



BILL & MELINDA GATES INSTITUTE for POPULATION and REPRODUCTIVE HEALTH

Breaking News: Tanzania's Kigoma region Prioritizes Post-Partum Family Planning to reach 1,468 more clients in year 2021/2022



Background: Located in the Northwest part of Tanzania, Kigoma's modern Contraceptive Prevalence Rate (mCPR) was 18%, much lower than the country's mCPR of 32% (TDHS 2015/16). The District Health Information System (DHIS2) data for the fourth quarter of 2020 shows that the National mCPR reached 42.8% while in Kigoma it rose to 33.5%, a promising trend. Postnatal Care (48 hours after delivery) in Kigoma is at 85%; this provides an opportunity for Post-Partum Family Planning (PPFP). The National Family Planning Costed Implementation Plan (NFPCIP II: 2019-2023) outlines strategic national priorities to revitalize family

planning use. One of the key Strategic Priority is to "**Improve uptake of PPFP**". Prioritizing PPFP would accelerate the increase of mCPR by 6.0% in the country and by 12.8% in Kigoma region.

Intervention:



Figure 1: RHMTs and HDT Staff assessing the CCHPs

HDT held an advocacy meeting with Kigoma's Regional Health Management Team (RHMT) to collectively acknowledge that the region's performance in family planning services was low and urgent action was needed. The team reviewed the NFPCIP II recommendations for their region. One of the key interventions recognized was prioritization of PPFP in their Comprehensive Council Health Plans¹, PlanRep, and the alignment of the NFPCIP's District Action Plans² in their CCHPs. HDT then supported a regional health meeting that was attended by all members of RHMT, headed by the Regional Medical Officer (RMO) Dr. Everest Chacha. Also, the region's eight Council Health Management Teams

(CHMTs) attended the weeklong meeting during which their respective CCHPs were reviewed and recommendations made that included prioritization of PPFP. In addition, to PPFP, the meeting deliberated on inclusion of appropriate interventions to address social norms, youth friendly services, and commodity stock outs in their plans.

¹ Comprehensive Council Health Plans

² District Action Plans

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OUTCOMES

All eight councils prioritized PFP. The review of CCHPs for year 2021/2022 revealed that 67 out of 286 health facilities in the eight councils representing 23.4% were prioritizing PFP. Whereas the region wished to have at least 50% of facilities prioritizing PFP, staff capacity was a challenge. With this level of prioritization, the region estimates that for the financial year 2021/2022 a total of 4,544 clients will have received PFP services. This will be an increase of 47.72% from the current number of clients of 3,076 who received PFP services between January and December 2020 (DHIS2). Another NFPCIP II strategic area was to reduce commodity stock outs, whereby Kigoma had 86% commodity availability, it is currently being projected to reach 90% by June 2022.

Challenges:

In hindsight the good intention of regional government to prioritize PFP in all health facilities, was not possible because some health care providers have not been trained to do so. If all facilities would have health care providers trained on PFP, then the region would have prioritized PFP and regional prevalence would have increased by 12% as estimated by the NFPCIP II. Another challenge faced by RHMT is the late or no disbursement of approved budget, which further constrain their ability to implement the plans.

Conclusion and way forward:

About a quarter of health facilities are prioritizing PFP and will lead to reaching 1,468 more family planning clients. It is recommended that either this or other projects should invest in building capacity of health care workers and necessary infrastructure to have more facilities providing PFP services. Advocacy on efficient disbursement is equally central to Kigoma attaining its planned mCPR of 42% by 2023.

References:

District Health Information System <https://dhis.moh.go.tz/>

Kigoma Regional Health Profile (2020)

Tanzania National Family Planning Costed Implementation Plan (2019-2023)

Tanzania Demographic Health Survey, (2015-2016) <https://dhsprogram.com/publications/publication-fr321-dhs-final-reports.cfm>