediate post-partum family planning

<table>
<thead>
<tr>
<th>Total 10,776 women</th>
<th>Total 10,776 women received immediate post-partum family planning through the LSC program</th>
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<td>0</td>
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AFFILIATIONS

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2Kilimanjaro Christian Medical Centre, Kilimanjaro, Tanzania
3Ministry of Health, Community Development, Gender, Elderly and Children, Tanzania
4The Royal College of Obstetricians and Gynaecologists, London, United Kingdom

APPRECIATION
The Leading Safe Choices program: Perspectives from providers who received training on immediate post-partum family planning and comprehensive post-abortion care

Maxaasi F1, Mwamshemele F1, Fosianoa E1, Sheppard N2, Mbagiri Z2, Mwamwi Z3, Pendo M4, Fander A1

"Family planning uptake has increased in my facility and women are getting family planning methods of their choice immediately after giving birth. Post-partum family planning knowledge has improved, health care providers now have a greater understanding of family planning and they’ve been able to reduce misconceptions in the community”

"Before the training I was not able to provide immediate post-partum family planning, but after being trained and mentored I can now confidently provide the service to mothers after giving birth, without any assistance"

“I spend time to educate women on the importance of post-partum family planning and share my own experience. I tell them, I have been using family planning for some years now and I am free from unplanned pregnancies, I have more time with my children and my husband”

ACKNOWLEDGEMENT

Leading safe choices, was a collaborative effort among key external health stakeholders across levels from global to front-line health facility. We greatly appreciate the contribution of key stakeholders that enabled the success of this program including: oversight and guidance by the Tanzania Ministry of Health Community Development, Gender, Elderly and Children; global technical leadership and funding by the Royal College of Obstetricians and Gynaecologists of London, UK; as well as in-country overall program management by Management and Development for Health. We are also deeply grateful for the contribution and role played by the multi-institutional in-country steering committee in providing program oversight as well as: Kilimanjaro Christian Medical Centre; Dar es Salaam and Kilimanjaro Regional Medical Offices of Health; Kinondoni, Ubungo and Moshi Municipal Medical offices of Health for embracing and managing the program at their institutions. We are most importantly grateful to the Health care providers, staff and clients of the 10 participating hospitals for their willingness to be part of the program

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The Leading Safe Choices program: Testimonies from women who received immediate post-partum family planning

Mashali 1, Mwareshemale 5, Ponsiana 2, Sheppard N2, Mbuguni 2, Mkuiwa 2, Pendo M4, Hinder A2

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“I received long acting family planning method immediately after giving birth. I can now plan when to have another child”

“I advise the government and service providers to strengthen provision of immediate post-partum family planning so as to reach many more women out there.”

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Royal College of Obstetricians & Gynaecologists
MDH
KCMC
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