

Collaboration with Public and private sector in promoting Family Planning at tertiary care Hospitals population welfare Department Rawalpindi.



Population welfare department is striving hard

- To reduce population growth rate to 1.3%.
- Reduce fertility to replacement level of 2.1 births/ woman.
- Universal access to safe family planning methods.

Population welfare department is creating awareness among all sectors of population with special emphasis on youth as youth makes up 63% of our population. Pakistan is fifth largest young country in the world. To create this awareness population welfare department Rawalpindi is working in close liaison many public and private organization including

District Administration

District Health Department

Tertiary Care hospitals

District Education Department

District Social welfare Department

NGO's and Private Sectors

Local Government

Pakistan Army

The detail of this collaborated effort is briefed as follows:-

Adolescent health Centre:-

These centres have been established at divisional headquarters. One such centre is working in Family health clinic Benazir Bhutto hospital Rawalpindi. A trained psychologist is deputed who's main job description is to address the issues of adolescents age 10-19 years. Frequent awareness sessions are conducted all over the district regarding adolescent health issues. These sessions are taking place at schools, colleges, Universities and social welfare outlets and other work places of youth.



Collaboration with Gynae Department at tertiary care Hospitals:-

Family planning Counters are established in all gynae OPDs where a female motivator is counseling all clients with on spot referrals for family planning. LED's have been installed by population welfare department in gynae opd of Holy Family and Benazir Bhutto hospital, Which are playing messages of birth spacing and health education round the clock. Family motivators are providing counseling and family planning to all the post-partum patients admitted in labor rooms and gynae wards. Their working is thoroughly reported and analyzed on monthly basis.





Lectures at school, colleges:-

WMO's of PWD at all tehsil's of Rawalpindi district are delivering lectures to students at school, colleges in liaison with education department. These lectures are delivered in accordance with a special curriculum designed by PWD Punjab. All the schools and colleges are being visited multiple times and this is an ongoing process.



Training of Doctors:-

It is mandatory for final year students and PGTs of Gynae/OBS to attend trainings of family planning methods being offered at FHC Benazir Bhutto hospital, holy family hospital and military hospital Rawalpindi.



Trainings of Paramedics:-

Regular training sessions are organized for nurses, LHV, Midwives at all family health clinics from time to time.



Provision of Family planning services to others departments:-

Population welfare department is providing family planning services to other line departments through establishing family welfare centres/counters in their premises. These centres are successfully working in Fuji foundation hospital Rwp, CMH Rwp, Cantonment hospital and dispensaries, social security hospital Rwp, all RHC's of health department.



Seminars at universities:-

Sensitization/Awareness sessions are regularly arranged at women universities at Rawalpindi.

