

NEW  
2018

# Family Planning

A GLOBAL HANDBOOK FOR PROVIDERS



2018 EDITION



# What's New in This Edition?

## New family planning recommendations from WHO

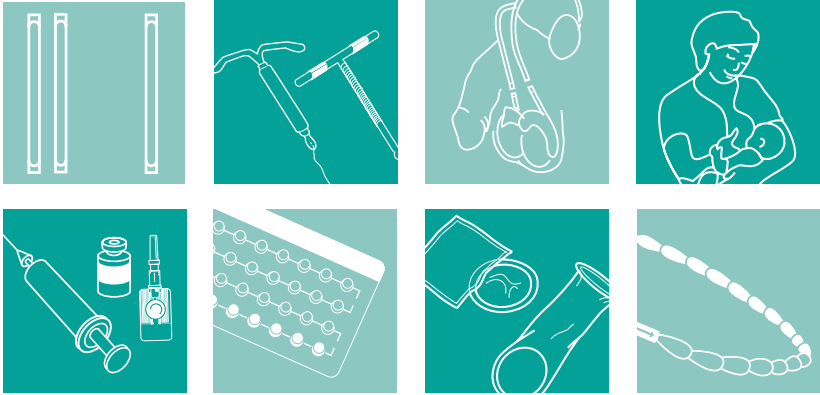
- Women who are breastfeeding can start progestin-only pills or implants at any time postpartum (pp. 35 and 139)
- New Selected Practice Recommendations on the levonorgestrel implant Levoplant (Sino-Implant (II)) (p. 131), subcutaneous DMPA (p. 65), the combined patch (p. 119), the combined vaginal ring (p. 123), and ulipristal acetate for emergency contraception (p. 49)
- When to start a family planning method after taking emergency contraceptive pills (all chapters)

## New coverage in this edition

- Human rights: Family Planning Providers' Contribution (p. xii)
- "How Can a Partner Help?" (in most chapters)
- Giving the Injection with Subcutaneous DMPA in Uniject (Sayana Press) (p. 81)
- Teaching Clients to Self-Inject (p. 83)
- Progesterone-releasing vaginal ring (p. 127)
- Clients with disabilities (p. 327)
- Safer Conception for HIV Serodiscordant Couples (p. 333)
- "LIVES"—5 steps for helping women subjected to violence (p. 363)
- Counseling About Effectiveness (p. 371)
- Task-Sharing: WHO Recommendations (p. 374)
- Considering Progestin-Only Injectables Where HIV Risk Is High: Counseling Tips (p. 438)
- Ruling Out Pregnancy (p. 439)

## Expanded or updated coverage

- Instructions on implant insertion (p. 142)
- Levonorgestrel IUD (p. 181)
- Prenatal care (p. 345)
- Infant feeding for women with HIV (p. 352)
- Infertility (p. 364)
- Effectiveness of family planning methods (p. 383)
- Medical Eligibility Criteria for Contraceptive Use (p. 388)



# Family Planning

**A GLOBAL HANDBOOK FOR PROVIDERS**

Evidence-based guidance developed  
through worldwide collaboration

Updated 3rd edition  
2018

World Health Organization  
Department of  
Reproductive Health and Research

Johns Hopkins  
Bloomberg School of Public Health  
Center for Communication Programs  
Knowledge for Health Project

United States Agency for International Development  
Bureau for Global Health  
Office of Population and Reproductive Health

# How to Obtain More Copies

The Knowledge for Health Project at Johns Hopkins Center for Communication Programs offers copies of *Family Planning: A Global Handbook for Providers* free of charge to readers in developing countries. All others, please contact the Knowledge for Health Project for more information.

To order by e-mail, write [orders@jhuccp.org](mailto:orders@jhuccp.org) and include your name, complete mailing address, and telephone number.

To order via the Web, visit <http://www.fphandbook.org/order-form>.

The website <http://www.fphandbook.org> also offers downloads of printable files and files for e-readers in various languages of the Global Handbook and the updated wall chart, *Do You Know Your Family Planning Choices?*. The updates have been prepared in English. As they are translated into other languages, the translations will appear on the website.

© 2007, 2008, 2011, 2018 World Health Organization and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs

ISBN 13: 978-0-9992037-0-5

Suggested citation: World Health Organization Department of Reproductive Health and Research (WHO/RHR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project. *Family Planning: A Global Handbook for Providers* (2018 update). Baltimore and Geneva: CCP and WHO, 2018.

Published with support from the United States Agency for International Development, Global, GH/SPBO/OPS, under the terms of Grant No. AID-OAA-A-13-00068. Opinions expressed herein are those of the authors and do not necessarily reflect the views of USAID, The Johns Hopkins University, or the World Health Organization.

Requests to translate, adapt, or reprint: The publishers welcome requests to translate, adapt, reprint, or otherwise reproduce the material in this document for the purposes of informing health care providers, their clients, and the general public and improving the quality of sexual and reproductive health care. Inquiries should be addressed to WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (fax: +41 22 791 48 06; e-mail: [permissions@who.int](mailto:permissions@who.int)) and the Knowledge for Health Project, Center for Communication Programs, Johns Hopkins Bloomberg School of Public Health, 111 Market Place, Suite 310, Baltimore, Maryland 21202, USA (fax: +1 410 659-6266; e-mail: [orders@jhuccp.org](mailto:orders@jhuccp.org)).

Disclaimer: The mention of specific companies or of certain manufacturers' products does not imply that the World Health Organization, The Johns Hopkins University, or the United States Agency for International Development endorses or recommends them in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

The publishers have taken all reasonable precautions to verify the information in this publication. The published material is being distributed, however, without warranty of any kind, either express or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the publishers be liable for damages arising from its use.

