

CONCEPT OF REPRODUCTIVE HEALTH

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REPRODUCTIVE HEALTH CARE

The old paradigm (before 1994)

1: FAMILY PLANNING

Unmet need for contraception

2: MATERNAL CARE

Antenatal care

Safe child birth

Post-partum care

BEFORE 1994 (CONT)

3: CHILD HEALTH CARE

Breast feeding promotion

Nutrition

Growth monitoring

Immunization

Sickness care (ORT, ARI, malaria etc)

ICPD PARADIGM SHIFT (IN 1994)

- ◉ International Conference on Population and Development.
1994 Cairo.
- ◉ **To move beyond a narrow focus** on family planning to a more comprehensive program of integrating population and health activities that would help individuals to meet their Reproductive Health needs.

ICPD PARADIGM SHIFT (CONT)

- Provision of **family planning services** within a broader type of reproductive health service
- **Interrelation of Reproductive Health with policies** to empower women, strengthen families, stabilize population growth and eradicate poverty.
- Improve **women's equality** in education, health and economic opportunities.

ICPD PARADIGM SHIFT (CONT)

- Special focus on fulfilling **women's health needs**, safe guarding their reproductive rights and involving men as equal partners in meeting the goal of responsible parenthood.
- Shift to **Rights Based Approach**
- Shift away **From macro** concerns at population level for reduction in its growth for achievements of stabilization **To micro** concern at individual level for improvement in well being.

REPRODUCTIVE HEALTH

“A state of complete physical, mental and social well being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions or process”

REPRODUCTIVE HEALTH PACKAGE

1. **Comprehensive family planning facilities and care**
2. **Safe motherhood, abortions**
3. **Infant health care**
4. **Adolescents R.H. problems**
5. **RTIs/ STDs/ HIV/ AIDS/ HBV/ HCV prevention, early detection and management**

REPRODUCTIVE HEALTH PACKAGE (CONT)

- 6. Infertility**
- 7. Cancer cervix, breast, detection and management**
- 8. Other RH problems of women**
- 9. Other RH problems of men**

1. COMPREHENSIVE FAMILY PLANNING

- a. Information about availability, advantages, efficacy, side effect, contraindications of contraceptives, including natural methods.**
- b. Availability and provision of different methods with safety and quality.**
- c. Appropriate screening of clients.**
- d. Supportive counseling.**
- e. Management of side effects.**
- f. Follow-up.**

2. SAFE MOTHERHOOD

- a. **Antenatal registration and care.**
- b. **Treatment of existing conditions (e.g. anemia, malaria).**
- c. **Advice regarding nutrition and diet.**
- d. **Iron/folate supplementation.**
- e. **Essential obstetric care (EOC).**
- f. **Clean and safe (atraumatic) delivery.**

SAFE MOTHERHOOD

(CONT)

- g. Early detection and management of postpartum complications.**
- h. Prevention and management of urinary and rectal fistulae and prolapse.**
- i. Genetic counseling.**
- j. Blood test during pregnancy for Rh incompatibility.**
- k. Tetanus immunization .**

PRE / POST ABORTION CARE FOR COMPLICATIONS

- 1. Create awareness about dangers of abortion.**
- 2. Detection and early management of complications of abortion.**
- 3. Counseling to post abortion cases including advice regarding F.P. to avoid recurrence.**

3. INFANT HEALTH CARE

- a. **Resuscitation of the newborn.**
- b. **Early and exclusive breast feeding.**
- c. **Management of infection (ophthalmia neonatorum and cord infections).**
- d. **Congenital abnormalities.**
- e. **L.B.W and malnutrition management.**
- f. **Weaning.**
- g. **Safe and aseptic circumcision.**
- h. **Immunization.**

4. MANAGEMENT OF R H PROBLEMS OF ADOLESCENTS

1. Education of normal physiological changes at puberty.
2. Management of problems as dysmenorrhea hirsutism, sexual abuse, vaginal discharge etc.
3. Personal hygiene.
4. Detection and management of congenital abnormalities, imperforate hymen, early / delayed menarche.

5. PREVENTION AND MANAGEMENT OF RTIs/STDs AND HIV/AIDS

- a. Information for prevention.
- b. Screening and management.

6. MANAGEMENT OF INFERTILITY

- a. Information for prevention.
- b. Management of allied problems.
- c. Investigations and early treatment.

7. DETECTION OF CANCER:

BREAST

- Inform and train for self examination.
- Early detection and management.
- Screening for breast lumps.
- Supporting, counseling, rehabilitation.

CERVICAL

- Pap smear/ Visual Inspection with Acetic Acid (VIA)
- Early detection and management.

8. MANAGEMENT OF OTHER RH PROBLEMS OF WOMEN

1. Awareness and management of pre and menopausal syndrome.
2. Detection and management of menopause related deficiencies.
3. Management of sexual dysfunction as loss of libido and dyspareunia.
4. Management of post menopausal circulatory diseases.

9. MANAGEMENT OF RH RELATED PROBLEMS OF MEN

- Adolescent health
- Counseling, motivation for F.P. RH rights of women and responsible parenthood.
- Male involvement in antenatal, natal and post natal care of woman.
- Counseling on main sexual problems and dysfunctions.
- Counseling for prevention of RTIs/STDs and treatment of infertility.
- Detection and management of cancer and related problems.

