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Savera Aziz Ali

Aga Khan University, savera.azizali@aku.edu

Minaz Mawani

Aga Khan University, minaz.mawani@aku.edu

Gulshan Bano

Aga Khan University

Sumera Aziz Ali

Aga Khan University, sumera.ali@aku.edu

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Important Strategies for Effective Family Planning Counseling

Savera Aziz Ali¹, Minaz Mawani², Gulshan Bano³ and Sumera Aziz Ali^{3*}

¹School of Nursing and Midwifery, Aga Khan Hospital, Karachi, Pakistan

²Department of Medicine, Aga Khan University Hospital, Karachi, Pakistan

³Department of Community Health Sciences, Aga Khan University Hospital, Karachi, Pakistan

*Corresponding author: Ali SA, Department of Community Health Sciences, Aga Khan University Hospital, Karachi, Pakistan, Tel: +92 21 34930051; E-mail: sumera.ali@aku.edu

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To Editor,

Counseling is one of the important domains to promote the health and well-being of individuals. Counseling can be done for different purposes including personal hygiene antenatal care, and family planning [1]. Counseling about family planning is a challenging skill which is learned by the health care providers during their training period and later on they use their skill to ensure that client's reproductive health is maintained [2].

The holistic approach of counseling is considered as a comprehensible approach theoretically but sometimes it becomes difficult to apply in real life [3]. Counseling is more than a suggestion and it is highly important to develop an insight in a client about her problem [4].

Firstly in-depth assessment regarding the use of contraceptive methods and root cause analysis of method failure need to be done for effective counseling. Secondly, in-depth assessment of client needs by involving both partners is also important. Husband's involvement is essential during counseling because pregnancy planning is the joint responsibility of couple. The support from client's partner is very important for adapting any contraceptive method. The quality of couple's relationship and inter-spousal communication and its effect on contraceptive use has been supported by literature [5]. Spousal communication has been identified as a good predictor of counseling for contraceptive use [6].

Furthermore, theoretical knowledge needs to be applied practically and a lot of practice is required to convince the clients in an ethical way. Moreover, an expert opinion of the experts is always required regarding family planning counseling by integrating different approaches to family planning counseling [7,8]. Such sensitive issues need to be discussed with the client by having enough knowledge about the contraceptive methods. Furthermore, a strong rapport needs to be established with clients to discuss sexual and reproductive health related issues without hesitation [9]. Lastly, client should be given multiple options to select the method for herself through informed

choices [10]. The above-mentioned tips can make the counseling for Family Planning more effective to enhance the uptake of contraceptive methods.

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