

IMPLEMENTATION AND SCALING UP
THE HIGH IMPACT PRACTICES
OF FAMILY PLANNING IN NEPAL

23-24 SEPTEMBER, 2024

SUPPORTED BY:



ORGANIZED BY:



Government of Nepal
Ministry of Health and Population
Department of Health Services
Family Welfare Division

HIP Indicators and Priorities for Nepal

Using Data to Identify Priorities and Opportunities

DEVELOPING THE CIP

- Nepal used a data intensive process to identify priority interventions
- Process was led by a Technical Working Group and involved various meetings and discussions
- Key component was the application of the FP Goals Model- a strategic planning tool that helps to identify opportunities and prioritize interventions
 - FP Goals is aligned with the HIPs: it integrates HIPs with the country context and quantifies their impact.

FP Goals Model

- Strategic planning tool that estimates the impact of family planning interventions on mCPR
 - Impacts estimated from all available research linking family planning interventions to increases in mCPR
 - Model 'calibrated' to country context using a range of data on demographics, health system infrastructure, current FP provision, and more.
- Developed for use during the strategic planning process to facilitate evidence-based decision-making.

What types of interventions have demonstrated impact?

Service Delivery Interventions

- Increase Method Availability
- Community Health Workers
- Mobile Clinical Outreach
- Integration: post-abortion/PAC
- Integration: increase use of MCH services
- Integration: Post Partum Family Planning
- Social Franchising
- Pharmacies and Drug Shops
- Vouchers

Youth-focused Interventions

- Multi-component youth programming (with or without YFS)
- Curriculum-based SHR education (peer education or in-school)
- Youth Centers/Youth Corners

Social & Behavior Change

- Mass Media
- Comprehensive Community Engagement (CCE)
- Interpersonal Communication (IPC)

Structural / System Change

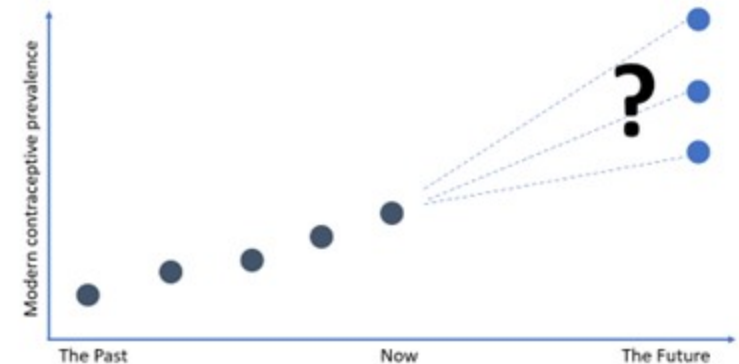
- Reduce stock-outs
- Improve the policy environment

FP Goals Model: Which HIPs to Choose?

- Although they are all “high impact” the actual impact for each intervention is different (PPFP is highest)
- Not all may be feasible in your context, or it may take time to get started (most strategic plans are for 5 years)
- What have you already implemented?
- Which HIPs would be easier to introduce or scale up?
- What collection of HIPs will help you reach your goal?

What interventions can help achieve a goal?

Which interventions will lead to the most growth?



What Information does FP Goals use?

Combining Global and Country Specific Data

Impacts of specific interventions
(Impact Matrix)

Details about current progress of country specific family planning program
(Current Efforts)

Details about how FP is provided within a countries health system
(Delivery Channels)

