

Family Planning



The Need for Family Planning

Early and frequent childbearing has serious consequences for the health of girls and women, contributing to higher rates of mortality and morbidity from obstetric complications such as eclampsia, obstructed labour, haemorrhage, anaemia and premature delivery. Women and girls also suffer adverse socioeconomic consequences of early and frequent childbearing. Girls who experience their first pregnancy in adolescence often terminate their education, limiting their future participation in positive social and productive economic activity.

Access to safe, effective, acceptable, and affordable family planning methods and services is an essential intervention to reduce maternal mortality and morbidity and enable women to fulfil their potential through education and employment. However, the benefits of family planning extend far beyond the individual women served. Significant reductions in infant mortality can be realized by family planning. Consistent and correct use of condoms is an important means of preventing transmission of HIV and other sexually transmitted diseases, and comprehensive family planning is a highly cost-effective means of preventing mother-to-child transmission of HIV. Family planning also stems the tide of overpopulation, which is especially important in Tanzania, a country experiencing rapid population growth. In Dar es Salaam, one of Africa's fastest growing urban centres, the population is expected to grow from 5.5 million in 2018 to 10 million in 2025.

27%

OF TANZANIAN WOMEN BETWEEN 15-19
are either pregnant or already
mother of their first child

ON AVERAGE,
TANZANIAN WOMEN BEAR

5-6 CHILDREN

during their reproductive years

EACH YEAR IN TANZANIA,

11,000

WOMEN DIE OF COMPLICATIONS RELATED
TO PREGNANCY & DELIVERY

The maternal mortality rate in
Tanzania is 556 per 100,000 live births.

ONLY 32%

OF WOMEN OF REPRODUCTIVE AGE
in Tanzania are using a modern
method for family planning

Family Planning at CCBRT

In close collaboration with family planning experts at EngenderHealth and Population Services International, as well as key stakeholders from the Ministry of Health and Social Welfare's regional and district health management teams in Dar es Salaam Region, CCBRT established a family planning unit in 2013. Tim's Corner – whose name honours the legacy of the late Tim Manchester, a champion for reproductive health in Tanzania – is located adjacent to the Disability Hospital and encompasses a family planning clinic, information kiosk, and a small shop. The family planning clinic offers the full range of short and long acting contraceptive methods (with referrals for permanent methods), while the kiosk provides free information, education, and communication materials on reproductive health, family planning, and disability.

The three target groups that CCBRT aims to reach through Tim's Corner's activities and services are:

- **Parents and caregivers of children with disabilities who visit CCBRT daily**
- **Women recovering from obstetric fistula, their partners, and Mabinti Centre trainees**
- **CCBRT staff**

In 2018, Tim's Corner provided services as diverse as counselling to clients wanting to conceive, advice on natural family planning methods, pregnancy tests, emergency contraception, general family planning counselling, and follow up.

The Future of Family Planning at CCBRT



The importance of family planning to CCBRT's work will only continue to grow as CCBRT opens its Maternity and Newborn Hospital (MH) in 2020. Here, we will provide comprehensive, client-oriented family planning services for patients who are under treatment at CCBRT-MH. Family planning will be integrated across MH services: in post-partum and post-natal care, in post-abortion care, in HIV/PMTCT services. Moreover, family planning communication will be integrated in ante-natal care services. Short and long term methods will be provided (e.g., hormonal contraceptives, intrauterine devices, barrier methods), with referral services for permanent methods of FP (i.e., tuba ligation, vasectomy).

In our work, both in the current family planning unit and the future unit in the MH, CCBRT strives to make quality family planning services more accessible, affordable, and equitable for all Tanzania's people.