

The Weekly

Information Resource Bulletin

FOCUS: Family Planning

According to the National Statistics Office-NSO, Malawi's annual population growth is at 2.8 percent, and Malawi has one of the fastest-growing populations in Africa.

A large number of children per family is contributing to rapid population growth. Women give birth to an average of six children which is increasing food insecurity, environmental degradation and poverty levels in the country.

In one of our previous bulletins we talked about how unintended pregnancy is a major problem among sexually active women in Sub-Saharan Africa and occurs due to a number of reasons, such as inconsistent use of short-term contraceptive methods or non-use of modern contraception.

This is the reason most families have a lot of children.

The goals of the Weekly Bulletin are:

- To increase knowledge of listeners on Tubal Ligation method
- To correct misconceptions and rumors about the Tubal Ligation
- To encourage listeners to seek more information about the Tubal Ligation method

The Problem: low use of long acting Family Planning methods

Contraceptive use has increased worldwide but the use of long acting permanent methods has not really kept pace with the use of short-acting methods such as pills and injectables. (k4health).

In Malawi there are several modern family planning methods that are being offered, both permanent and reversible.

In this bulletin, we will focus on a permanent method called Tubal ligation.

Tubal ligation is surgery to close a woman's fallopian tubes. These tubes connect the ovaries to the uterus. A woman who has this surgery can no longer get pregnant.

Before deciding to have tubal ligation, a woman (and her partner) must be sure they do not want any more children. If there are any doubts about having more children, it is wise to consider other methods of family planning.

Tubal ligation is considered a permanent form of birth control and it is not recommended as a short-term method or one that can be reversed.

Like any other family planning methods (apart from condoms) the tubal ligation method does not protect one from sexually transmitted diseases including HIV.

Activities for Journalists

Use your radio station to help your community understand how long term family planning methods work.

Explain to your listeners what tubal ligation is and how it works; as explained on page 1; a woman who want to have tubal ligation goes through a surgery to close her fallopian tubes. These tubes are the ones that connect the ovaries to the uterus.

Help your listeners to understand that a woman who undergoes this surgery can no longer get pregnant. Also make the following points clear to the listeners:

On the day of your surgery:

A woman will usually be asked not to drink or eat anything after midnight; the night before surgery, or eight hours before the time of surgery.

After the Procedure

The woman will probably go home the same day she has the procedure. Some women may need to stay in the hospital overnight.

The patient will have some tenderness and pain and the doctor will give her some pain killers.

Tubal ligation is an effective form of birth control for women. A woman's periods should return to whatever pattern is normal for her. If she used hormonal birth control or the IUD before, then her periods will change to whatever is normal for her after she stops using these methods.

Women who have a tubal ligation have a decreased risk of developing ovarian cancer. (American cancer society)

Have a vox pop with a woman who has had tubal ligation (a family planning service provider in your area can help you identify one). Find out from this woman why she decided to have the tubal ligation? How did her husband react? Did he support her decision? What are the benefits she has experienced after getting this method? Does she have any regrets?

Interview a local nurse on the benefits of tubal Ligation.

Community engagement

Urge listeners to send SMS, call or stop by the radio station to talk about the benefits of using long acting methods of family planning.

Useful Contacts

- Sandra Mapemba; Population Reference Bureau (PRB); Phone: +265(0)999219789
- Prisca Masepuka; Banja La Mtsogolo: +265(0)999 367 903
- Jean Mwalabu; Department of Reproductive Health: +265993210392
- www.webmd.com/sex/birth/tubal-ligation-and-tubal-implants
- www.Cancer.org/cancer/ovariancancer/overviewguide/ovarian-cancer-what-causes
- www.k4health.org/sites/default/...LAPM%methods_English.pdf



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