HIPs

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Making Decisions

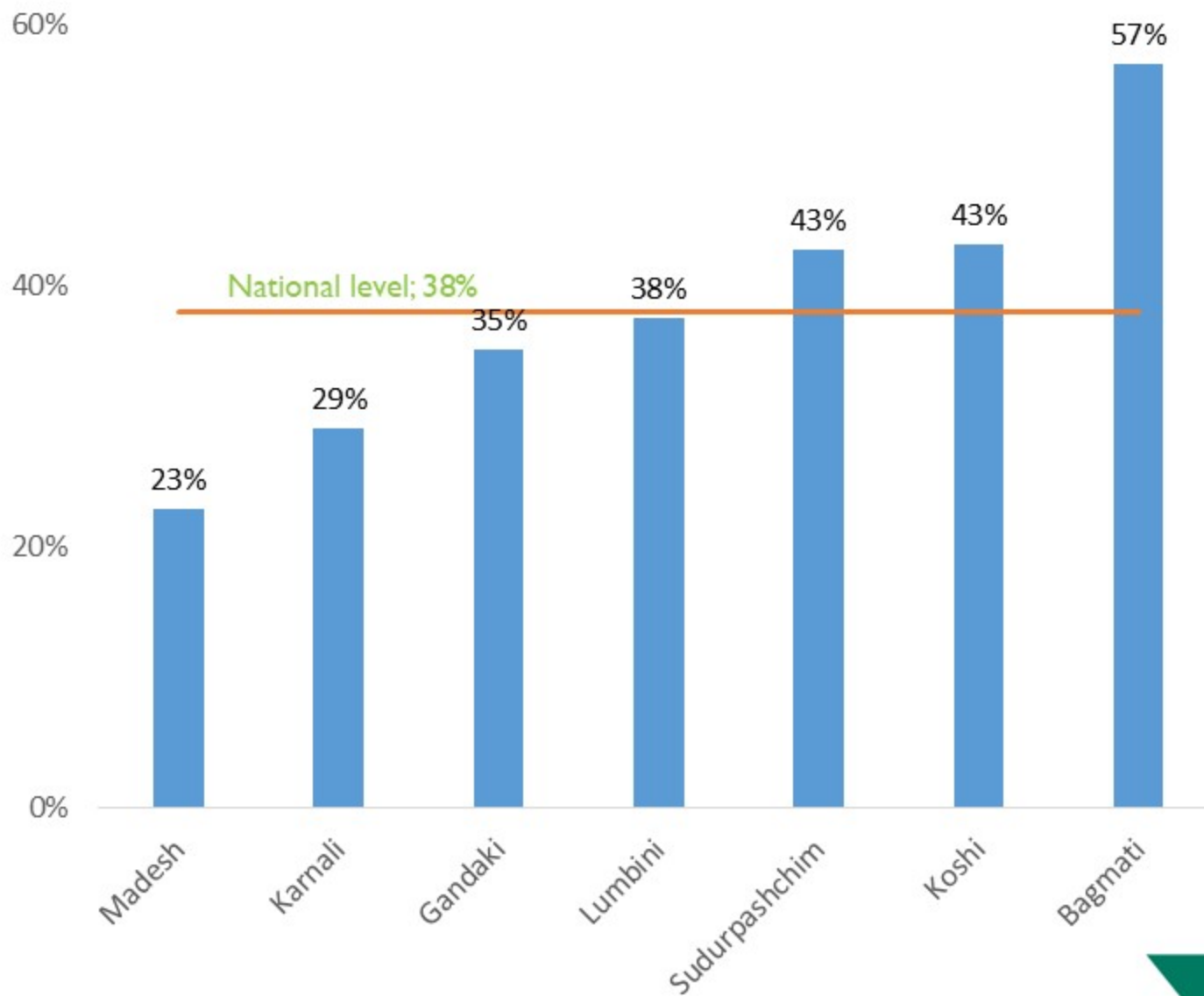
Each potential HIP is assessed using data on:

- Current availability and use
- Number of women they can reach
- Estimated impact on mCPR

