

FPAN at a Glance

Coverage/Strengthens

43	out of 77 districts
301	out of 753 rural and urban municipalities
10	million population out of 29 million
22	doctor led family health clinics
56	community health clinics
151	fixed outreach clinics
563	community-based distributors
75	associated clinics
5	birthing centers (24/7)
40	youth Information centers
42	Safe Abortion Sites
8	Clinic Training Sites
78	Static Clinics

Helpline for tele counseling, consultation and referral

Vision: All Nepalese people are free to make choices about their sexuality and well-being without any discrimination.

Mission: Champion a volunteer movement for increased provision of SRHR to all especially to those most at risk, marginalized and under-served.

Dedicated to the Sexual and Reproductive Health and Rights of all for 62 Years

From the Desk of Administrator



Dr. Naresh Pratap KC

I am overwhelmed with joy to be associated with this organization which has been the champion of SRHR services in Nepal for well over six decades.

Over the years FPAN envisioned Nepal where no-one has to suffer due to a lack of access to SRHR services. Working remotely, FPAN team has done great things: established new partnerships delivered record-breaking volumes of services, and extended our reach. Despite the barriers and uncertainty, we have continued to enable access to needed, high-quality SRHR services for some of the most vulnerable communities around Nepal. We are pioneers and people till today look upon us the guiding force in this front.

With so much of the world beset by crises, disasters, conflicts, and lack of resources what can we at FPAN do to improve our services with whatever little resources that we have at hand? This is a vital question that we ask daily. Nevertheless, we know the answer: "Serving People with Care".

As you are all aware we are facing challenges from five corners at the moment: finances, competition, Central Committee Reforms, Organizational

Restructuring and last but not the least COVID -19 pandemic. These all are no easy tasks ahead of us all. We are already making plans to transform the way we carry out our services to deliver more efficient ways of working both in management as well as at the Central Committee. We cannot afford to relax our drive on these pertinent issues. We must rationalize our resolve to reflect the type of organization we want to be; we must make the way information is processed within the organization more efficient and technologically savvy; we must integrate our delivery of services in localities; we must work with our partners in the public sector, particularly the health service, to integrate our services; and we must continue to deliver smarter procurement across all our operations. In many ways, I consider FPAN to be in a stronger position than many other organizations, because we are one Council. We are driven by efficiencies and integrate our services to provide the best to our clients.

Our organization exists to serve our community and build a better tomorrow for all of our citizens by putting up better Clinics to provide excellent Family Planning Services in Nepal. Assistance provided by corporate houses and donors was very helpful in assisting us to reach our current goals at the time of COVID 19 pandemic. On behalf of everyone at FPAN, please accept our sincere gratitude for this assistance.

Wishing all our well-wishers, donors, volunteers, frontline workers, service providers and staff members for their unflinching support showered on us to continue with our SRHR services during this hour of horror "COVID 19" striking the country – to be safe, healthy and hearty.

FPAN walks thru unchartered waters to provide SRHR services

After the complete lockdown in March 2020, government of Nepal shifted its focus on COVID 19 response. During the outset of COVID 19 lockdown, FPAN took the responsibility to regularize its SRH services. It was one of the first organizations in Nepal to provide SRH services

