Nurses Content
Downloaded from nursescontent.com

Reproductive Health and Family Planning

Midwifery & Obstetrical Nursing

Reproductive health, responsible parenthood, family planning methods, contraceptive methods, counselling, infertility and reproductive health services.

For educational purposes only.

CHAPTER 02 / MIDWIFERY AND OBSTETRICAL NURSING 02. Reproductive Health and Family Planning

1. Concepts

Reproductive health includes physical, mental and social well-being in relation to reproduction, sexual health and reproductive decisions. Responsible parenthood involves voluntary, informed planning, preparation for caregiving and support for the health and rights of parents and children. Family planning helps people achieve their desired number and spacing of pregnancies; participation must be voluntary and noncoercive.

NURSE'S CONTENT / MIDWIFERY AND OBSTETRICAL NURSING 4

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

2. Contraceptive methods

Method	Mechanism / practical points
Barrier	Male/female condoms reduce sperm exposure; condoms also reduce STI transmission. Correct consistent use and lubrication education.
Combined hormonal pills/patch/ring	Suppress ovulation and alter mucus; assess contraindications including thrombosis risk, migraine with aura and early postpartum restrictions.
Progestin-only pills, injectables, implants	Alter mucus and/or suppress ovulation; timing, duration and bleeding effects depend on method. Antara is injectable MPA in Indian programme.
Nonhormonal oral method	Centchroman/ormeloxifene (Chhaya) is available in Indian public family planning services; follow specific prescribed schedule.
Copper IUCD	Intrauterine copper prevents fertilization; long-acting, hormone-free; assess contraindications, possible heavier bleeding.
Levonorgestrel IUS	Local progestin effect, often lighter bleeding; availability varies.
Emergency contraception	Oral levonorgestrel, ulipristal where available or copper IUCD within appropriate windows; does not terminate established pregnancy.
Natural/fertility awareness	Identify fertile days; requires understanding and consistent use; failure rates vary.
LAM	Lactational amenorrhoea method requires all three: <6 months postpartum, amenorrhoeic and fully/nearly fully breastfeeding.

Permanent	Vasectomy or tubal sterilization after informed voluntary consent; vasectomy not immediately effective, use backup until clearance.

3. Counselling and service delivery

Assess goals, medical eligibility, postpartum/breastfeeding status, STI risk, preferences, access and prior methods. Explain effectiveness, side effects, reversibility, warning signs, emergency contraception and backup instructions. Use WHO medical eligibility and Indian programme guidance, never pressure a patient. Postpartum IUCD may be offered within approved timing by trained personnel; discuss expulsion and follow-up. Condoms plus another effective method may provide dual protection.

4. Infertility

Infertility is failure to achieve pregnancy after approximately 12 months of regular unprotected intercourse; earlier evaluation may be indicated with age/risk. Causes include ovulatory disorders, tubal disease, endometriosis, uterine factors, sperm disorders and unexplained infertility. Evaluate both partners where applicable, taking history, semen analysis and ovulatory/tubal assessments as indicated. Treatment may include addressing causes, ovulation induction or assisted reproduction by specialists. Provide confidential emotional support and referral without blame.

5. Nursing responsibilities

Promote STI testing/prevention, preconception care (folic acid, chronic disease control, vaccination review), safe sexual health, spacing counselling, method-specific follow-up and referral. Report reproductive complications promptly. Document informed choice, method, instructions, adverse effects and next appointment.

NURSE'S CONTENT / MIDWIFERY AND OBSTETRICAL NURSING 5

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

6. Important Examination Questions

Long Answer Questions

1. 1. Classify contraceptive methods and explain nursing counselling and reproductive health services.

Short Answer Questions

1. 1. Explain LAM
2. 2. compare IUCD and hormonal contraception
3. 3. discuss infertility assessment.

Very Short Answer Questions (with answers)

1. 1. Which contraceptive reduces STI transmission? - Condoms.
2. 2. Is vasectomy immediately effective? - No.

7. Quick Revision

- Family planning is voluntary.
- Method selection depends on eligibility and preference.
- Evaluate infertility without blame.

Nurses Content
Downloaded from nursescontent.com

8. Conclusion

Family planning is voluntary. Method selection depends on eligibility and preference. Evaluate infertility without blame.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. Which contraceptive method also reduces STI transmission?

A. Copper IUCD
B. Tubal sterilization
C. Condoms
D. Combined hormonal pill

2. Which combination meets the conditions for lactational amenorrhoea method use?

A. Under six months postpartum with menses resumed and mixed feeding
B. Over six months postpartum with exclusive breastfeeding alone
C. Amenorrhoeic at any postpartum age regardless of feeding
D. Under six months postpartum, amenorrhoeic and fully or nearly fully breastfeeding

3. Which approach is appropriate when assessing infertility in a couple?

A. Evaluate both partners where applicable without blame
B. Investigate only the woman regardless of history
C. Assume contraception caused permanent infertility
D. Begin treatment without considering the underlying cause

Nurses Content
Downloaded from nursescontent.com

Answer key and explanations

1. C - Condoms

Condoms provide barrier contraception and reduce STI transmission.

2. D - Under six months postpartum, amenorrhoeic and fully or nearly fully breastfeeding

LAM requires all three conditions to be present.

3. A - Evaluate both partners where applicable without blame

Infertility may have female, male, combined or unexplained causes.

Source and attribution

Online chapter: https://nursescontent.com/learn/midwifery-obstetrical-nursing/unit-02-reproductive-health-and-family-planning/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.