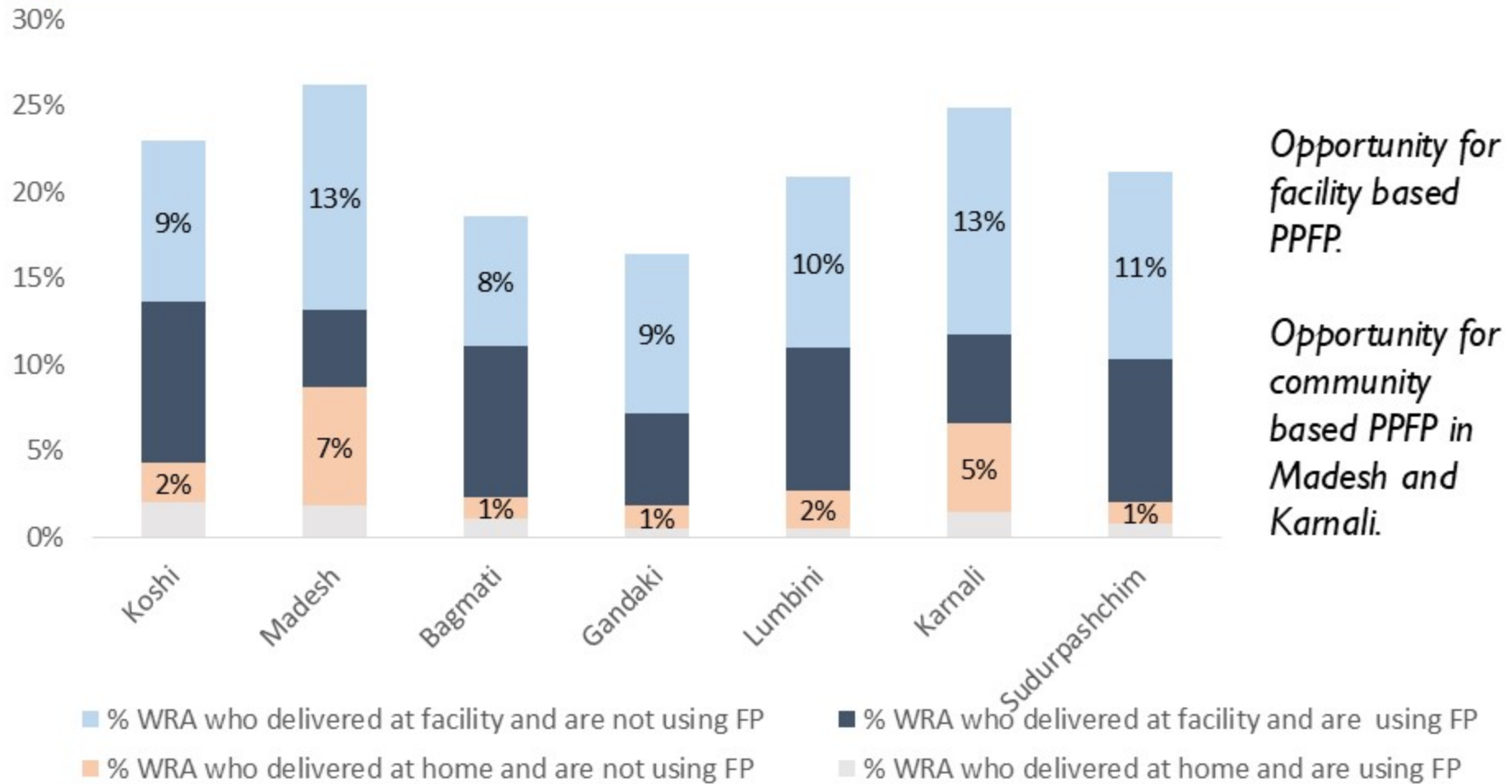
Examples of how FP Goals Uses Data

*Postpartum Family Planning (PPFP)
Availability of Long Acting Methods*

