Family Planning
Global Handbook
What is the global family planning handbook?

Who is it meant for and how it is used?

How is the handbook updated?

Key Updates in the latest handbook

How to access the handbook online?

How to order hardcopies?

Additional resources
WHAT IS THE GLOBAL FAMILY PLANNING HANDBOOK
The 1st edition of the **Family Planning – A global Handbook for service providers** was published in 2007 by WHO, USAID and Johns Hopkins University CCP in collaboration with 147 other organizations.

It translates the WHO recommendations available in the **Medical Eligibility Criteria (MEC)** and the **Selected Practice Recommendations (SPR)** into practical guidance to help health care providers deliver FP methods appropriately, effectively, and safely.

The clear, up-to-date information and advice in the handbook enables family planning providers to meet clients’ needs, inform their choices, and support their use of contraception across different contexts and settings.

The current edition launched in 2022 is available in English, French, Spanish and Russian. Earlier versions however are available in PDF format in 14 languages.
Methods covered in the current FP Global Handbook

01 - Combined Oral Contraceptives
02 - Progestin only pills
03 - Emergency Contraceptive Pills
04 - Progestin only injectables
05 - Monthly Injectables
06 - Combined Patch
07 - Combined Vaginal ring
08 - Progesterone-releasing vaginal ring
09 - Implants
10 - Copper bearing Intrauterine devise
11 - Levonorgestrel Intrauterine devise
12 - Female Sterilization
13 - Vasectomy
14 - Male Condoms
15 - Female Condoms
16 - Spermicides and Diaphragms
17 - Cervical Caps
18 - Fertility Awareness Methods
19 - Withdrawal
20 - Lactational Amenorrhoea Method
General format of the method chapters of the FP Global Handbook

Each method chapter generally contains:

• Description of the method including its effectiveness for pregnancy prevention
• Summary of side effects, health benefits and risks
• Medical eligibility criteria for the method
• Considerations for women living with HIV
• How to provide the method
• Supporting new and continuing users
• Key facts to take note of
• Clarifications around FAQs on the method
Additional Content in the Handbook

- Information on situations / factors /characteristics that impact upon Family Planning (FP) service Provision
- Providing Family planning services during an epidemic
- Serving diverse groups
- FP for adolescents and women at high risk of HIV
- Reproductive Health issues to be considered and addressed during FP service provision or where FP services may be integrated, e.g.
  - Cervical cancer
  - Sexually transmitted infections including HIV
  - Maternal and Newborn Health
- Appendices and Glossary
WHO IS THE HANDBOOK MEANT FOR AND HOW IT IS USED
WHO CAN USE THE HANDBOOK

All health care providers can use the handbook. However, the targeted users are **Nurses and Midwives**.

The handbook is also helpful for:

- **Policy Makers**
- **FP Curriculum Developers**
- **Health Care Managers and Supervisors**
- **Pharmacists**
- **Pre-service and In-service Trainers / Teachers**
HOW ELSE CAN THE HANDBOOK BE USED?

The handbook can be used by Member States to:

- Update their national family planning guidelines
- Prepare communications and advocacy materials (fact sheets, social media feeds)
- Develop Family planning training materials and curricula
- Develop job aids, posters and IEC materials
- Strengthen the Health information system by applying the Handbook content within decision support logic
- Support introduction of additional family planning methods into national formularies
THE GLOBAL HANDBOOK CONTRIBUTED TO DEVELOPMENT OF THE FOLLOWING RESOURCES

The decision-making tool for family planning clients and providers
WHO SEARO region

Competencies for Family Planning and Comprehensive Abortion Care for service providers

Family Planning Digital Adaptation Toolkit

The Family Planning Training Resource Package: https://www.fptraining.org/
HOW IS THE HANDBOOK UPDATED
HOW IS IT UPDATED?

The handbook is a derivative product of the WHO normative FP guidance documents: **Medical Eligibility Criteria** (MEC) and **Selected Practice Recommendations for Contraceptive Use** (SPR).

The handbook also includes up to date guidance from selected WHO recommendations in areas deemed important for FP service providers including: STIs, HIV, Cervical Cancer, DMPA sc self-injection etc.
WHAT ARE THE KEY UPDATES IN THE 2022 EDITION
KEY UPDATES IN THE 2022 EDITION

New Chapters
Family planning for adolescents and women at high risk of HIV
FP/Contraception Service delivery during epidemics

New recommendations
Self injections as an option for clients on DMPA Sc
STI signs and symptoms and syndromic management
Cervical cancer prevention, screening and treatment
Post abortion family planning
Gender equality and gender inclusiveness

Expanded / updated coverage
Instructions on implant insertion and removal
Medical eligibility Criteria for contraceptive use
Family planning for women and girls at high risk of HIV

All family planning methods, except for nonoxynol-9 spermicides, are safe for adolescents and women at high risk for HIV.

The family planning visit offers a key opportunity to offer HIV testing and Prevention.

Male and female condoms are the only methods that can prevent both HIV and other STIs, as well as unintended pregnancy when used consistently and correctly.

Clients at high risk for HIV should be counseled about how to prevent HIV and screened to see if they would benefit from **HIV pre-exposure prophylaxis (PrEP)**. PrEP can safely be taken with all family planning methods and can safely be used when breastfeeding.

