

Policies addressing family planning in Pakistan: An overview

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Abstract: In Pakistan, Sindh remained second most thickly populated province, there are forty-six million populations of this province, and of that almost half is urban population. The coasted implementation plan is based on population censuses of province and prioritized family planning needs accordingly. The objectives of policies in Province are aligned with family planning activities that are visualized as an accord for the government. It is for the first time; Pakistan has developed a method of coasted implementation planning to control births in Sindh Province. The method was closely-held and light-emitting diode by its population welfare department and there is facilitation in the technical area by the funding agencies, and it is also supported by Bill & Malinda Gates Foundation. Almost twenty-eight stakeholders were consulted. There was consultancy sessions conducted with the stakeholders. Using the results framework all the information gathered from the stakeholders was truly analyzed for focus areas assessment, its causes and what better outcome can be expected.

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Background and Salient feature: There was a gathering in London attended by the all policy makers of the world in 2012 for a meeting on family planning and to bring solution to resolve issues in family and fast-track the accomplishments of the Millennium Development Goals (MDGs) associated with maternal and child health (MDG four and five) and universal access to health (MDG 5b). The Conference considered upon creating assurances, taking unwavering actions and provides services for family planning with available resources and in this regard it may help in accomplishing the rights of women. Pakistan's warrants enclosed to increase the prevalence of contraceptive rate to fifty-five p.c by 2020^{1,2}. To achieve the success the Government of Sindh is set to reestablish and quicken the FP program within the province, with a strong social and political support from the politician and religious leaders.

Rationale: In the mid of 1960s the program on Family Planning established in Pakistan. There are many policies and initiatives taken by the government of Pakistan in this regard. The current status of prevalence of contraceptive is at 12.5%, meditative around 0.5% annual increase since the family planning program started in 1964.³ Women have reported mistreatment of family

planning that is approximately 12.5%. contemporary method is used by 22% and conventional technique by 8%. According to this percentage it is estimated that there are twenty-four million married women that are fertile (MWRA)¹, or so contemporary technique is used by five million women and conventional methods are nearly used by two million women and almost seventeen million women do not use any kind of family planning method. These seventeen million embody around half-dozen million ladies World Health Organization would wish to use FP, however aren't mistreatment it and so have associate unmet would like for planning. Planning has steady multiplied in Pakistan^{4,5}. For the last fifty years this speed in increase has been slow down and its around 0.5%. The method combine suggests that the foremost common strategies element, that is controlled by the women and couples, maybe reflective at the standard and availability of the planning services⁶

Process of formulation and implementation: In Population welfare department the members of the costed implementation planning as well as Director General adult male. Bashir Mangi; further Secretaries Syed Ashfaq crowned head, Dr. Azmat Waseem; Allahdino Ansari; and Deputy Secretary Syed Lakhadino head of the department supported the program of family planning and the training were done by the Regional Training Institute of Reproductive health. The responsibility of implementation lies on a range of stakeholders: the provincial medical examiners, doctors (gynecologists/general physicians), Paramedics (Nurses, lady health visitors and midwives'), National lady health workers Program, the non-public sector. As per the CIP, the provincial health care workers square measure expected to market birth control among couples, and conjointly make sure that health service suppliers square

measure enduring by the CIP and every one health care suppliers square measure message every couple and providing commodities throughout visit²

In order to meet the family planning 2020 goals and strengthen of the CIP implementation, the most important areas of service delivery are need to be addressed. The availability of Human resources, quality service, good referrals, subsidiary superintendence and coordination to be focused and given attention by the department of health. There is need to understand the common causes of failure and strategies must be developed by the departments, politician and social welfare committees.^{7,2}

Reasons/factors for success or failure of policy: There square measure many factors, direct and indirect, which can hinder this CIP from reaching its meant goal.² One direct issue is that the lack of stress this CIP places on coaching provincial doctors, nurses, and doctors on advising and educating families regarding the advantages of birth prevention. Considering the low accomplishment and awareness levels amongst our population, it's vital that the Population welfare department (PWD) not simply provides the education materials however additionally the desired coaching required to deliver the correct electronic messaging regarding this topic⁷ Given the sheer variety of aid facilities across the province, this might create a giant limitation to implementation. Secondly, this policy depends on compliance from all actors - personal practicing personals, doctors and doctors while not fitting place an observance mechanism. The absence of a strong observance system that would guarantee frequent reportage from all of the involved actors would impose a threat to fortunate implementation of this policy⁸