PPFP Uptake (at 6 months) by Province

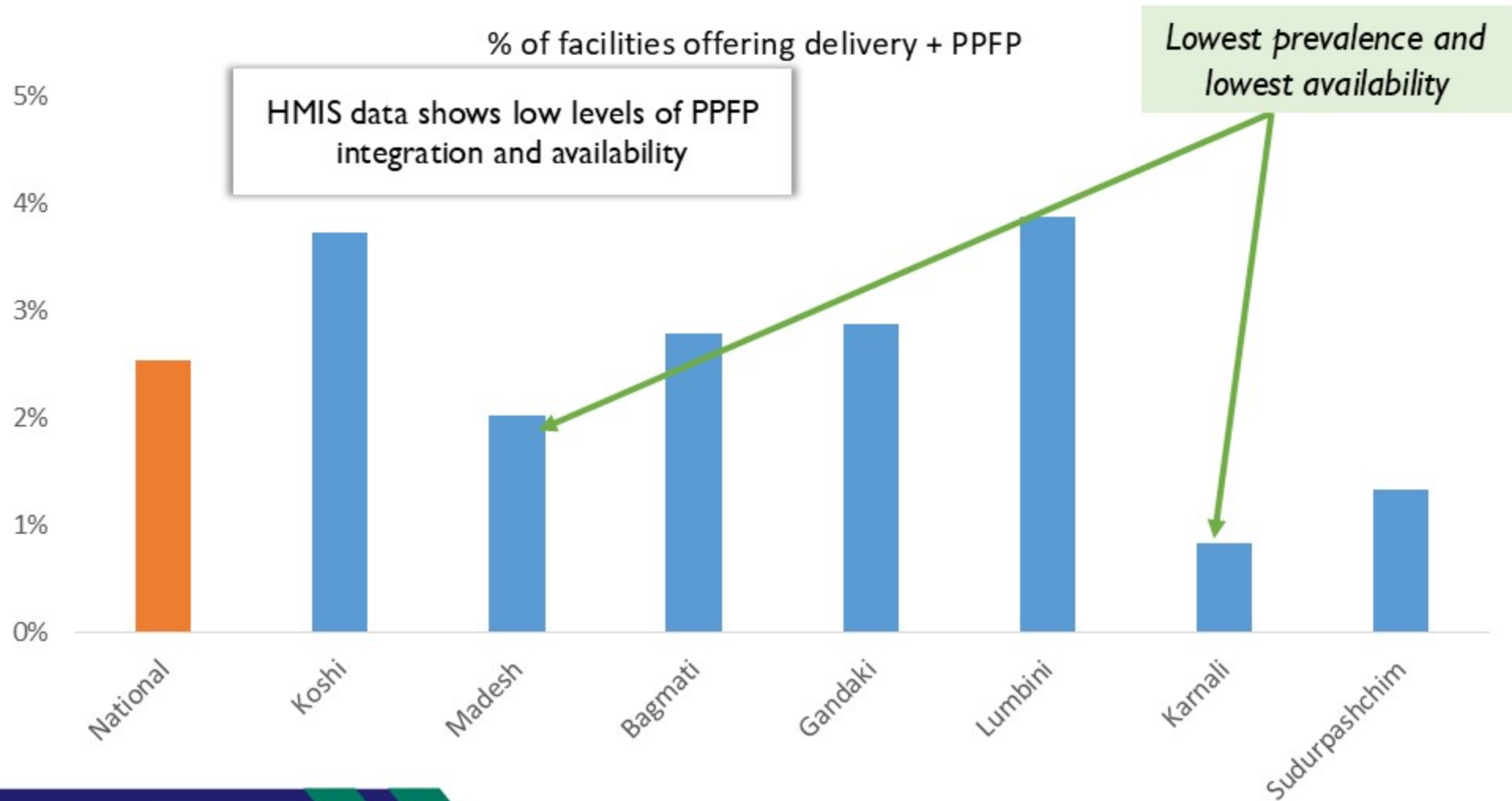


PPFP Uptake by Delivery Place



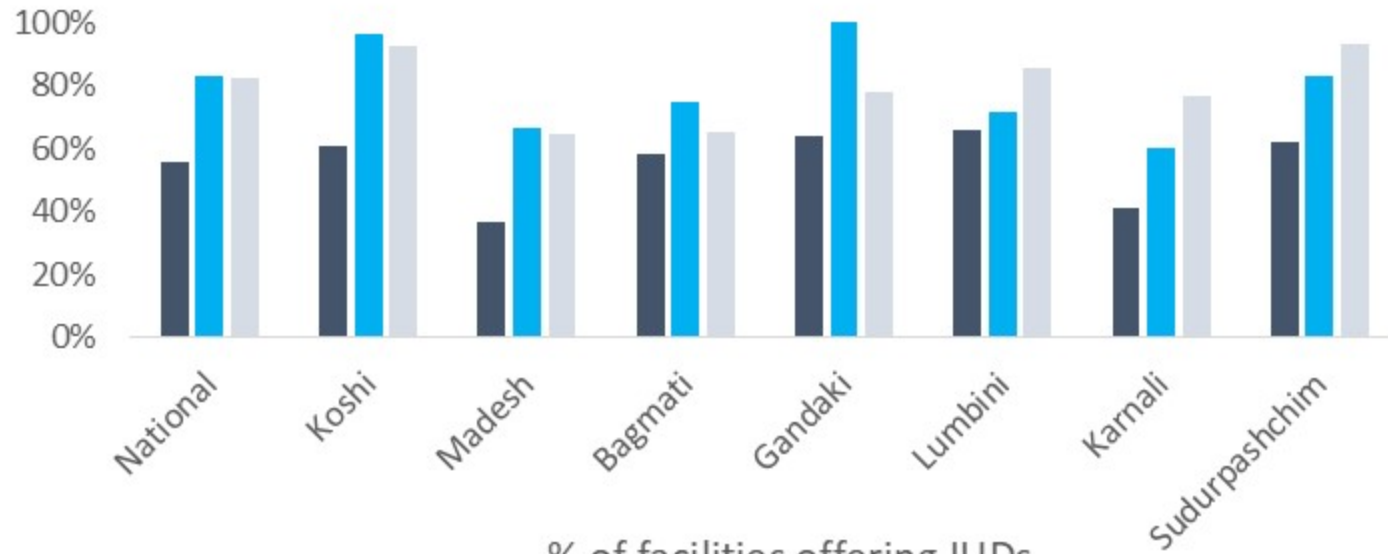