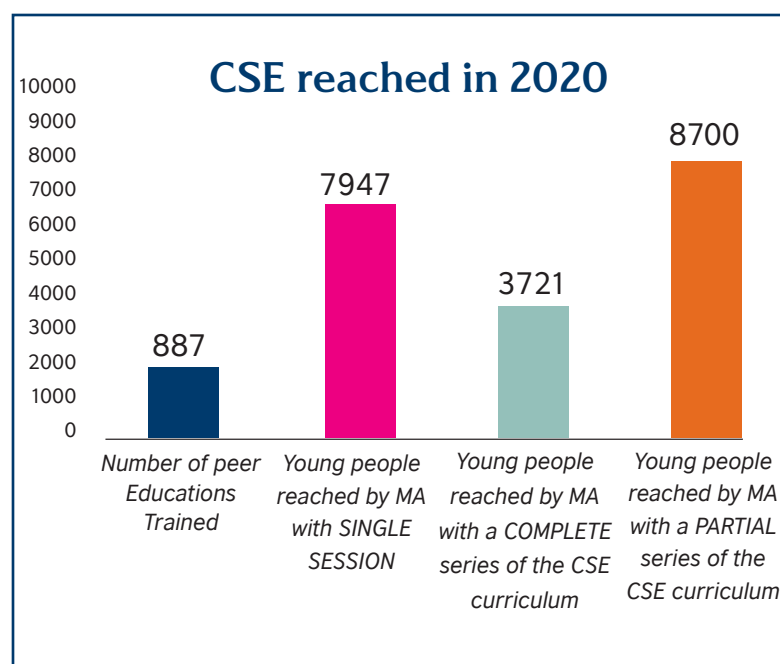
during lockdown, where by our services went down by 15% compared to 2019 and within that period we were able to reached 30% young clients who were more vulnerable SRH group and reached 90% vulnerable and marginalized groups.

Total SRH Services Provided

SRH Services	2020
Contraception Services	1291087
Gynecology Services	406976
HIV/AIDS Services	330427
Obstetrics Services	360262
Other SRH Services	3732
Pediatric Services	181199
Safe Abortion Services	42845
Specialized Services	78622
STI Services	494394
Subfertility Services	8728
Urology Services	62358
Total	3260630

Total Annual Impacts

Total Annual Impacts	2020
Demographic impacts	
Unintended pregnancies averted	32560
Live births averted	9356
Abortions averted	19797
Health impacts	
Maternal deaths averted	41
Child deaths averted	134
Unsafe abortions averted	16745



Home base PNC service being provided by Jhapa Branch



Helpline Service – 16600145000 is operational every day from 7:00 am to 7:00 pm to respond SRHR during COVID -19. We served more than 7000 clients through helpline and mostly the caller of age group 25-49 years was higher than those from other groups. Among all callers, majority of the callers curious were about Sexuality, Family Planning and Safe Abortion respectively.

Digital Interventions

- ▶▶ RMNCAH orientations to 588 service providers – UNFPA
- ▶▶ Tele-consultation in 13 districts - UNFPA
- ▶▶ Capacity building program for service providers and peer educators (JTF, PWD)
- ▶▶ DHIS2, eCMIS for service data collection
- ▶▶ Mobile set provided to the community-based distributors (reproductive health female volunteers)
- ▶▶ 401 Teachers Trained - UNFPA
- ▶▶ Safe Delivery Apps orientation to 275 ANM/Nurses- UNFPA
- ▶▶ Helpline service - UNFPA
- ▶▶ Mobile SMS - Reached 160,000 people -UNFPA
- ▶▶ Virtual TV panel discussion program



Advocacy Mantra

Following the second lockdown in late April 2021, FPAN accepted responsibility for regularizing its SRH and helpline services during COVID -19 first wave pandemic to respond to SRHR, as the lockdown situation could result in increased maternal mortality and unsafe abortion due to travel restrictions.

FPAN also lobbied with the government, in collaboration with partner organizations, to include CSE in the Ministry of Education's recently drafted Education Sector Plan. Dr. Naresh Pratap KC, FPAN Administrator, sent an e-copy of appeal letter to the Ministry, requesting that CSE be integrated into the Education Sector Plan. FPAN gathered necessary inputs received from partner organizations and forwarded it to the Ministry.

During COVID-19 in 2020, FPAN collaborated with other organizations to advocate for homebased services and was successful in bringing an Interim Reproductive Maternal and Neonatal Care Health Guideline to respond to SRHR through home-based services, with FPAN serving on the guideline's drafting committee.

Advocacy Achievements

- Regulation for Safe Motherhood and Reproductive Health Right Act has been approved by the Cabinet on 15 September 2020, where FPAN was also a part of the drafting committee.
- National Adolescent Health and Development Strategy 2019/2020, the strategy plan was developed by national ASRH committee, where FPAN is also a member of the committee.
- Comprehensive sexuality education (CSE) components into national school curriculum from grade 4 to 12.
- CSE has been integrated in Health Policy and Five Years Periodic Plan of province 5 (Lumbini province).
- Conducted signature campaign among partner organization on SRH Rights of Key Population and handover it to Health Minister along with appeal letter.

