



## Eastern Region Family Planning Expansion Project

### Project Description:

The Eastern Region Family Planning Expansion Project (ERFPEP) is a five-year, USAID funded project implemented by the Adventist Development and Relief Agency (ADRA) Nepal to reduce maternal and child mortality and morbidity by increasing the rate of family planning (FP) use, thereby reducing mistimed, unwanted, and high risk pregnancies among the 213,309 married women of reproductive age and 273,833 men of Reproductive Age. This project is based in six hilly districts in the eastern region of Nepal.

With support from USAID's Flexible Fund, the ERFPEP has aim to achieve the following results, using a combined strategy to increase community awareness while strengthening the accessibility and availability of quality family planning services.

### Strategic Objective:

To improve maternal and child health by reducing mistimed, unwanted, and high risk pregnancies and concurrently improving general child health and welfare by promoting child spacing.

### Expected results and accomplishments:

This project has anticipated the following three Intermediate Results (IR)

#### IR1: Increased Knowledge and Interest in FP through Community Mobilization

This has achieved through community level interventions, including: Capacity Building Basic and refresher training to health facility management committees (HFMC), establishing, training and mobilizing men as a partner group, training and mobilizing Female Community Health Volunteers, training and mobilizing Peer Educators, Junior Red cross circles and organizing mass awareness campaigns, radio airing, DRHCC meetings and promotion of IEC materials.

So far the project has achieved capacity building basic training for 1870 members, over 3000 HFMC members and 2555 FCHVs have received refresher training, approximately 600 persons of the MAP group and 300 PE members, more than 1400 NRCs staffs, Volunteers and JRC members, over 80 DRHCC members and more than 80,000 community people have benefited through mass awareness campaigns on family planning.

**District Coverage:**  
Dhankuta, Therathum,  
Panchthar, Sankhuwasava,  
Okhaldhunga and  
Udayapur of Eastern  
Region of Nepal

**Sector:**  
Reproductive Health

**Beneficiaries:**  
4,87,142 women  
and men  
reproductive age

**Implementing Partner**  
Nepal Red Cross Society  
(NRCS)

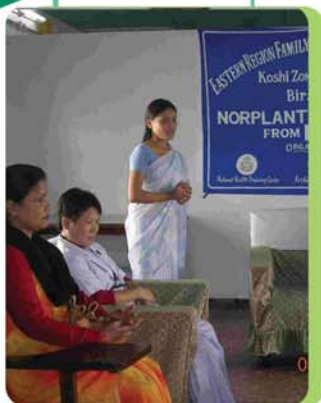
**Donor:**  
USAID

**Project Period:**  
October, 2004 - September  
2009

**Budget:**  
US \$ 3.34 million

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## IR 2: Increased access to FP services through public health sector improvement and training



This has achieved by establishing a Family Planning Training site in coordination with the National Health Training Center (NHTC) and providing competency-based training to health service providers on family planning (Minilap, NSV, IUCD, Norplant, and FP refresher training to VHW/MCHW), follow-up of trained service providers on the spot, mentoring, organizing FP camps, improving health institutions by providing family planning services, equipment/instruments and ensuring the availability of commodities for temporary family

Till date the project has trained 28 doctors/nurses in Minilap, 8 doctors in vasectomy, 64 nurses in IUCD, 32 paramedics/nurses in Norplant, 345 VHW/MCHW in family planning refresher, 25 doctors, managers, nurses and paramedics in STI syndromic case management TOT and 10 doctors in STI syndromic management training. The minilap, NSV, IUCD and Norplant services are being provided through the project in each implementing district and Koshi Zonal Hospital FP clinics.

## IR 3: Improved quality of FP service through quality assurance activities

This result was achieved through quality assurance activities that are implemented through a Client Oriented Provider Efficient (COPE) approach to FP services, using Quick Investigation of Quality (QIQ), providing basic support, regular follow ups and mentoring to the health facilities and service providers.

So far a total of 12 Health Facility/ Community and 21 Combined COPEs have been completed in the project districts. Regular supervision and monitoring was found impressive for ensuring the quality of the program. Operations research was completed at 12 health facilities, especially at district hospital and PHC level.



## Sustainability Plan



Child survival sustainability framework was used to ensure sustainability of project activities by updating dashboard. Most indicators were revised and the community capacity has improved more significantly than any other component compared to the previous years. This dashboard was prepared in the first year and analyzed periodically. Based on the status seen in the dashboard, special focus was given to the activities according to identified gaps and needs.



This project is funded by USAID through ADRA International and implemented by ADRA Nepal in partnership with NRCS

*"changing the world, one life at a time"*