Source: DHS 2022

Availability of PFP in the Public Sector

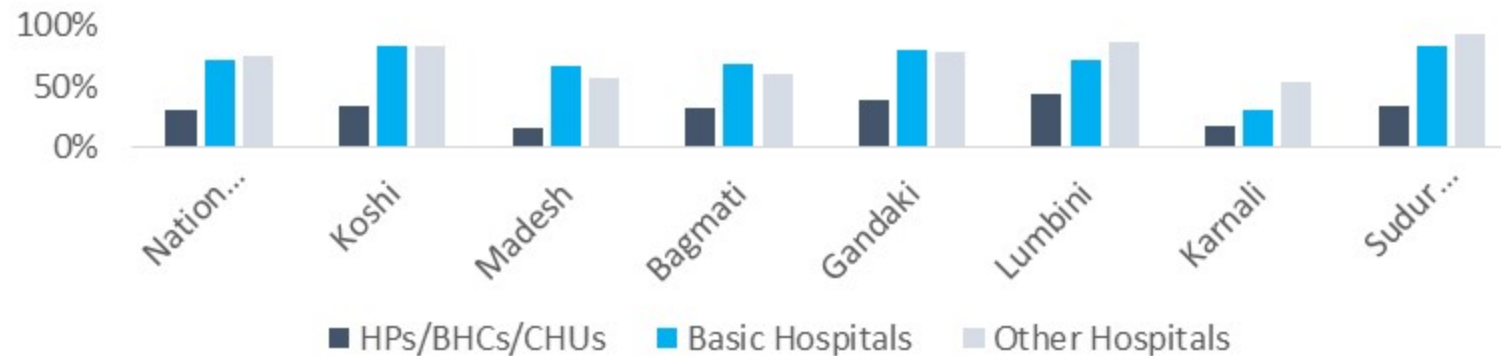


Where are LARCs available?