2021

21st April
2:45 pm to 4:45 pm
(Kathmandu Time)

9:00 am to 11:00 am UTC
(Coordinated Universal Time)

GLOBAL SAFE ABORTION

Achieving Universal Abortion Access in Nepal: Key Opportunities and Challenges

Nepal is proud to be hosting the **GLOBAL SAFE ABORTION DIALOGUE 2021**, in the framework of GLOBAL SAFE ABORTION DIALOGUE (GSAD) under the auspices of International Planned Parenthood Federation (IPPF) and Amplify Change, jointly organized by Family Planning Association of Nepal (FPAN) and Marie Stopes International (MSI). Global Safe Abortion Dialogue 2021 will be taking place among partners, donors and policy makers. This virtual gathering will create an opportunity for frontline activists, service providers, policy makers, funders and other stakeholders to share their perspectives and plans to strengthen the global movement for safe abortion. The Safe Abortion Dialogue 2021 will consist of high-level deliberations, national and international linking and a learning webinar, followed by Q/A session.

DISCUSSION TOPICS

(in sequence)

- Abortion Services in Nepal – Social & Cultural Barriers
- Self-Care of Medical Abortion / Telemedicine
- Challenges pertaining to Service Providers in carrying out Safe Abortion Services (SAS) and Task-sharing
- Progressive landscape of Safe Abortion-related Act and Regulations / Challenges
- Stigma & Barriers amongst young people in accessing Safe Abortion

MODERATORS

1. **Mr. Satyajit Pradhan**
Director - Evidence to Action
"MSI Reproductive Choices"
Marie Stopes - Nepal
(Facilitating Global Audience)
2. **Ms. Medha Sharma**
President - Visible Impact
(Facilitating Local Audience)

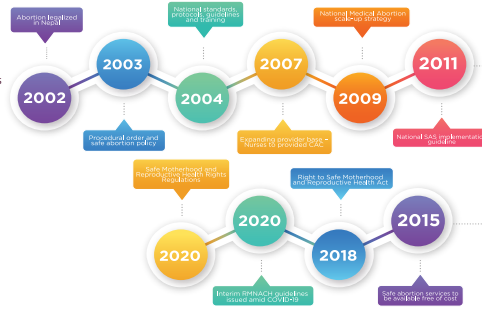
HOST

Dr. Naresht Pratap KC
Administrator
Family Planning Association of Nepal
(FPAN)

MEMBERS OF PANEL

1. **Ms. Mohna Ansari, Former Member**
National Human Rights Commission (Nepal)
Topic: Abortion Services in Nepal – Social & Cultural Barriers
2. **Dr. Tara Nath Pokharel, Director**
Family Welfare Division
Topic: Self-Care of Medical Abortion / Telemedicine
3. **Prof. Dr. Chanda Karki, CEO and Principal**
Nobel College of Health and Education
Topic: Challenges pertaining to Service Providers in carrying out Safe Abortion Services (SAS) and Task-sharing
4. **Mr. Sabin Shrestha, Executive Director**
Forum for Women, Law & Development
Topic: Progressive landscape of Safe Abortion-related Act and Regulations / Challenges
5. **Ms. Surakshya Giri, Board of Trustee**
IPPF
Topic: Stigma & Barriers amongst young people in accessing Safe Abortion

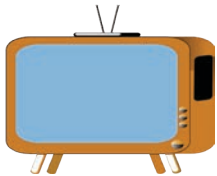
FROM LAWS AND POLICIES TO PROGRAMS



EVENT PARTNERS



IEC/BCC Activities: 2020



CSE session through national television.



Peer Educator Handbook



Leaflet and factsheet on PWD SRH and Rights.



CSE flip chart and AFIC Operational Procedure



Newsletter, helpline pamphlet and stickers on FPAN works on SRHR during C19.



