

HTSP has shown to have achieved healthy pregnancy outcomes after a live birth, miscarriage or abortion

Background: Research shows that children born too close to a previous birth are at an increased risk of death. It is ill-timed pregnancy that places mothers and newborns at a higher risk of health complications. Teenage mothers (younger than 18 years) and their infants also face more medical issues. Children born after short birth intervals face a relatively higher risk of stunting and being underweight during the first five years of life.

In Pakistan: Counseling for birth spacing is uncommon during antenatal, postpartum and post-abortion periods. According to the PDHS 2007, at the time of the survey, over four in ten women want to have a child at some time in the future—21% want one within two years, 20% would prefer to wait two or more years, and 2% want another but are undecided as to when. Overall, 24% of births in the five years preceding the survey were not wanted at the time of conception, with 13% wanted at a later time and 11% not wanted at all.

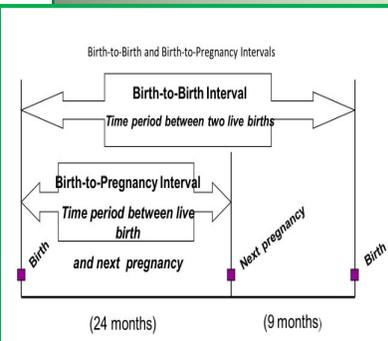
Best Practice: Proper timing and spacing of pregnancies helps women achieve healthy pregnancies and deliveries. The WHO recommends a birth interval of at least 24 months after live birth, and 6 months after a miscarriage or an abortion.

Pathfinder International – Pakistan Field Office: Since February 2010 Pathfinder contributes to the implementation and integration of high-impact and cost-effective FP/RH best practices into MNCH services. Pathfinder is working on following strategic areas: **Advocacy:** Pathfinder works with all stakeholders to build consensus on moving further with the implementation of *Karachi Declaration*. Pathfinder has organized workshops in all provinces and reached out to 113 districts and prepared *District Action Plans* to include HTSP. **Capacity Building:** Pathfinder worked at three levels to develop the capacity of all cadres of health care providers and mobilizers not only in developing their training manuals but also training providers and mobilizers in project districts: **Pakistan Nursing Council** has institutionalized the revised curriculum on HTSP prepared by Pathfinder for mid-level care providers. **Lady Health Workers Program Sindh and Punjab** with Pathfinder has revised the training curriculum for Lady Health Workers and Supervisors to include HTSP counseling skills using innovative approaches. **Manual for Health Care Providers** developed by Pathfinder includes modules HTSP counseling and use of IUCD.

Family Planning: Critical for HTSP

- Improved access to family planning is essential for HTSP.
- HTSP's "healthy fertility" emphasis may make FP more acceptable.

HTSP helps to better link FP and other services such as MNCH, ANC, PPC, PAC and Youth Friendly Services .



Pathfinder International Pakistan Field Office is working to advocate on inclusion of HTSP within the health services both in Health and Population Welfare Departments in Sindh and Punjab Provinces

For further information please visit our website: www.pathfind.org

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