



University of the Philippines Manila
The Health Sciences Center
COLLEGE OF NURSING
WHO Collaborating Center for Leadership in Nursing Development



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

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STUDY GUIDE
RESPONSIBLE PARENTHOOD AN FAMILY PLANNING

Introduction

Hello Student Nurses!

Can you still remember the Department of Health's TV commercial in 2014 about responsible parenthood? The commercial is about a 12-year old girl singing about her current family situation. She was asked by her father to drop out of school because they can no longer support her education and so she can work for the family and help them raise her other 11 siblings? Yes, they were 12! That became the most famous DOH commercial to raise awareness on family planning (FP).

FP or reproductive life planning is an expression of responsible parenthood. This lesson will help you understand the principles and concepts involved in family planning and the many ways to plan and control pregnancy before it happens. This lesson also aims to encourage you to be advocates of responsible parenthood and to help in correcting the misconceptions Filipinos have about contraception. This, however, might be a sensitive topic for some but I encourage you to keep an open mind and be willing to learn from the topics that will be discussed.

Learning Outcomes

1. Identify laws concerning the practice of family planning in the Philippines.
2. Discuss the principles behind responsible parenthood and family planning.
3. Describe common methods of family planning and the advantages, disadvantages, and risk factors associated with each.
4. Describe promotion of health of the family through comprehensive information about responsible parenthood and family planning.

5. Integrate knowledge of reproductive life planning with nursing process to achieve quality maternal and child health nursing care.

Topics

Laws Governing the Practice of Family Planning in the Philippines

The country's fertility rate has been one of the highest among southeast Asian countries. One of the solutions that the government has been eyeing is to increase awareness and acceptance on the practice of family planning. The Reproductive Health Law had been enacted since 2012, after more than years of deliberations. However, its implementation was immediately postponed, while the Supreme Court deliberated on a petition questioning its constitutionality, especially among the religious or conservative groups.

Deepening Your Understanding

- Watch the pre-recorded lecture on Family Planning in the course site and download the handouts provided.
- Supplemental reading material/s:
Implementing Rules and Regulation of Republic Act No. 10354
<https://www.officialgazette.gov.ph/2013/03/18/implementing-rules-and-regulations-of-republic-act-no-10354/>

Self-Assessment Activity 1

Instructions:

Answer the following and post your answers in the discussion forum. Cite references if possible.

1. What is your opinion about the practice of family planning? Are you for it or against it?
2. Are you in favor of the Reproductive Health Law and its provisions? Elaborate your answer.

Principles of Responsible Parenthood and Family Planning

Family Planning or reproductive life planning is an expression of responsible parenthood. This is not a just responsibility of the woman, but it is a shared responsibility of both the husband and the wife. Family planning survey (2011) reveals that roughly 50% of currently married women use contraception, mostly modern methods. More than six years after the reproductive health (RH) law was enacted, the Philippines is still far from its goal of achieving a contraceptive prevalence rate of 65 percent by 2022. Why do you think so?

Deepening Your Understanding

- Watch the pre-recorded lecture on Family Planning in the course site and download the handouts provided.
- Watch the video on family planning by DOH:
<https://www.youtube.com/watch?v=HBIsiHPdp4k&t=285s>
- Supplemental reading material/s:
The Philippine Clinical Standards Manual on FP by DOH (2014)
https://www.doh.gov.ph/sites/default/files/publications/FPCSM_2014.pdf

Self-Assessment Activity 2

Instructions:

Answer the following and post your answers in the discussion forum. Cite references if possible.

1. What do you think are the reasons of high unmet need of FP in the Philippines?
2. What are ways you can suggest to increase the practice of FP in the country? Give least 1-2 suggestions.

Natural Methods of Family Planning

Natural methods are the only type of FP method that has zero side effects, However, in 2011, Family Planning Survey revealed that only 9% of those who are currently using a FP method use traditional or natural methods. Majority of those who are using natural methods still consider withdrawal as a form of natural contraception. This section will discuss the different types of natural methods.

Deepening Your Understanding

- Watch the pre-recorded lecture on Family Planning in the course site and download the handouts provided.
- Watch the video about natural FP methods by UNTV News and Rescue
<https://www.youtube.com/watch?v=6MEArILgkR8>
- Supplemental reading material/s:
Chapter 6 of Maternal and Child Health Nursing 6th Ed by Adele Pillitteri (e-Book will be provided in the course site)

Assignment 2: Infographic Material on Family Planning

Read Assignment Guide 2 on making infographic materials for family planning.

This is due on or before **March 4, 2022**.

Submit your assignment in JPEG or PNG image extensions with the following filename format:

LastnameFirstname_Assignment2_NaturalMethod.jpg

LastnameFirstname_Assignment2_ArtificialMethod.jpg

(Ex: **BaccayKennylynn_Assignment2_LAM.jpg** or

BaccayKennylynn_Assignment2_Pills.jpg)

Artificial Methods of Family Planning

According to the National Demographic Health Survey (2017), most Filipino married or sexually active women use modern or artificial methods in FP. This might be due to its ease of use compared to traditional methods. However, since its artificial, this may post side effects to the user. This lesson will teach you different artificial FP methods and its safe and effective use so you can better educate your future client. Remember, that your client's compliance with FP methods relies heavily on how they were informed of its use, its effectiveness, expected side effects, and danger signs to watch out for.

Deepening Your Understanding

- Watch the pre-recorded lecture on Family Planning in the course site and download the handouts provided.
- Watch the video about female birth control options by John Hopkins Medicine <https://www.youtube.com/watch?v=EcQSwtMR55E>
- Supplemental reading material/s:
Chapter 6 of Maternal and Child Health Nursing 6th Ed by Adele Pillitteri (e-Book will be provided in the course site)

Summary

At the end of this lesson, you were able to learn about the principles behind the practice of the FP in the country and learned about the different family planning methods you can teach our future clients. I hope this lesson will make you advocates not just of family planning but of responsible parenthood. Congratulations for finishing this lesson!

References:

- Baccay, K.B. (2020). Responsible parenthood and family planning lecture. *Uploaded to the course site*
- Department of Health (2014). The Philippine Clinical Standards Manual on Family Planning. *Uploaded to the course site*
- Pillitteri, A (2010). Maternal and Child Health Nursing. Lippincott Williams & Wilkins. *Uploaded to the course site*