



Title: Updating Family planning decision making tool (FPDMT)

Background: The Decision-Making Tool (DMT) of the World Health Organization on Family planning is a comprehensive resource designed to assist healthcare providers in offering personalized family planning services to their clients. It provides evidence-based guidance on various contraceptive methods and helps the providers to engage with the clients in a shared decision-making process based upon the individual needs and preferences, as well as medical eligibility criteria. The DMT aims to improve the quality of family planning services and increase access to contraception, thereby promoting reproductive health and rights for all.

The Decision-Making Tool (DMT) was created in 2005. Recently, the World Health Organization updated the DMT to include all the new methods of contraception as well as updating the existing methods.

Objective: To update the DMT Family Planning tool for use by provider (Doctors).

Methodology: The DMT (Family Planning) tool was updated using the following steps:

The 2005 DMT document was first converted to a WORD file. “Family planning A global handbook for providers – 2018” was used as a reference material to update the 2005 document module wise. Where WHO material was not available, other material from credible sources such as USAID, ACOG, RCOG was used. The proposed changes were added as comments in the corresponding module in 2005 WORD document. The proposed changes and comments were verified and incorporated to the WORD file. The WORD file was converted back to a comparable format i.e., a power point to facilitate comparison by the client.

A plan for the revision of illustrations was also prepared. Each illustration was reviewed to ensure compatibility with text and the team responsible for graphics and illustrations worked in tandem with the technical team at SWACH and MYNT to finalize the same.

Field testing: In order to field test the updated version of DMT, a two-day workshop was conducted at SWACH Foundation, Panchkula:

- To develop familiarity of the participants with the flipbook.
- To facilitate communication between the provider and the client.
- To identify problems in using the flipbook.

It was a two-day workshop, conducted physically on 18.04.2023 at SWACH Office in Panchkula. The second day (19.04.2023) was held virtually.

Six members from SWACH were selected to facilitate the workshop. Each facilitator was assigned a specific section of the DMT. Every facilitator was given supporting material to guide them. A PowerPoint presentation was prepared for orienting the participants as well as the facilitators. The orientation of the facilitators with the DMT was done three days before the workshop. A WhatsApp group was created and the participants as well as the facilitators were brought together on the same platform via this group.

Onsite interaction- The onsite interaction was conducted through the following sessions:

The day began with an orientation session, wherein the participants were taken through the general layout and setup of the DMT with the help of the PowerPoint tutorial prepared by the SWACH team. The participants were guided on how and where to find the relevant information. Guidance was also provided for navigating through the DMT tool in different scenarios. Discussion helped the participants to clarify their doubts.

The participants were divided in four groups, with 5 participants in each group. 25 mock case scenarios on various methods of contraception were framed beforehand. Each facilitator discussed one mock case



scenario with each group one by one. These mock cases helped the participants to practically understand the full layout of DMT.

Each of the four groups was assigned with 5 mock case scenarios. The case was read out to them by the facilitator. One of the members enacted the role of a provider while the other became a client and counselling was done. The facilitator observed the efficacy of the DMT during counselling based on the following parameters:

- Finding the main category to which the case belonged to (i.e., choosing method, returning client, clients with special needs, dual protection and emergency contraception).
- Rationale behind reaching that category.
- Locating the section in the flipbook with the help of suitable tabs.
- Being able to suggest an appropriate method of contraception for that particular case scenario.

Evaluation (Administration of the feedback form- 5-point Likert scale): The experience of the participants on various parameters of the DMT (like understanding the purpose of the DMT, visual appeal of the images and graphics, subject matter, navigation across the DMT, usability of the DMT as a counselling aid, and recommending the DMT to peers) was measured quantitatively on a 5-point Likert scale of 1 to 5 (1- Strongly agree, 2- Agree, 3- Neutral, 4- Disagree, and 5- Strongly Disagree). A Google form was used to administer the feedback questionnaire containing 10 questions.

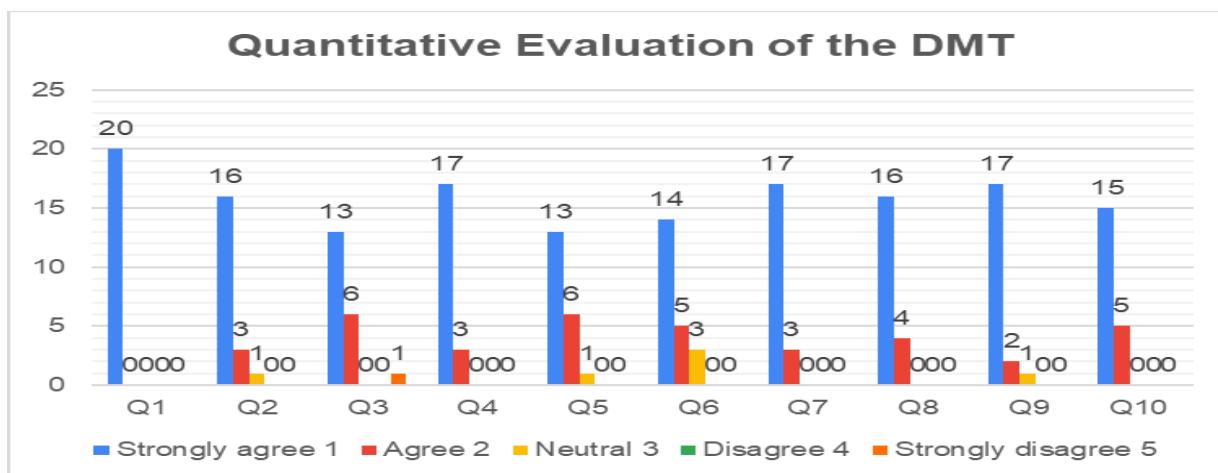


Fig-1: Frequency of responses given by the participants for various parameters of DMT

Experience sharing by the participants

- The respondents found the DMT to be beneficial and easy to use in terms of the variety of methods that have been presented as well as the tabs which make it easy to navigate across the flipbook.
- The respondents found the language of DMT to be easy and simple to understand. The tool comprehensively covered all the methods of contraception available.
- Respondents found the tool to be very interactive and a potent aid for counselling.
- The respondents found the tabs to be a very useful feature to locate the relevant section.
- The ‘next move’ panel at the bottom of the provider’s page gave a valuable insight about the next course of action to be taken by the provider and was very useful.
- The graphics and the colour combinations across the tool made the DMT visually appealing.
- Coding the different modules of DMT in different colours is a valuable feature.



- However, two of the respondents found that it was difficult to locate the information related to choosing methods due to placement of a few tabs at a different place, as otherwise stated in the DMT. Also, the DMT Flip book was found to be too heavy.