% of facilities offering Implants



% of facilities offering IUDs



There is room to increase availability for implants and IUDs

Final Decisions

- Initially developed 3 different scenarios:
- Maximizing current infrastructure and contacts
- Leaving no one behind
- Increasing choices

Then combined the positives from these into a final scenario (plus doing some scale up adjustments to reach goal)

FINAL LIST OF STRATEGIC PRIORITY INTERVENTIONS

1. Stockout Reduction

2. Increase Availability in Public Facilities

Increased access to LARCs
Increased access to sterilization
Universal availability of STMs

3. Community Outreach

FCHVs
Mobile Outreach (multiple types)

4. Increase Integration of FP

PPFP
PAFP

5. Increase Support for Private Sector

- Mobile outreach
- Social franchising
- Pharmacy provision
- Medical Colleges/OBGYN
- Private community health workers

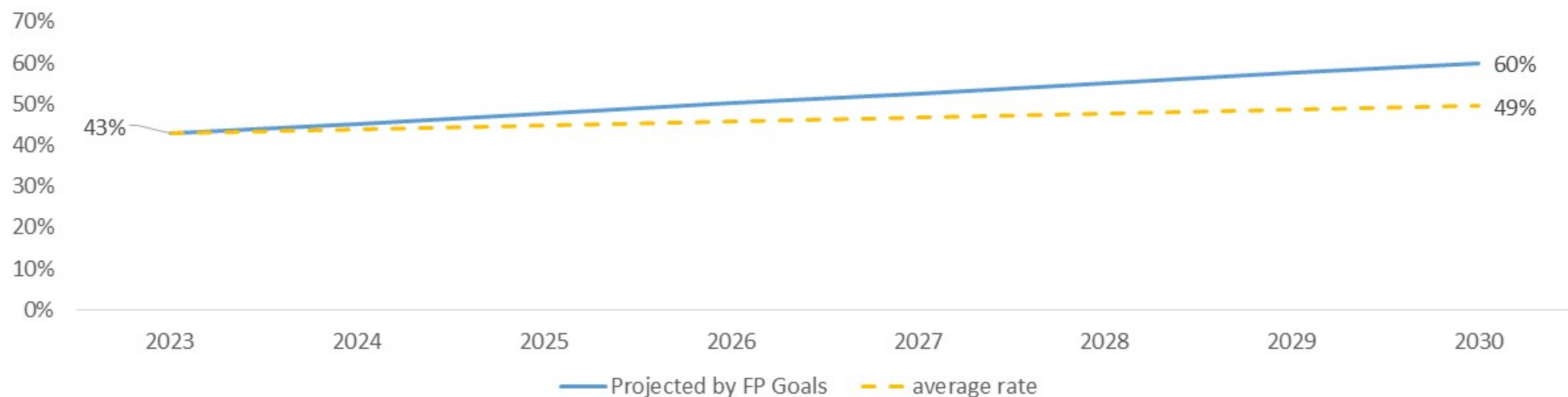
6. Expand Demand Generation

- IPC

Identified as having the highest impact and the most feasible to implement and scale up in the near term