# Family Planning

A GLOBAL HANDBOOK FOR PROVIDERS

# Contents

What's New in This Handbook? .....	inside front cover
How to Obtain More Copies .....	ii
Forewords .....	vi
Acknowledgements .....	viii
WHO's Family Planning Guidance .....	x
Human Rights: Family Planning Providers' Contribution .....	xii
Collaborating and Supporting Organizations .....	xiv
<b>1</b> Combined Oral Contraceptives .....	1
<b>2</b> Progestin-Only Pills .....	29
<b>3</b> Emergency Contraceptive Pills .....	49
<b>4</b> Progestin-Only Injectables .....	65
<b>5</b> Monthly Injectables .....	97
<b>6</b> Combined Patch <i>Only the Essentials</i> .....	119
<b>7</b> Combined Vaginal Ring <i>Only the Essentials</i> .....	123
<b>8</b> Progesterone-Releasing Vaginal Ring <i>Only the Essentials</i> .....	127
<b>9</b> Implants .....	131
<b>10</b> Copper-Bearing Intrauterine Device .....	155
<b>11</b> Levonorgestrel Intrauterine Device .....	181
<b>12</b> Female Sterilization .....	211
<b>13</b> Vasectomy .....	231
<b>14</b> Male Condoms .....	247
<b>15</b> Female Condoms .....	261
<b>16</b> Spermicides and Diaphragms .....	271
<b>17</b> Cervical Caps <i>Only the Essentials</i> .....	289
<b>18</b> Fertility Awareness Methods .....	291
<b>19</b> Withdrawal <i>Only the Essentials</i> .....	307
<b>20</b> Lactational Amenorrhea Method .....	309

<b>21</b>	Serving Diverse Groups.....	319
	Adolescents .....	319
	Men .....	323
	Women Near Menopause .....	325
	Clients with Disabilities .....	327
<b>22</b>	Sexually Transmitted Infections, Including HIV .....	329
<b>23</b>	Maternal and Newborn Health .....	345
<b>24</b>	Reproductive Health Issues .....	357
	Family Planning in Postabortion Care .....	357
	Violence Against Women .....	360
	Infertility .....	364
<b>25</b>	Family Planning Provision .....	368
	Importance of Selected Procedures for Providing	
	Family Planning Methods .....	368
	Successful Counseling .....	370
	Who Provides Family Planning? .....	372
	Infection Prevention in the Clinic .....	376
	Managing Contraceptive Supplies .....	380

## BACK MATTER

Appendix A. Contraceptive Effectiveness .....	383
Appendix B. Signs and Symptoms of Serious Health Conditions .....	384
Appendix C. Medical Conditions That Make Pregnancy	
Especially Risky.....	386
Appendix D. Medical Eligibility Criteria for Contraceptive Use .....	388
Glossary.....	400
Index .....	408
Methodology .....	420
WHO Guidance Documents .....	422
Illustration and Photo Credits .....	424

Searchable online at [www.fphandbook.org](http://www.fphandbook.org)

## JOB AIDS AND TOOLS

Comparing Contraceptives	
Comparing Combined Methods .....	426
Comparing Injectables .....	427
Comparing Implants .....	428
Comparing Condoms .....	428
Comparing IUDs.....	430
If You Miss Pills.....	431
Female Anatomy.....	432
Male Anatomy.....	435
Identifying Migraine Headaches and Auras .....	436
Considering Progestin-Only Injectables Where HIV Risk Is High:	
Counseling Tips .....	438
Ruling Out Pregnancy.....	439
How and When to Use the Pregnancy Checklist and	
Pregnancy Tests .....	440
Pregnancy Checklist .....	Inside back cover
Effectiveness Chart .....	Back cover

## From the World Health Organization

Access to high-quality, affordable sexual and reproductive health services and information, including a full range of contraceptive methods, is fundamental to realizing the rights and well-being of women and girls, men and boys. Universal access to effective contraception ensures that all adults and adolescents can avoid the adverse health and socioeconomic consequences of unintended pregnancy and have a satisfying sexual life. Key global initiatives, including the Sustainable Development Goals and the Global Strategy for Women's, Children's and Adolescents' Health, call for universal access to family planning services as a right of women and girls and crucial to a healthy life.

However, reducing the vast unmet need for family planning remains a massive challenge to countries and the global health community. Services are still poor-quality or unavailable in many settings, while service delivery and social constraints persist.

Family planning providers are at the core of health system responses to these challenges. The Global Handbook offers clear, up-to-date information and advice to help providers meet clients' needs and inform their choice and use of contraception. The Handbook is also an excellent resource for training and can help to reinforce supervision.

The 2018 edition of the Handbook includes new WHO recommendations that expand contraceptive choices. For example, WHO now recommends that breastfeeding women can start progestogen-only pills or contraceptive implants any time after childbirth. More contraceptive options are now included: ulipristal acetate for emergency contraception; sub-cutaneous injection of DMPA; and the progesterone-releasing vaginal ring. Also, guidance on starting ongoing contraception following emergency contraception is provided. An important message throughout is WHO's recommendation that adolescent girls and young women are medically eligible to use any contraceptive method. In addition, the Handbook highlights opportunities for task sharing among providers to make contraceptive methods more available. This edition also includes the latest WHO guidance on hormonal contraception and HIV and advice for counselling clients at risk of HIV infection on their contraceptive choices.

WHO encourages all national health systems and other organizations providing family planning to consider this new edition of the Global Handbook a key document to

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_25772](https://www.yunbaogao.cn/report/index/report?reportId=5_25772)

