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Diploma in Pharmacy 1st Year

Social Pharmacy

Experiment

To study about different types of family planning devices used

Aim:

To study about different types of family planning devices used

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “
Practical Manual of Social Pharmacy ” Published by Nirali Prakashan ,
Pg.No 9 - 15

Theory :

The word family planning means to decide "The number and timing of children in the family". According to WHO (World health organisation) in 1971 defined family planning as a "a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and responsible decision by individuals and couples in order to improve the health and welfare of the family group and thus contribute effectively to the social development of a country". Many young people need contraceptives to delay pregnancy. Ideally, young women and men should wait until at least 18 years or have finished studies, and are ready before having children. After having a child, it is healthier to wait at least 2 years to try to become pregnant again.

Benefits of Family Planning

- 1) Mothers and babies are healthier when risky pregnancies are avoided.
- 2) Smaller families mean more money and food for each child.
- 3) Parents have more time to work and to be with family.
- 4) Delaying first or second pregnancy lets young people stay in school.

Methods of Family Planning

There are many methods to choose from. Some are more effective than others. Some are easier to use and some are harder to use. Methods that are harder to use may be less effective if they do not use them correctly.

Following methods of family planning are considered

- 1) Pill:** A pill with hormones in it that is taken every day. It prevents the release of egg and blocks the sperm from meeting the egg. It is effective when a pill is taken every day. It causes less monthly bleeding and cramp. The pill should not be missed for a single day, and if missed take missed pill as soon as possible. Take two pills at the same time. In case the women miss more than 2 days of pills in a row, use condoms for 7 days and keep taking pills. If the women miss these pills in week 3, also skip the reminder pills and start a new pack. Sometimes irregular bleeding occurs firstly followed by lighter monthly bleeding with less cramping. Some women have stomach upset or mild headaches that go away after first few months.

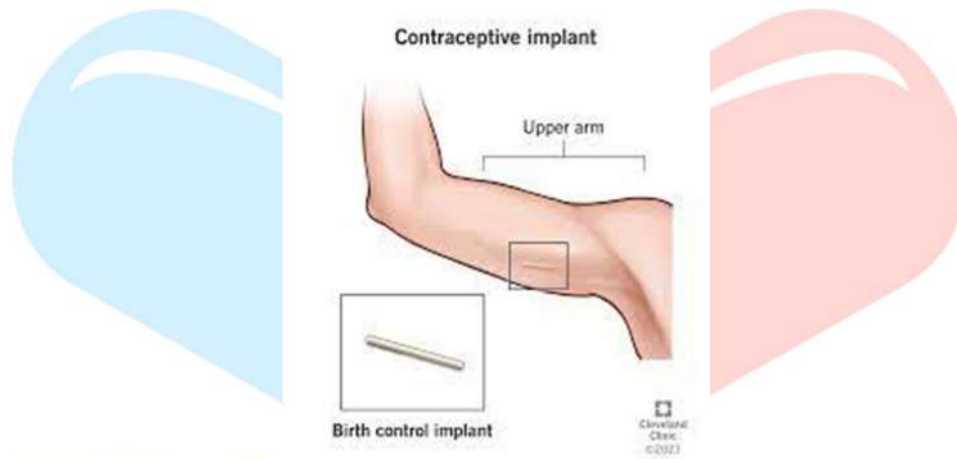


- 2) Injection:** It is a Hormone injection which prevents the release of egg. Hormone injection is given every 2 months (NET EN) or 3 months (DMPA). It is very effective when injections are taken on time. The advantage of this contraceptive method is that its use can be kept private. If the female is breastfeeding then she can start 6 weeks after childbirth. If late for an injection then DMPA- Can still get an injection up to 4 weeks late or NET-EN- Can still get an injection up to 2 weeks late.

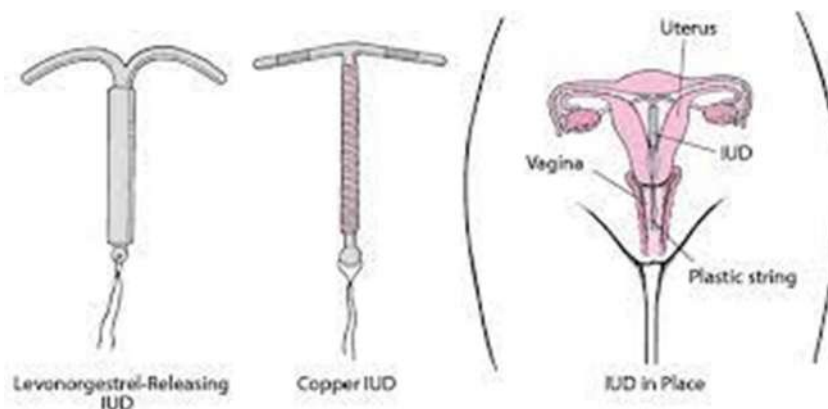
- 3) Male Condoms:** It is a thin rubber covering that fits over the erect penis. It acts as a barrier that keeps sperm out of the vagina. It prevents both pregnancy and sexually transmitted infections including HIV/AIDS. It is effective when used correctly every time while having sex. It is easy to get and use. A new condom onto erect penis before each sex act should be used. Dispose it of properly. It has no side-effects.
- 4) Female Condoms:** It is a plastic covering inserted into the vagina before sex. It acts like a barrier that keeps sperm out of the vagina. It prevents both pregnancy and sexually transmitted infections including HIV/AIDS. It is effective when used correctly every time while having sex. It is easy to get and use. A new condom should be used before each sex act. Dispose it of properly. It has no side-effects.
- 5) Vasectomy:** Specially trained provider makes two small cuts to reach the tubes that carry sperm. Testicles are not removed. Works by keeping sperm out of semen. 3-month delay in taking effect. Couple must use another method until then. After 3 months, nothing to remember. Do not need to be put to sleep during procedure.
- Male may have bruising and soreness for a few days after procedure. It does not decrease sex drive, erection or ejaculation. It is a permanent method.



6) Implants: One of the most effective methods. It is safe to use and lasts for 3 to 5 years. It can be removed at any time if the women want to get pregnant. Small tubes are placed under the skin of inner, upper arm. Hormones from the tubes blocks sperm from reaching egg and prevent release of egg. Specially trained provider inserts and removes implants. Nothing to remember to do after insertion. Changes in monthly bleeding including irregular bleeding, spotting, heavier bleeding or no monthly bleeding, are common and safe.



7) Intrauterine Devices (IUD): It is a small, flexible, plastic "T" wrapped in copper wire that is placed in the womb. It prevents sperm from meeting the egg. Specially trained provider inserts and removes IUD. It can be put in right after she have a baby as well as at other times. Nothing to remember to do after insertion. Some cramping and heavier bleeding during monthly bleeding in the first few months of use can occur.



8) Breast Feeding Method Lactational Amenorrhea Method

(LAM): Breast feeding in a way that prevents pregnancy. It prevents the release of egg. It is safe with no side-effects. It is effective if breastfeeding is often in day and night, and no other food or liquids is given to the baby, if the baby is less than 6 months old, and the monthly bleeding has not returned. If the breast feed is less, and the monthly bleeding starts, or it is 6 months after delivery, this method will not work.

9) Emergency Contraceptive Pills: These are the pills taken after unprotected sex to prevent pregnancy. It prevents or delays release of egg. It does not cause abortion. It can be taken up to 5 days after unprotected sex. It works best when taken as soon as possible after unprotected sex. It does not cause abortion Sometimes cause nausea, vomiting, vaginal spotting or bleeding for a few days.

Result : The different types of family planning devices used were studied.