Scenario 5: National Impacts

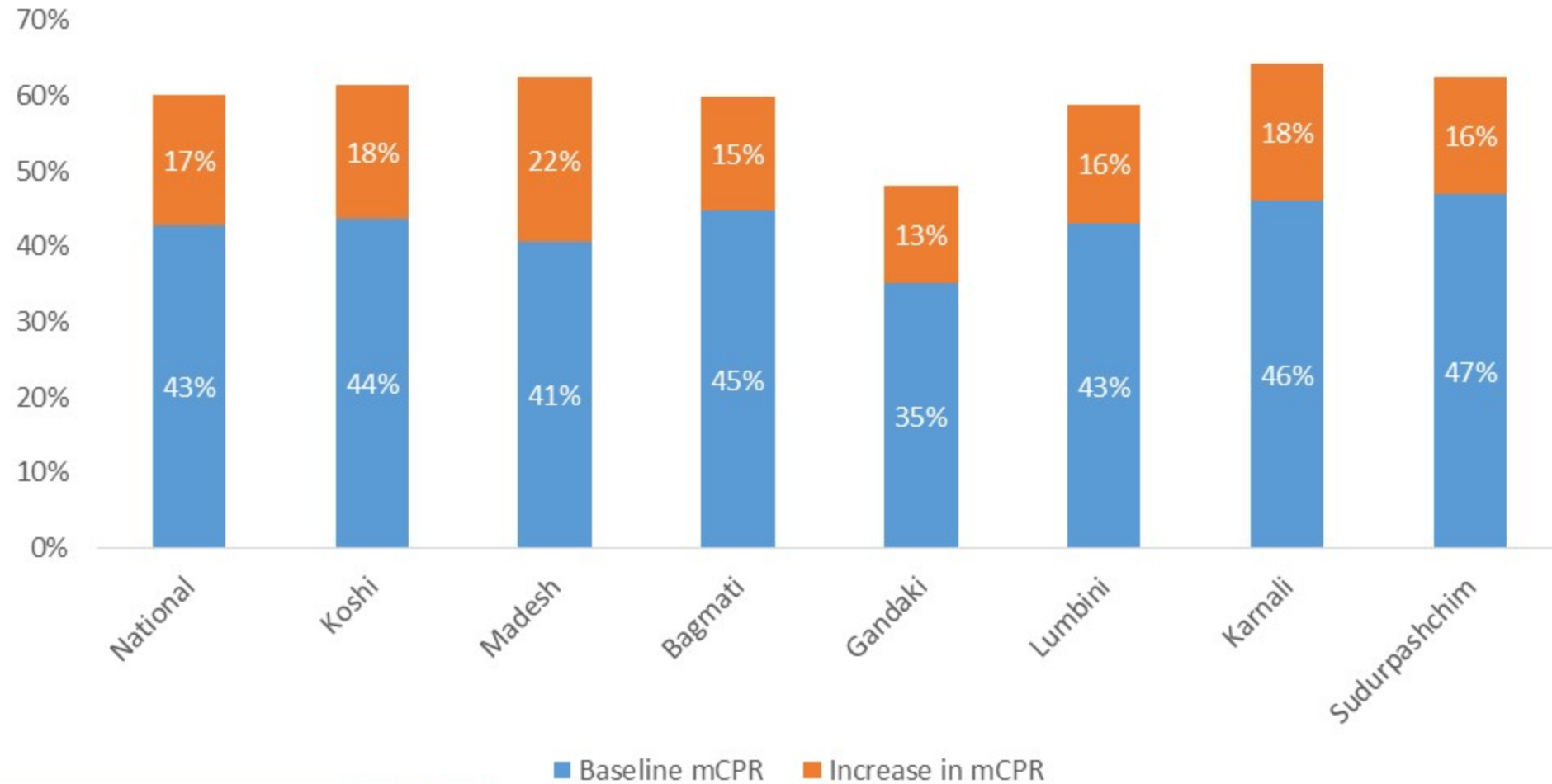
mCPR Married Women) Projection 2023-2030



