Key Achievements from EngenderHealth’s Expand Family Planning (ExpandFP) Project

**INTRODUCTION**

- EngenderHealth, through the Expand Family Planning (ExpandFP) project, expanded the availability and use of long-acting reversible contraceptives, particularly implants, while ensuring clients’ full, free, and informed choice of family planning (FP) and improving couple years of protection (CYP).
- With funding totaling $7.5 million from the Bill and Melinda Gates Foundation as part of the Implant Access Program, EngenderHealth implemented ExpandFP in the Democratic Republic of Congo (DRC), Tanzania, and Uganda over a 5-year period (2013-2018).

**KEY RESULTS AND ACTIVITIES**

- ExpandFP sought to achieve three results: (1) capacity of providers to offer quality FP services increased; (2) quality of FP services improved; and (3) access to FP increased.
- To accomplish these results, EngenderHealth completed the following activities:
  - Ensure all FP activities include data quality assurance, quality improvement, and facilitative supervision
  - Ensure accurate reporting and use of data for decision making at facility and district levels, particularly for contraceptive security
  - Support access to FP by offering a comprehensive method mix— including short-acting, long-acting, and permanent methods— while prioritizing clients’ rights and choice and ensuring continuity of care (including resupply and discontinuation)
  - Generate awareness about FP services by disseminating targeted information, education, and communications materials; mobilizing clients; and engaging key community members

**RESULTS**

**Uptake of Implant Insertions over Life of Project**

- **DRC (October 2013–June 2018)**
  - Result 1: ExpandFP trained nearly 200 individual providers, supervisors, and other staff on topics including implant insertion and removal, counseling, postpartum FP, infection prevention, facilitative supervision, and data for decision-making.
  - Result 2: ExpandFP baseline facility audits found that none of the static sites met minimum quality standards for implants; endline audits revealed that all 9 sites met these standards. During follow-up visits, ExpandFP found that 100% of project-trained providers observed were providing counseling and implant insertion/removal to standard.
  - Result 3: ExpandFP supported service provision for more than 98,000 FP clients, the equivalent of 331,159 CYP. If implant removals are, ExpandFP supported the provision of 99,162 FP services.

- **Tanzania (October 2013–September 2015)**
  - Result 1: ExpandFP trained 274 individual providers, supervisors, and other staff on topics including implant insertion and removal, counseling, and infection prevention.
  - Result 2: ExpandFP baseline facility audits found that none of the static sites met minimum quality standards for implants; endline audits revealed that 8 of 21 sites met these standards. During follow-up visits, ExpandFP found that 100% of project-trained providers observed were providing counseling and implant insertion/removal to standard.
  - Result 3: ExpandFP supported service provision for more than 163,000 FP clients, the equivalent of 519,356 CYP. If implant removals are included, ExpandFP supported the provision of 165,722 FP services.

- **Uganda (October 2013–December 2017)**
  - Result 1: ExpandFP trained nearly 411 providers (primarily nurses and midwives) on topics including implant insertion and removal, permanent methods, counseling, postpartum FP, youth-friendly services, and infection prevention.
  - Result 2: ExpandFP baseline facility audits found that none of the static sites met minimum quality standards for implants; endline audits revealed that 6 of 7 sites met these standards. During follow-up visits, ExpandFP found that 95% of project-trained providers observed were providing counseling and implant insertion/removal to standard.
  - Result 3: ExpandFP supported service provision for more than 41,658 FP clients, the equivalent of 54,726 CYP. If implant removals are included, ExpandFP supported the provision of 45,000 FP services.

**IMPLICATIONS AND LESSONS LEARNED**

Multiple context-specific service delivery approaches are needed to meet client demand.
- FP services provided daily at static sites ensure consistent access to contraception. Through this approach, FP services are institutionalized and normalized, which reinforces community acceptance and use.
- Nonstatic service delivery events—including special FP days at facilities and mobile clinics—are key to reaching women, particularly economically disadvantaged women, seeking access to implants. These events give prospective clients confidence that trained providers will be available to provide all methods. In all three ExpandFP countries, clients were more likely to choose implants during such events.
- Fulfilling the rights of all women to timely, affordable implant removal is critical.
- Just as implant use is increasing globally, it likewise increased in ExpandFP-supported sites. As implant use increases, there is a correlating need for implant removal services—for women whose implants are expiring or who wish to switch or discontinue contraceptive methods.
- Host-country governments, donors, and partners must establish plans for (1) providing a sufficient number of trained providers capable of providing implant counseling and services (insertion and removal); (2) ensuring the availability of requisite supplies and equipment; (3) establishing protocols for mapping and referring clients for services; and (4) collecting and analyzing data to inform future programming.