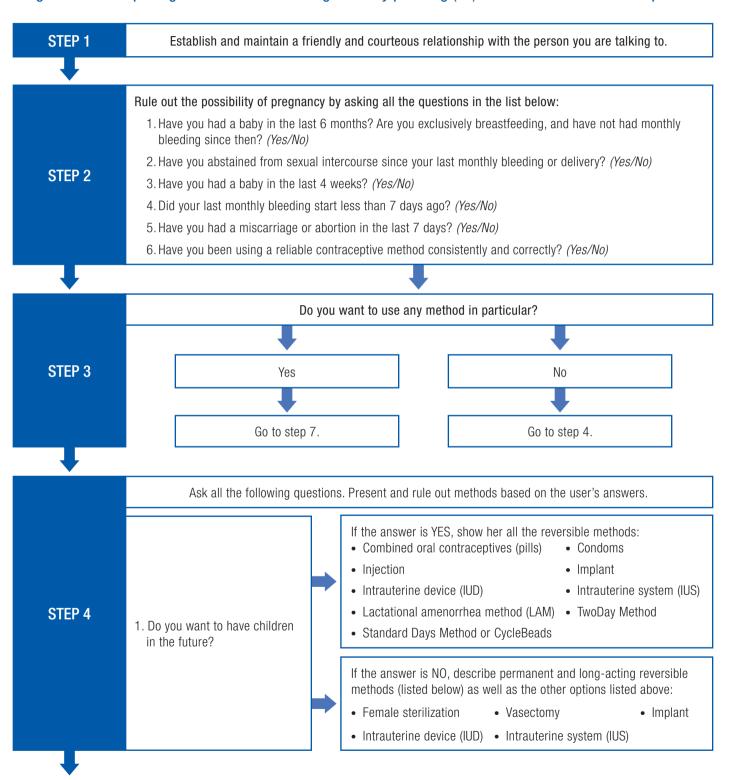
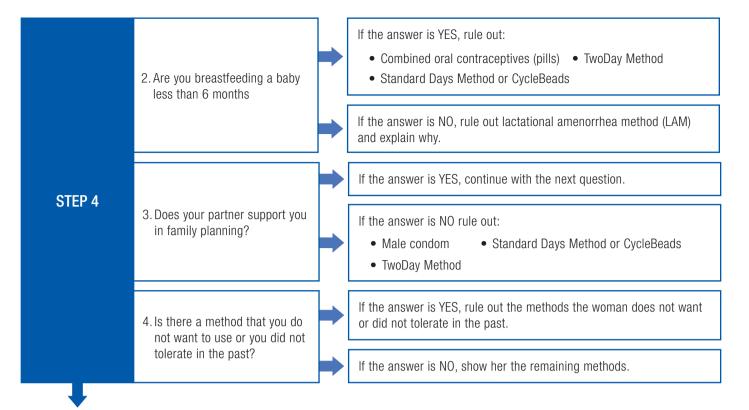




## BALANCED COUNSELING IN FAMILY PLANNING

# Algorithm: 13 steps to give balanced counseling in family planning (FP) in the context of the Zika epidemic





Inform her of the remaining methods using the image shown below, a flip chart, or other educational material. Remember to mention each method's level of protection or effectiveness:

- Some methods are more effective than others.
- The protection or effectiveness of each method is measured by the number of pregnancies that happen in one year for every 100 women using the method.

#### **Comparing Effectiveness of Family Planning Methods** More effective How to make your method Less than 1 pregnancy per 100 women in 1 year more effective Implants, IUD, female sterilization: After procedure, little or nothing to do or remember Vasectomy: Use another method for first Female Injectables: Get repeat injections on time Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night Pills: Take a pill each day Patch Vaginal ring Patch, ring: Keep in place, change on time Condoms, diaphragm: Use correctly every time you have sex Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) Male condoms Female condoms Fertility awareness methods may be easier to use. Withdrawal, spermicides: Use correctly every

time you have sex

STEP 5



# STEP 6

Method selection

Less effective

About 30 pregnancies per 100 women in 1 year

Among the remaining methods, ask the client to choose the one that is most convenient for her.

Withdrawal

STEP 7

Check the eligibility criteria to determine if the client can use the method she selected.



Using an appropriate material as a counseling tool (flipchart, leaflet, brochure or other), inform the client about the method she has chosen.



STEP 9

Determine the client's level of understanding and emphasize key information. Make sure the client has made a final decision.



- Depending on the method selected, bring it to her and/or refer her to the appropriate health facility.
- If you refer the client, remember to give her backup condoms or recommend that she should abstain from sex.



**STEP 10** 

### Establish the risk of contracting Zika by asking the following questions:

- 1. Do you live or work in an area with a lot of mosquitos? (Yes/No)
- 2. Are there a lot of mosquitos in your home? (Yes/No)
- 3. Do you live or work in an area with people or neighbors with Zika? (Yes/No)
- 4. Have you travelled to an area where there are people with Zika? (Yes/No)
- 5. Does or did someone have Zika in your house? (Yes/No)
- 6. Does your partner live in, work in, or travel to places where there are people with Zika? (Yes/No)
- 7. Have you or your partner been sick with Zika? (Yes/No)
- If the client answers NO to all the questions, they have a LOW RISK of contracting Zika.
- If the client answers YES to one or more of the questions, they are AT RISK of contracting Zika



**STEP 11** 

# Explain what can be done to prevent Zika (see Table 3).

- Explain that Zika is different from dengue and chikungunya because of the risks for children whose mothers had Zika while they were pregnant.
- Explain that Zika is also transmitted through sex (vaginal, anal, and oral) with an infected person.

**STEP 12** 

- Explain that condoms protect against sexually transmitting the Zika virus, and remind the client that using condoms is one of only two ways to prevent sexually transmitted diseases like HIV and Zika. Abstinence (not having sex) is the other effective method.
- Ask if the client has any questions about Zika and the risks for her and her children's health.
- Give her educational material on Zika, if available.



### Conclude the counseling session.

**STEP 13** 

- Invite the person to return at any time.
- Thank her for her visit.

#### **EMERGENCY CONTRACEPTION**

Emergency contraceptives help prevent pregnancy when taken within the first 5 days following unprotected sex.

They do not cause an abortion, stop an ongoing pregnancy, or damage a developing embryo.

They are safe for any woman, including those who cannot use continuous hormonal contraception.

When a woman requests emergency contraception, it should be an opportunity to offer her a regular family planning method.

There are many options for emergency contraceptive pills, including products specifically designed for emergencies and progestogen-only and combined oral contraceptives.