

Couple counseling resulted in NSV

On 3rd of January 2016 there was a Comprehensive Family Planning (CoFP) Service camp set by the USAID funded SIFPO2 project run by Family Planning Association of Nepal at a Primary Health Centre in a rural village of Kathmandu Nepal in coordination with District Health Office Kathmandu. Before the CoFP camp, a few days ago, there was an interaction program with local Female Community Health Volunteers (FCHVs) to make the local people informed about the upcoming camp. The SIFPO2 team had provided information through FCHVs and Reproductive Health Female Volunteers (RHFVs) to the couples of the village that it would be better to attend the COFP Camp together with husband and wife if possible. On the camp day, three women visited the camp along with their husbands for Mini laparotomy. Among the three couples, one woman was in queue for mini laparotomy. The woman was 33 years old (she belonged to Chhetri ethnic group) and had two children (first daughter 16 years old and the last was a son who was 13 years). Her husband was 40 years old, a peasant.

At first, for her, there was counseling and screening before Mini laparotomy. After screening, it was found that Mini laparotomy was rejected for her due to her medical condition. She was informed that she was not fit for the Mini laparotomy and the SIFPO2 counselor discussed with the couple for other options. The husband was interested in No Scalpel Vasectomy.

Initially, the wife herself denied her husband to do NSV. She further questioned "Who will do heavy work for us if my husband does NSV?" The woman was clarified about her misconceptions towards NSV. The husband was given comprehensive counseling, through which he was very happy and ready to take service. He was also undergone medical screening before undergoing NSV surgery and was found eligible. After NSV, both the husband and wife were very glad with the SIFPO2 team. Lastly, the husband said that "I will share about NSV with my friends, those who are afraid of NSV and have misconceptions towards it".

Finally, couple counseling seems to be an effective way to make the couples decide about their informed choices and also remove to misconceptions towards family planning services.

Integration of FP service with Immunization could increase uptake of FP services at rural places

In a LARC camp organized by Family Planning Association of Nepal's USAID funded SIFPO2 Project, as many as 100 women including Female Community Health Volunteers (FCHVs) had gathered in a health post of Panchthar district, hilly area of eastern Nepal. On the same day there was Extended Program of Immunization clinic (khop clinic in Nepali) at the same health post and 1000 days mother were also present at the health post.



One couple (husband about 22 years old and wife about 20 years old, both of them belong to Mongolian ethnic community) was at the health post for the immunization of their newly born daughter. The girl child was less than six months old. The couple used to live in a different place; however, they had come to that village to visit their relatives some days ago. When the couple saw the banner of LARC camp, the husband asked about the event to the nurse who was in the counseling section of the camp. The nurse explained about event and the available FP services at the LARC camp and also made the couple familiar with different family planning devices. The couple was very interested and started to discuss about their choices between them. They went outside to speak with each other and reached into a conclusion.

After an hour they returned to the counseling room and happily said that they were interested in implant insertion. When the couple choice was

known, screening of medical eligibility was completed by the health professional. Finally, the woman (wife of the man) adopted implant as per her informed choice.

Integration of Family Planning services with Immunization program seems to be helpful in increasing the use of contraception at the remote places.

A success story of Family Planning satisfied users

There was an interaction program among FP users, non-users and satisfied users in a Health Post of Panchthar district on 26 December 2016 organized by Family Planning Association of Nepal's USAID funded SIFPO2 Project. As many as thirty-five participants had attended the interaction program. It was learnt from the senior AHW (health professional) of the health post that the Contraceptive Prevalence Rate CPR of the village is low and majority of people are from Limbu community living in that area. During the interaction, it was also found that the FP service users were mostly adopting hormonal methods as contraception. Among the participants, one male and two females were the satisfied users.

The lesson of two satisfied users was very inspiring. First, a woman 50 years old Sita Sharma (name changed) shared her experience very openly and happily. She said that her parents got her married in her tender age at 16 years. She had one son and a daughter when she was twenty. It was 1988, when she realized that if she bears more children then it will be a problem for her in the future. However, she had no knowledge in controlling her fertility. In the same year, she was informed that there was a FP permanent method service camp in her nearby district headquarter. But unfortunately, the situation inside her family was not favorable for her. If she had disclosed the information and showed willingness to take service in that camp, she would have locked inside the door by her husband and her in-laws. Then she secretly ran away from home and caught a bus to go to the destination in order seek permanent family planning service in the FP camp.



After she was already boarded into the bus, her husband knew about her. He could not sit quietly; he had sympathy for her, bursts into tears and asked one of his relatives to run and handover some clothes and some money to her. The relative ran and reached the bus. Finally, the man got success to handover the clothes and money. She underwent surgical operation and returned home after some days.

While sharing her experiences, she seemed very excited and also said that the day was a really big day which brought happiness inside her family. She compared the past and said if she had not undergone surgical operation there was a chance that she would be pregnant many times. But she is saved and at present she is running a business in her own local place.

Ms Sharma further stated that "My kith and kin have more than four children and their economic condition is not good like mine. My son has a Master's degree and daughter is pursuing her Bachelor's degree. Along with this, my family is the most happy and prosperous family in my village." She highly appreciated the importance of family planning in making her life socially and economically sound.

Similarly, the second satisfied user was a male Mr Subash Dahal (name changed); he was also a health worker by profession. He had also undergone VSC in 1988 about 28 years ago. He frankly and honestly opined that "I am healthy now and can climb the hills like a person who has never undergone surgical operation". He also challenged that "I am willing to take part in a running competition with any person of my age". His sharing was very exciting for other people.

Finally, it was seen that in the rural community such success stories of FP satisfied users might be helpful to eliminate misconceptions towards VSC and will also be beneficial to other people to know about the social and economic benefits to a family through family planning service.