

**COUNSELLING SERVICES FOR FAMILY PLANNING
CLIENTS: A STRATEGY TO IMPROVE
CONTRACEPTIVE USE
IN NEPAL**



Badri Bahadur Khadka

วิทยาลัยวิทยาศาสตร์สาธารณสุข
จุฬาลงกรณ์มหาวิทยาลัย
COLLEGE OF PUBLIC HEALTH SCIENCES

A Thesis Submitted in Partial Fulfillment of the Requirements
for the Degree of Master of Public Health
Health System Development Programme
College of Public Health, Chulalongkorn University
1997

ISBN 974-637-372-2

© College of Public Health, Chulalongkorn University
Bangkok, Thailand

ABSTRACT

The low or non-use of contraception among currently married women of reproductive age have been seen as a problem for family planning program implementers to achieve the desired objective in Nepal. The target has been set to increase contraceptive use to 37% by the year 2000 AD from the present 29% use of contraception. Looking at the present trend of contraceptive use, it has been increasing 1.3% on an average per year during 20 years period from 1976-1996. Therefore, the target can not be met if this trend continues.

The general objective of the proposed study is to improve the family planning counselling services through trained health workers in order to increase the use of contraception among currently married women of reproductive age 15-49 years in Gajuri primary health centre, Dhading, Nepal.

A 7 days family planning counselling training program to health workers will be conducted from April 1998 by the researcher with the help of National Health Training Centre and National Health Education, Information and Communication centre in Gajuri Village, Dhading district, Nepal. The health workers will provide counselling services to the family planning clients after training to the currently married women of reproductive age 15-49 years in Gajuri primary health centre.

Impact evaluation of counselling services will be carried out after one year. The data collection methods will be focus group discussion, semi-structure interview and official statistics for the impact evaluation. The lesson learned from the impact evaluation will help to improve the future counselling training program in the country.

This study will help to determine how a communication activities like counselling affect client behavior such as contraceptive use, follow-up visits and particularly continuous use of a methods. The final report of the impact evaluation will be disseminated throughout the country to all health facilities by the year 1999.