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சுவசிரிபாய  
SUWASIRIPAYA

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Your No. : )

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திகதி ) /06/2018  
Date )

**සෞඛ්‍ය, පෝෂණ සහ දේශීය වෛද්‍ය අමාත්‍යාංශය**  
**சுகாதார, போசணை மற்றும் சுதேச வைத்திய அமைச்சு**  
**Ministry of Health, Nutrition & Indigenous Medicine**

All Provincial Directors of Health Services,  
All Regional Directors of Health Services,  
Director NIHS,  
Heads of Medical Institutions,  
Chief Medical Officer of Health/Colombo Municipal Council.

**National Family Planning Day 2018 – ‘Shed the darkness out of life through the light of planning’**

Family planning services have immensely contributed to the impressive health indicators that Sri Lanka enjoys at present, as well as towards the overall improvements observed in the socioeconomic status. However, it has become stagnant in the recent past, which will have far reaching adverse consequences in health and non-health sectors. According to the available evidence, Sri Lanka ranks amongst the countries with highest abortion rates, and  $\frac{1}{3}$  of our preventable maternal deaths are associated with the unmet need for family planning. The child morbidities and mortality and maternal morbidities due to the unmet need for family planning also need to be stressed.

During the last few years, there have been many challenges to the National Family Planning Programme, amongst which were issues related to quality of contraceptive commodities and negative social perceptions. In order to draw the attention of all relevant stakeholders towards the issues related to family planning, the Ministry of Health, Nutrition and Indigenous Medicine declared 26<sup>th</sup> of September as the National Family Planning Day, which coincides with the World Contraception Day.

Although accurate figures are not available, it is estimated that a large number of induced abortions take place in Sri Lanka, with serious complications, which is a burden to the healthcare

system of the country. Since safe abortion services is not an option in Sri Lanka, this issue can only be addressed through improvement of family planning practices. Family planning services must be an integral component of post abortion care package in order to prevent repeated abortions, and to ensure health and survival of mothers and children. Ministry of Health, Nutrition and Indigenous Medicine intends to utilize the National Family Planning Day to draw the attention of all stakeholders towards the above facts.

Attention of policy makers, and political, religious and community leaders should be drawn towards the National Family Planning Day to solicit their active contribution. Priority should be given to implementation of the recommended activities annexed herewith (Annex I), during the month of September. Participation of hospital and field staff, general practitioners and community based organizations should be ensured in those activities. All RDDHS, Heads of institutions, MOO.MCH and MOOH are requested to send a summary report of activities conducted in their areas/institutions in the format attached (Annex II). Further details regarding the above can be obtained from the Family Planning Unit of Family Health Bureau at 0112665717.

Please communicate the above instructions to relevant staff under your supervision.

Thank you,

Dr. Anil Jasinghe  
Director General of Health Services

Dr. Anil Jasinghe  
Director General of Health Services  
Ministry of Health Nutrition & Indigenous Medicine,  
"Suwasiripaya"  
385, Rev. Baddegama Wimalawansa Thero Mawatha,  
Colombo 10.

Cc: Hon. Minister of Health, Nutrition and Indigenous Medicine – for your kind information  
Hon. Deputy Minister of Health, Nutrition and Indigenous Medicine – for your kind information  
All Hon. Provincial Ministers of Health – for your kind information  
Secretary, Health, Nutrition and Indigenous Medicine – for your kind information  
Addl. Secretary, Medical Services – for your kind information  
Addl. Secretary, Public Health Services – for your kind information  
All Provincial Secretaries of Health – for your kind information and necessary action  
Country Representative UNFPA – for your kind information  
Country Representative WHO – for your kind information  
DDG.PHS I – for necessary action  
DDG.PHS II – for necessary action  
DDG.MS – for necessary action  
Director.MCH – for necessary action  
Director, Health Education and Publicity – for necessary action  
President, Sri Lanka College of Obstetricians and Gynaecologists – for necessary action  
All Provincial Consultant Community Physicians – for necessary action  
All MOO.MCH } to organize the recommended activities and send a report of activities conducted, by  
All MOOH } 12/10/2018 (Annex II).  
Executive Director – FPA/PSL/SLAVSC

# Annex I

|    | Activity                                                                                                                                                               | Suggested date/s | Responsibility                                |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------------------------------------|
| 1  | Preparation of guidelines and resource material for the National Family Planning Day.                                                                                  | August 2018      | Director.MCH<br>CCP/FHB                       |
| 2  | Designing of a poster for the National Family Planning Day.                                                                                                            | August 2018      | Director.Health<br>Promotion and<br>Publicity |
| 3  | Awareness of health staff regarding the importance of preventing induced abortions through proper family planning services, at district and divisional level meetings. | Sept. 2018       | RDDHS<br>MOO.MCH<br>MOOH                      |
| 4  | Conduct awareness programmes for hospital staff on preventing induced abortions through proper family planning practices.                                              | Sept. 2018       | Heads of<br>Institutions<br>VOGs              |
| 5  | Issuing of a circular on post abortion family planning.                                                                                                                | Sept. 2018       | DGHS<br>Director.MCH                          |
| 6  | Conduction of a media seminar on the National Family Planning Day.                                                                                                     | 21-25 Sept.      | Director.HPB<br>Director.FHB                  |
| 7  | Select at least one workplace and conduct an awareness programme on risks of abortions and the need for post abortion family planning.                                 | 23-26 Sept.      | MOOH<br>SPHII/PHII                            |
| 8  | Utilise all health education sessions targeting clinic attendees to create awareness on risks of abortions and the need for post abortion family planning.             | 17-29 Sept.      | MOOH<br>PHNSS<br>SPHMM<br>PHMM                |
| 9  | Health education programmes targeting general public on risks of abortions and the need for post abortion family planning.                                             | 17-29 Sept.      | MOOH<br>PHNSS<br>SPHMM<br>PHMM                |
| 10 | Public Health Midwives to concentrate on identifying families with unmet need for family planning, and counseling them on family planning.                             | Sept. 2018       | MOOH<br>PHNSS<br>SPHMM<br>PHMM                |

|    | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Suggested date/s | Responsibility                |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------------------------------|
| 11 | Take necessary action to comply with the criteria of the Ministry of Health, Nutrition and Indigenous Medicine on family planning clinics, establishment of new Family Planning Clinics, and implement the General Circular Letter No.01/45/2017 on 'Strengthening postpartum family planning services provided by curative institutions', issued by Director General of Health Services, and 'National Guideline on Post Abortion Care' ( <a href="http://fhb.health.gov.lk/web/index.php?option=com_content&amp;view=article&amp;id=15&amp;Itemid=139&amp;lang=en">http://fhb.health.gov.lk/web/index.php?option=com_content&amp;view=article&amp;id=15&amp;Itemid=139&amp;lang=en</a> ), as per relevance. | Sept. 2018       | Heads of Institutions<br>MOOH |

## Annex II

**National Family Planning Day 2018 – Activity Report (to be sent to Director/Family Health Bureau before 12/10/2018)**

RDHS/MOH area/Institution:

[illegible]