A GUIDE TO CONDUCTING OUTREACHES FOR FAMILY PLANNING SERVICES

INTRODUCTION:
Access to maternal and child health services is crucial to improving the health of women and children. Poor access to family planning (FP) services are mostly due to inadequate information, high cost of services and distance to health facilities. In Lagos state, the private sector which provides services for majority of the population has a critical role to play in improving access to quality health services and the lives of the women and children.

Outreaches are an avenue to provide FP information, counselling and method uptake to members of the community at a minimal or affordable cost. It also involves reaching many underserved (i.e. the poor, those living in remote areas and urban slums, people with little education and other vulnerable groups) with comprehensive family planning services.

TYPES OF OUTREACHES:

Clinic Outreaches - The clients are mobilized from the community and referred to the hospitals for family planning services

Community Outreaches - The clients are mobilized from the community and referred to a selected place within the community for family planning services

Family Planning Outreaches can be conducted alone or integrated with other health services within the facilities

BENEFITS OF OUTREACHES

- Extends the reach of FP information and services to the underserved in the community
- Improves the proficiency of trained facility provider by providing more opportunities to develop skills/competency
- Reduces the expiration/wastage of available FP commodities
- Improves the reputation of the health facilities within the community
- Increases FP uptake and facility clientele
### Criteria for Conducting Outreaches
- Availability of a trained FP Provider
- Willingness to reduce the cost of FP services
- No consultation fee for provision of FP services
- Availability of the 5 categories of FP methods (male and female condoms, progestin-only pills, combined pills, injectables, implants and intra uterine devices)
- Conducive environment for FP services

### Steps for Conducting Outreaches

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<td><strong>Step 1: Community Mobilisation:</strong></td>
<td><strong>Step 1: Commodity logistics:</strong></td>
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<td>Decide on at least 2 days within the week that are suitable for the outreach (preferably days that are not busy)</td>
<td>Door to door mobilization/distribution of fliers to members of the community should be carried out by facility staff for adequate publicity</td>
<td>Re-stock commodities and consumables used during the outreaches to prevent stock-out</td>
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<td><strong>Step 2: Cost of services:</strong></td>
<td><strong>Step 2: FP Services:</strong></td>
<td><strong>Step 2: Follow up:</strong></td>
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<td>Decide on the cost of service (prices should cover from registration to uptake and should be very affordable or free because it is an outreach)</td>
<td>Counselling and provision of FP methods should be provided by the trained FP provider</td>
<td>Document and follow-up clients that received counselling and are yet to make an informed decision</td>
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<td><strong>Step 3: Adequate supplies and materials:</strong></td>
<td><strong>Step 3: Record keeping:</strong></td>
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<td>Ensure availability of FP commodities, trained FP provider, standard job aids and tools, conducive environment and FP HMIS register</td>
<td>All services rendered should be documented in the FP NHMIS register</td>
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