LIFE CYCLE APPROACH TO REPRODUCTIVE HEALTH

- ⦿ Infancy and childhood (0-9yrs)
- ⦿ Adolescents (10-19 yrs)
- ⦿ Reproductive years (20-44 yrs)
- ⦿ Post reproductive years (45+ yrs)

INFANCY & CHILDHOOD (0-9 YRS)

- ◉ Sex selection
- ◉ Genital mutilation
- ◉ Discriminatory nutrition
- ◉ Discriminatory health care
- ◉ Gender ID /modeling
- ◉ Behavior
- ◉ Aggression
- ◉ Education

ADOLESCENTS (10-19 YRS)

- ◉ Early child bearing
- ◉ Abortion
- ◉ STIs/AIDs
- ◉ Under nutrition- macro µ
- ◉ Rising trend of substance abuse
- ◉ Acne
- ◉ Physiological changes in the body
- ◉ Secondary sex characteristics
- ◉ Aggression
- ◉ Violence/abuse
- ◉ Gender discrimination

REPRODUCTIVE YEARS (20-44 YRS)

- ◉ Unplanned pregnancy
- ◉ STIs/AIDs
- ◉ Abortion
- ◉ Pregnancy complications
- ◉ Malnutrition
- ◉ Pregnancy
- ◉ Child bearing and rearing
- ◉ Contraception
- ◉ Abuse and violence

POST-REPRODUCTIVE YEARS (45 + YRS)

- ◉ Cardio-vascular diseases
- ◉ Gynecological cancers
- ◉ Osteoporosis
- ◉ Osteoarthritis
- ◉ Diabetes
- ◉ Cancers
- ◉ Sexual dysfunction
- ◉ Sub fertility/infertility
- ◉ STD/HIV
- ◉ Menopause

Infancy and Childhood
(0-9 years)

- Sex selection
- Genital mutilation
- Discriminatory nutrition and health care

Adolescence
(10-19 years)

- Early childbearing
- Unsafe abortion
- STDs and AIDS
- Undernutrition

Lifetime Health Problems

- Gender violence
- Certain occupational and environmental health hazards
- Depression

Reproductive years
(15-49 years)

- Unplanned pregnancy
- STDs and AIDS
- Unsafe abortion
- Pregnancy complications
- Malnutrition, especially iron deficiency

Postreproductive years
(45+ years)

- Cardiovascular diseases
- Gynecological cancers
- Osteoporosis
- Osteoarthritis
- Diabetes

THE RIGHT

- **To attain the highest standard of sexual and reproductive health throughout the life cycle.**
- **For reproductive self determination including:**
 - * **Right to voluntary choice in marriage**
 - * **Right to decide freely the number, timings and spacing of children and to have means to do so.**
- **OF Sexual and Reproductive Security including freedom from sexual violence and coercion.**
- **OF Equality and Equity for men and women in all spheres of life.**

REPRODUCTIVE HEALTH CARE ADDITION WITH THE NEW PARADIGM

1. GENDER DISCRIMINATION

- Sex selective abortions
- Son preference for food allocation, health care, education, etc

2. VIOLENCE AGAINST WOMEN

- Child pornography
- Commercial sex
- Female genital mutilation
- Spouse abuse
- Rape, incest

(cont)

REPRODUCTIVE HEALTH CARE ADDITION WITH THE NEW PARADIGM

3. ADOLESCENT SEXUALITY

4. REPRODUCTIVE RIGHTS regarding marriage
and childbearing

5. GENDER EQUITY AND EQUALITY

6. UNINTENDED PREGNANCY

- * Emergency contraception

- * Safe abortion (cont)

REPRODUCTIVE HEALTH CARE ADDITION WITH THE NEW PARADIGM

7. CHRONIC COMPLICATIONS OF PREGNANCY
AND CHILDBIRTH

8. SEXUALLY TRANSMITTED DISEASES

- * Acute infections

- * Chronic complication, e.g.

 - infertility

 - cervical cancer

9. HIV / AIDS

REPRODUCTIVE HEALTH INTERVENTIONS FOR FEMALES

- ◉ Preconception care (family planning)
- ◉ Family life education
- ◉ Antenatal care and nutrition
- ◉ Delivery and postnatal care
- ◉ Reproductive Tract Infection (RTI) Care
- ◉ Sexual Health (STI, HIV / AIDS)
- ◉ Reproductive cancer treatment
- ◉ Other reproductive function

REPRODUCTIVE HEALTH INTERVENTIONS FOR MALES

- ✓ **Preconception care (family planning)**
- ✓ **Adolescent health**
- ✓ **Male involvement in Antenatal care, Delivery and Postnatal care of woman**
- ✓ **Reproductive Tract Infection (RTI) Care**
- ✓ **Sexual Health (STI, HIV / AIDS)**
- ✓ **Reproductive cancer treatment**
- ✓ **Other reproductive functions**

Harmful Reproductive Health practices

- Early marriage
- Female Genital Cutting/Mutilation (FGM)
- “Dry sex” practices
- Dietary and other restrictions during pregnancy
- Heavy work during pregnancy
- Withholding colostrums from newborn

Gender and Reproductive Health: Sex

- **Biological.**
- **Refers to visible differences in genitalia.**
- **Related differences in procreative functions.**
- **Constant, can not be changed.**

Gender and Reproductive Health:

Gender

- ◉ **Socio-economically determined.**
- ◉ **A culture.**
- ◉ **Refers to masculine and feminine qualities, behavior patterns, roles and responsibilities etc.**
- ◉ **A variable, not constant.**

THANK YOU