Testing male partners for HIV has many benefits for women and men.
How to apply the recommendation on **high risk of HIV:**

**High burden settings (prevalence > 5%):**
All Sexually active adolescents and women should be offered an HIV test

**Low and medium burden settings (prevalence ≤ 5%):**
HIV risk should be assessed using set criteria and clients found to be at high risk offered HIV testing
Family planning services should be maintained throughout an epidemic.

Some contraceptive methods can be safely and effectively self-initiated and continued with or without support from health care providers.

More widespread use of digital health technologies and direct pharmacy access may improve access during an epidemic.
KEY UPDATES IN THE 2022 EDITION

Self-injection of DMPA-SC

Offer self-injection as an option for DMPA subcutaneous. Step by step instructions on how to self-inject now available in the handbook.

Syndromic management of STIs

STIs are prevalent and often asymptomatic, clients often present late when the complications have already set in. The FP clinic provides an opportunity of contact with a service provider for early diagnosis and treatment.
KEY UPDATES IN THE 2022 EDITION

Digital Health Tools
Digital tools are essential in FP service provision during a pandemic

**Contraceptive delivery tool for humanitarian settings**
To access or install the Android or Apple App, visit this link for information.

**Medical eligibility criteria for contraceptive use App**
To access or install the Android or Apple App, visit this link for information.
KEY UPDATES IN THE 2022 EDITION

Cervical cancer prevention, screening, and treatment

Screening for cervical pre-cancer lesions is simple, quick, and generally painless. Cervical screening should start at age 30 years, or at age 25 for those who are living with HIV. Providers need to know how to screen for and treat precancerous lesions of the cervix.

Post-abortion family planning

Fertility resumes 2-4 weeks after an abortion, therefore information on family planning is important as part of comprehensive post abortion care.
KEY UPDATES IN THE 2022 EDITION

Gender Equality and Gender Inclusiveness

Gender equality and access to family planning are integrally related. People have a right to determine whether and when to have children, how many, and with whom.

Awareness of the different needs and realities of women, men, and gender-diverse people’s lives is important.

Definitions for gender inclusion, diversity, and equality are included to support providers counsel their clients.
HOW CAN YOU ACCESS THE FP HANDBOOK ONLINE
VISIT THE FP HANDBOOK SITE

www.fphandbook.org

Navigate through the individual chapters

Click on the DOWNLOAD icon to visit the page where all downloads are available
Free available downloadable resources

FP GLOBAL HANDBOOK
4TH EDITION
Current version

FP GLOBAL HANDBOOK
3RD EDITION

ENGLISH
FRENCH
SPANISH
RUSSIAN

SPANISH
ROMANIAN

... and more!
Each Chapter has the functionality built in that allows you to download just that piece of content.
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fphandbook.org/order-form

Order hardcopies from the website
HOW CAN YOU ORDER HARD COPIES OF THE FP HANDBOOK
ORDER BY E-MAIL

Write to orders@jhuccp.org and include your name, complete mailing address, telephone number and number of copies.
ACCOMPANYING RESOURCES
Accompanying resources

1. Medical Eligibility Criteria for Contraceptive Use
   https://apps.who.int/iris/handle/10665/181468

2. Selected Practice Recommendations for Contraceptive Use
   https://apps.who.int/iris/handle/10665/252267

3. Decision-Making Tool for Family Planning Clients and Providers
   https://apps.who.int/iris/handle/10665/43225

4. MEC APP: Web page with links to both Apple and Android app stores
Collaborators and Sponsors
For more information, contact...

Dr. James Kiarie
Unit Head, CFC Unit,
WHO
srhcfc@who.int
BACKGROUND

Since 1996, WHO has undertaken - with its many partners - to develop guidelines that are based on the best available evidence.

These guidelines address misconceptions regarding who can safely use contraception, which when addressed lead to a reduction in medical barriers, thereby improving access and quality of care in family planning (FP).
THE MEDICAL ELIGIBILITY CRITERIA FOR CONTRACEPTIVE USE (MEC)
Provides guidance on “WHO” can safely use a specific method, based on medical or other physiological characteristics

SELECTED PRACTICE RECOMMENDATIONS FOR CONTRACEPTIVE USE (SPR)
Provides guidance on “HOW” to use a contraceptive method.
The MEC and SPR contain WHO's normative evidence-based FP/Contraception recommendations.

Derivative Products from these include the Global FP Handbook, and the Decision-Making Tool (DMT).

The MEC, SPR, FP handbook and DMT are commonly referred to as the **4 Cornerstones of Family planning**.

Derivative Tools include: **MEC wheel**, MEC app and **FP digital adaptation kits (DAKs)** etc.
Evolution of the FP Global Handbook for Service Providers

1997

Essentials of Contraceptive Technology
Forerunner of the FP Global Handbook. Published by CCP from Johns Hopkins Bloomberg school of Public Health, USA in 1997

2007

FP Global Handbook 1st Edition
Expanded on the coverage of Essentials, fuller coverage of methods, evidence-based lists of benefits and risks, updated MEC, guidance on PLHIV, new sections on RH issues

2011

FP Global Handbook 2nd Edition
New content: Repeat injections of DMPA up to 4 wks. late; Use of CHC in breastfeeding women; Contraception and SLE; Contraception in women on ARVs, community-based provision of injectables

2018

FP Global Handbook 3rd Edition
New content: Initiation of POPs and implants in postpartum breastfeeding women, SPR for Sino implant, DMPA sc. Combined patch, ring; UPA; Human rights, LIVES, Task sharing

2022

Current version
How and when to use the pregnancy check list