Scenario 5

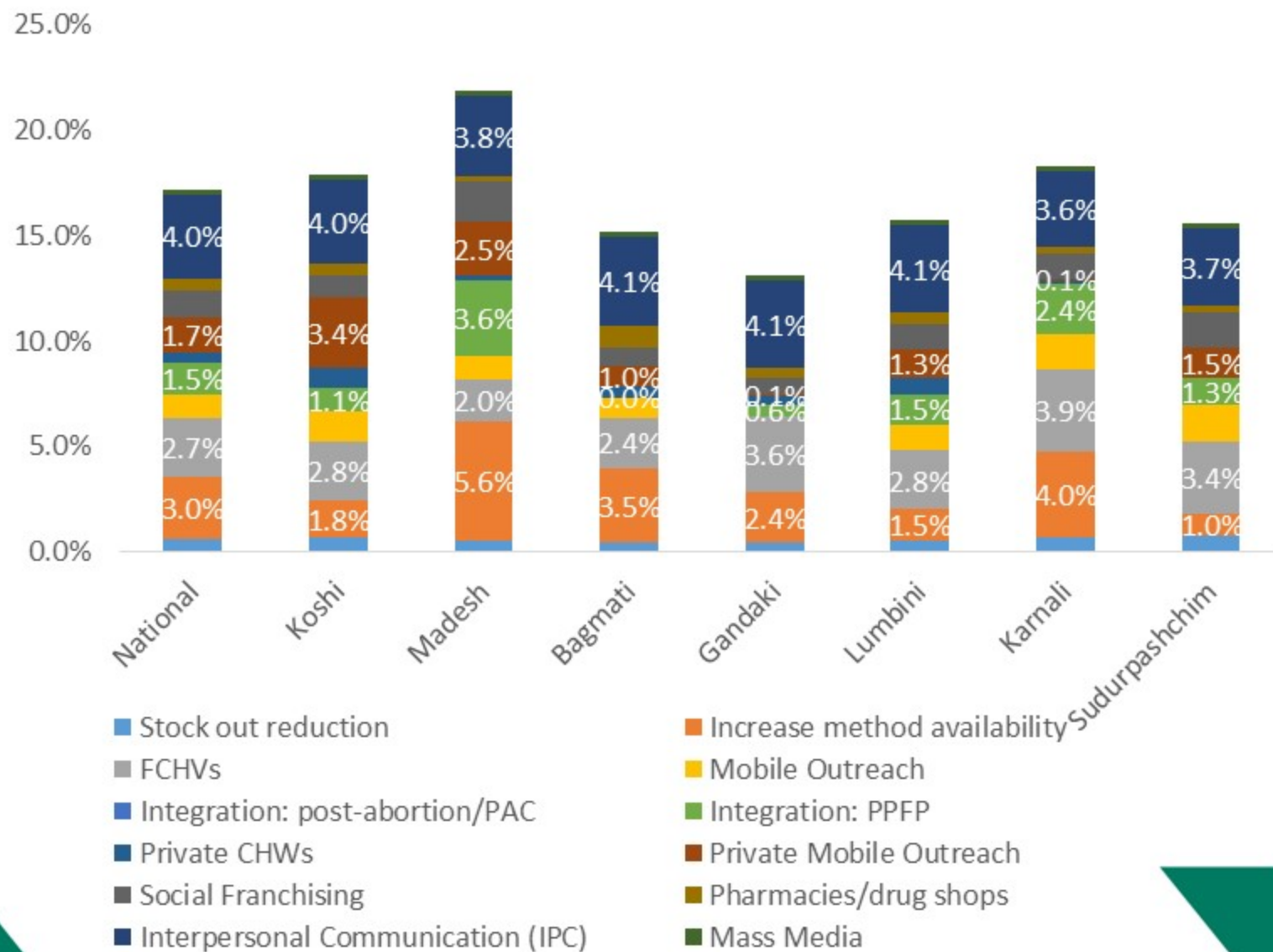
Total Change in mCPR

% mCPR growth by province



Scenario 5 Where is growth coming from?

% mCPR Growth



Putting the CIP into Practice

- To get these estimated impacts we actually have to implement the defined scenario
 - This will require everyone (government and partners) to align on priorities and division of responsibility to reach specified scale-up of each intervention
- The model assumes that the interventions are implemented in alignment with High Impact Practices
 - This means the services are high quality
 - Importance for protocols and expectations so everyone is doing the same thing

Benefits

- In addition to achieving our goal for mCPR, implementing the CIP will:
- Provide additional choices to women and couples
- Ensure available resources are maximized and focused
- Reduce inequities within the country by scaling up services in provinces with lower availability

Thank You

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