Family Planning UNMET NEED

The Nurse Mildred Radio Talk Shows

TOPIC 6: Family Planning Injectables

Guests
FP counsellor from MSU, RHU& UHMG –
• Nurse Mildred
• Nurse Betty

Objectives of the programme:
• To inform listeners about the injectable method of family planning.
• To correct misconceptions and rumours about the injectable.
• To create a positive (and desired) image of people who use the injectable.
• To convince listeners that the injectable is an effective and safe family planning method.
• To encourage listeners to seek more information about the injectable.

Questions for interviewer

1. Injectables are known as one of the modern family planning methods, nurse please share with us what they are and why the name injectables.
2. Nurse Mildred how exactly do these injectables work?
3. What is the difference between injectables and family planning pills?
4. So nurse how are injectables used and where are they administered?
5. Since these are injections nurse, can they be used by both men and women?
6. When can one begin using injectables?
7. We have heard that injectables stop women from having their periods and that this causes fibroids, is this true?
8. What about breastfeeding mothers? Are injectables safe for them?
9. What side effects from injectables can women expect?
10. What are the benefits of using injectables as a modern family planning method?
11. Where can one access injectables?
12. Do injectables influence risk of HIV/AIDS transmission?

13. How can women and men ask about injectables to get more information?
   (What should they ask? To whom? Where? When? Why should they ask – give reasons to motivate seeking more information)
Key Points - Injectables

- Family planning injectables contain a hormone called Progestin. This is the same hormone that is contained in family planning pills. Injectables work by stopping release of eggs from ovaries, also thickens cervical mucus making it difficult for sperm to go through.

- There are two types of injectables - Depo-Provera which lasts for 3months, and Noristerat which lasts for 2months. A woman takes an injection once every three months to prevent pregnancy.

- When a woman wants to get pregnant again, she stops taking the injections. In a few months, she will be able to get pregnant again.

- Injectables are very effective and safe.

- Injectables are 99% effective in preventing pregnancy. This means that there is only 1 pregnancy for every 100 women who use them in 1 year.

- There can be some side effects. These are not risky to the woman’s health. Some women experience changes in vaginal bleeding such as spotting, light bleeding, between periods, or no bleeding (amenorrhea). these are reversible.

- Most women can use injectables. Any age, whether or not they have children. Safe during breast feeding—it contains the same hormones as the Progestin Only Pills.

- There are health benefits from using injectables. Injectables help prevent uterine fibroids, ectopic pregnancies, ovarian cancer, and may help to prevent iron deficiency anemia. Also, like for all methods, women have increased sexual enjoyment because no need to worry about pregnancy.

- Does not increase risk of heart attack.

- Other benefits of injectables are that women do not have to remember to take it each day, and it is very private.

- It is important to remember that implants do not protect a woman from sexually transmitted infections such as HIV/AIDS. Therefore, anyone at risk (any who is not in a fully monogamous relationship with a partner who has been tested for HIV) should use condoms as well.
Injectables are available in both private and government health units and should be provided by a trained FP counselor and provider. Look for places that have the rainbow over the yellow flower for more information.

* These are questions related to the many prevalent myths related to implants. If you are asked one of these questions, you should make a clear concise response, and then if appropriate refer them to a medical provider.

Frequently Asked Questions about Injectables

Q  What are the side effects of Injectables?
A  Some women experience side effects from injectables. These are not risky to women’s health. Some women experience changes in vaginal bleeding such as spotting, light bleeding, between periods, or no bleeding (amenorrhea). Some women experience reduced vaginal fluids.

Q  Can injectables delay conception after you have stopped?
A  Not for long. When a woman wants to get pregnant again, she stops taking the injections. In a few months, she will be able to get pregnant again.

Q  What are the benefits of taking injectables?
A  Injectables do not require daily attention, they are private, do not interrupt love-making, protect against anemia and many cancers and uterine fibroids.

Q  Why should I get more information about injectables?
A  Many people have wrong information about injectables. You should get informed for yourself, so that you can make good decisions for you and your family, and share correct information with your friends and family members, who will also benefit from learning options to space births and make their families healthier.

Q  Where can I get more information about injectables?
A  Look for places that have the rainbow over the yellow flower for more information.