The CIP additionally expects the health care suppliers to supply subject matter sessions on birth prevention. it's attainable that not all

suppliers could counsel on birth prevention practices, or they may even solely by selection ways subject matter. Therefore, it's unclear however the Government expects to observe the all the service suppliers from wherever females take health care services. In such a case, the effectiveness of the policy would be severely compromised.¹

It is additionally not clear whether or not the government would be coaching the doctors on observance the Family Planning services centers, or whether or not it'd be collaborating with different stakeholders or civil society organizations in spreading this information. In either case, there has to be a lot of clarity on the sort on coaching that may be provided to the doctors that might then provide a lot of correct image on the effectiveness of this CIP. There are many indirect reasons that may have an effect on the effectiveness of the CIP. One is that a considerable variety of spiritual leaders that square measure against the birth prevention or birth spacing. Many ladies could also be unable to set up their youngsters and would thus succumb to deliver kid once a year. Next, the prevalence of male dominant society additionally had a negative role in deciding and females have very little or terribly less probabilities to create her call of conception.

The awareness campaign and creating demand not to mention improvement in subject matter and techniques. The social communication (IPC) at native ranks got to be efficient, enhanced and created the backbone of Family Planning determinations to deal with the missing associations between suggestion and claims, to reach each woman with an unmet want for family planning.^{1,8} A lack of awareness regarding the advantages of birth prevention is additionally a number one cause for families not spacing between youngsters, and this rule can facilitate in educating a lot of girls regarding the advantages of birth prevention.

Lessons and policy implications for developing countries: Evidence suggests that birth prevention has huge positive effects on mother, child and family health and well-being. In developing countries, wherever education and awareness is low and health outcomes square measure typically compromised as a consequence, it's vital for such policies to be instated. This CIP, if enforced with success, would increase awareness amongst families and mothers regarding the importance of birth prevention for a women's health furthermore as facilitate evade any misunderstanding regarding the side-effects and spiritual impact - thereby rendering family health a lot of economical. However, it's additionally vital to notice that such policies, particularly in developing contexts, need in depth coordination with all stakeholders, like health suppliers, doctors, community leaders, Family house owners and therefore the non-public sector, for sure-fire implementation. Public health planners ought to specialize in enhancing reach supplies continuity, and availability of birth prevention services to scale back the massive unmet need⁴ methods to expand access to ladies on the far side the present 12-tone music coverage should explore the role of NGOs, public- non-public partnerships, and alternative innovative models from the Regional Training of hospital and aid personnel is of utmost importance for sure-fire delivery, and frequently, in developing countries, systems aren't in place to implement such large-scale policies.⁵

Conclusion: Before proposing approach, policy makers got to contemplate the history of the birth control Program. There has been very little consolation since the 'fabulousness period' of the Program in 1965-1969.^{3,5} From that time forward, the views of spiritual unions restricted to birth control have created a large hole amongst birth control and Pakistani country. the shortage of necessary

data concerning contraceptive ways, social opposition to their use, and health considerations concerning potential aspect effects. Ayub Khan' (President of Islamic Republic of Pakistan amid the 1965-1969 period) created eager endeavors to advance population transcription has confronted a solid challenge from spiritual gatherings actually the spiritual challenge against family transcription vie a key half within the expulsion of Ayub's Government. The writing remarks on the absence of amendment in fertility levels of Islamic Republic of Pakistan amid Nineteen Seventies nevertheless it does not feature the middle reason of no amendment. The views of spiritual pioneers in Islamic Republic of Pakistan have essential result on the regenerative decisions of individuals.⁵

To the extent the present views of maturity stagnation area unit involved, the rightness of those views got to be inspected by noting the related to inquiries.

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