

**Training Program for Nurses
about Counseling Skills related to
Family Planning in Rural Health
Units**

Thesis

**Submitted in Partial Fulfillment of the
Requirement
for the Doctorate Degree**

In

**Nursing Science
Community Health Nursing**

By

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وَأَنْزَلَ اللَّهُ عَلَيْكَ
الْكِتَابَ وَالْحِكْمَةَ
وَعَلَّمَكَ مَا لَمْ تَكُنْ
تَعْلَمُ وَكَانَ فَضْلُ اللَّهِ
عَلَيْكَ عَظِيمًا
صِرَاقُ اللَّهِ الْعَظِيمِ

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✍ **Walaa A. Kader Mohamed**

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List of Abbreviations

WHO	: World Health Organization
TFR	: total fertility rate
CAMPAS	: Central Agency for Public Mobilization and Statistics
M.O.P	: Ministry of Planning
IUD	: Intra-uterine device
TL	: Tubal Ligation
DGHS	: Demographic and Health Survey
RHFP	: Reproductive Health and Family planning unit
LAM	: Lactational Amenorrhoea Method
BBT	: Basal Body Temperature method
AIDS	: Acquired immune deficiency syndrome
ECP	: Emergency contraceptive pill
STD	: Sexually transmitted disease
HIV	: Human Immunodeficiency Virus
FDA	: Food and Drug Administration
CDC	: Centers for Disease Control and Prevention

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Abstract

Family planning counseling services are believed to have contributed to increasing contraceptive use and declining fertility rates in developing countries. Family planning is an integral component of family welfare. It saved the lives of women and children. Women's education about family planning is essential to good health. Community health nurses play a key role in the promotion of women's reproductive health. **Aim:** The aim of this study was to evaluate the effect of training program for nurses about counseling skills related to family planning in rural health units through increasing their knowledge's and performance. **Subjects and methods** A quasi experimental study was used, **Setting** This study was conducted at all rural health units in Toukh health administration at Al Qalyubia Governorate which contains 9 rural health units. **Sampling:** Purposive sample of 62 nurses and 80 mothers were taken. **Tools:** For data collection three tools were used, 1st tool: A demographic tool as self-administered questionnaire for nurses were used to assess socio-demographic data and nurse's knowledge related to counseling skills & family planning and For mother; an interviewing questionnaire was used to assess socio-demographic data and satisfaction level about family planning counseling. 2nd tool: scale to assess nurse's attitude toward family planning and 3rd tool: observational checklist to assess nurses' performance. Data were collected at pre-post program. **Results:** The results showed that at pre-post-test, an improvement in nurses 'knowledge from 35.5% to 95.2% with a highly significant difference between pre & post program ($X^2 = 48.73$, P value < 0.001) and nurses' performance regarding counseling skills improved from 8.1% to 83.9% with a highly significant difference between pre & post program ($X^2 = 53.62$, P value < 0.001). Also, it illustrated that an improvement in mother's satisfaction level about family planning counseling from 32.5% to 71.2% with a highly significant difference between pre & post program ($X^2 = 24.058$, P value < 0.001). **Conclusion:** The study concluded that the training program showed remarkable improvement in nurse's knowledge and practices regarding family planning counseling, also improvement in mother's satisfaction level about family planning counseling. **Recommendations:** Regular group education should be designed based on current scientific knowledge to impact correct and accurate knowledge about family planning. This is to avoid misinformation, wrong teaching and misbelieves that constitute the present structured teaching on different contraceptive methods. Integrate counseling program in the student nurse curriculum about counseling skills related to family planning.

Key words: Family planning, Counseling skills, Nurse, Mother, Training program.

Introduction

Community health nurse as a family planning counselor and health care provider should be knowledgeable enough to correct rumors and misbeliefs about family planning. Another important role of the counselor is to empower the woman to make her own choices when needed, **(Fraser et al., 2013)**.

Family planning is the decision-making process by couples together or individually, on the number of children that they would like to have in their lifetime, and the age interval between children. This means that both halves of a couple have equal rights to decide on their future fertility. In planning their future children, partners need to have the right information on when and how to get and use methods of their choice without any form of coercion. Such planning therefore helps mothers and their children enjoy the benefits of birth spacing and having planned pregnancies. Family planning is one of the leading strategies to improve family life and welfare, control unwanted population growth, and aid the development of the nation. **(Keshavarzi, et al., 2014)**.

Counseling is defined as use of an interactive helping process focusing on the needs, problems, or feelings of the client and significant others to enhance or support coping, problem solving, and advice offered by a counselor to the mother as a

regular part of the healthcare process through interpersonal relationships, (*Janas,2015*).

The training program's approach focuses on nurses practices about counseling skills related to family planning that address the most important health issues that effect on ability of mothers to decision making about suitable family planning methods (*World Health Organization, 2014*).

widder knowledge about proper contraceptive use and low health risks, improving the quality of counseling services, encouraging employment of female physicians in family planning clinics, and increasing access to contraception and subsidizing contraceptives. Furthermore, efforts are under way to integrate family planning and counseling into postpartum care, design information/education/communication (IEC) programs emphasizing the health benefits of family planning, educate women about the sources of family planning services available in their community, and address misperceptions about contraceptive methods (*Ibrahim; Kodair, 2013*)

El-Zanaty & Way, 2014 believes that the problem of overpopulation cannot be solved simply with projects designed to reduce the birth rate, but also requires raising awareness about the gravity of the crisis. Thus far, state-led projects, such as the Family Planning Program, have not achieved the desired results, given Egyptians' apparent lack of will to limit their reproduction.

Significance of the study:

One statistic commonly cited as evidence that population growth is no longer a pressing policy concern is the declining fertility rate. Egypt's total fertility rate (TFR) has fallen from 7.2 children per woman in the early 1960s to 3.4 in 1998. United Nations population projections suggest that the TFR in Egypt will decrease to three children in the 2000-2005 period and to two children by 2020-2025. (*United Nations Department of Economic and Social Affairs, 2013*)

However, deeper examination of current trends suggests that population growth should still concern Egyptian policy makers. If the fertility declines of recent decades are to be sustained and the government of Egypt is to achieve its goal of reducing fertility to replacement level by 2016, (*National Population Strategy, 2013 and WHO, 2014*) it must support a strong family planning program that can continue to provide high-quality services and reach more potential users. Financing this program will increasingly depend on the Egyptian government's resources.

Total population in Egypt which was 92,750,033 million in 2017 from the last population count, which was done by Central Agency for Public Mobilization and Statistics. The rate population growth expected will be increased 2.4 % per year **(M.O.P, CAMPAS, 2017).**

Ability of a woman to start a successful, continuous and appropriate contraceptive method is influenced by many different factors; e.g. access to the health care, community, cultural attitudes and personal attitude can all be considered as obstacles to apply correct use and effective method of the women to family planning objectives. **(Singh, R. et al., 2013).**

The community health nurses play an important role in family planning counseling because they are regular contact with mothers, frequently developing relationship grounded in respect and trust, consequently they can play an essential role in informing, education and counseling, **(Fraser et al, 2016).**

Aim of the Study

This study aimed to evaluate the effect of training program for nurses about counseling skills related to family planning in rural health units through:

Assessing nurses' knowledge, performance and attitude related to counseling skills and family planning.

Designing and implementing training program for nurses related to counseling skills and family planning.

Evaluating the effect of designed training program for nurses' role as counselor and its effect on women attending in the rural health units.

Hypothesis:

The training program will improve knowledge, performance and attitude for nurses about counseling skills related to family planning.

The training program will elevate women satisfaction toward family planning services.