COVID SRH Poster



SRH Rights poster, client Rights poster, need of service provider's poster, CSE poster

- Documentary on importance of FP and SRHR
- CSE audio –visual song
- Radio-Audio / FM radios program on SRHR.
- Promotion materials (T-shirts/bags)



CSE shrinkhala booklets



Integrated Family Planning Camps

In the past quarter (Jan-March 2020), FPAN's 17 branches and central clinic held nearly 156 mobile camps to provide high-quality voluntary surgical contraceptive (VSC) services, as well as counseling, long-acting and short-acting family planning contraceptive services. The mobile camps helped a total of 3,136 service seekers / clients, the majority of whom were from the disadvantaged and marginalized communities. The VSC camps were planned in collaboration and close coordination with district health offices and the National Family Welfare Division.

The VSC services have helped to accomplish a total of 36,933 couple years of protection (CYP). FPAN has been successful in breaking the seasonality effects in VSC services, such as minilap and non-scalpel vasectomy, during the past few years. In past most of the VSC camps used to be organized in winter as practically all clients preferred winter season for the VSC services. Nevertheless, this year we saw a large number of clients seeking VSC services in summer season as well.



Mobile Family Planning Camp, Daud Health Post, Doti

Projects' Overview

SPRINT - COVID 19 Humanitarian Relief

SPRINT emergency project funded by Australian Aid and supported Kumari Bank / Sanima Bank and NMB Bank; FPAN was one of the first organizations in Nepal to respond to first wave of COVID 19 in 2020.

The COVID-19 pandemic and its consequences are negatively affecting the availability of and access to basic services, including sexual and reproductive health (SRH) care, and is further exacerbating existing inequalities. Family Planning Association of Nepal's services were also in peril impacted by the spread of COVID-19, as service delivery points were forced to close and some operations have had to be suspended. Nevertheless, with the support from Australian Aid, Kumari Bank, Central District Office, Family Welfare Department, concerned line Ministries FPAN was able to resume its services in 15 district branches (12 family health clinics, 17 community clinics and 148 CBD workers) from first week of April 2020. As of 19 October, there were 136,036 COVID-19 positive cases with 757 deaths reported in Nepal.

Key Findings

182,790 beneficiaries reached against the target of

105,125 i.e. 174% achievement

68.6% clients received MISP services

100% clients received SRH services Clients from marginalized groups constituted 10% of the total beneficiaries

36,909 CYPs generated

9,295 unintended pregnancies averted

2,671 live births averted

5,652 abortions averted

11 maternal deaths averted

38 child deaths averted

99.9% clients reported satisfaction with FPAN services

5.3% of the contraceptive clients were first time users

A total of **1,177,508** services were provided in 6 months

GCACI Overview

Since May 2007, Nepal has become the first country in South Asia to be accepted by an anonymous donor for a global initiative on comprehensive abortion treatment. With this fund, an anonymous donor provides strong support to FPAN in improving its clinics to meet IPPF level of quality of care, enhancing capacity building for service providers to provide quality services, and strengthening the provision of comprehensive abortion care services in its clinics. Although a restricted-funded initiative, the GCACI has a significant contribution to the core of FPAN abortion program both in terms of services and medical/clinical human resources support.

PACKARD: Strengthening Young Peoples Access to Stigma Free Abortion Info & Services

The project's ultimate goal is to improve young people's access to stigma-free abortion, as well as education and resources. Its mission is to expand access to and availability of quality preventive and curative care for hard-to-reach, vulnerable, migrants, and young people in order to minimize stigma around abortion.

GGR Emergency Fund

From April 2018 to March 2020, the project "Scaling up Family Planning and Reproductive Health Services in selected Districts of Nepal (GGR Emergency Fund)" was introduced through funds received from She Decides Campaign. The project had a compelling obligation to fill the gaps in SRH services caused by the GAG Rule's imposition. Apart from that, closing service gaps, the ability of the health workforce, and improving the structural foundations of community agencies are all critical obligations that ultimately accompany the delivery of SRH services under this grant.

UNFPA: Young people have Skills, Knowledge to make informed decisions for Health & Well-being & to participate in decision making

This project was started in 2018 and is sponsored by UNFPA, UNESCO, KOICA, and DFAT. Every teenager and youth, especially adolescent girls, have the right to sexual and reproductive health and rights in all circumstances. FPAN carried out all advocacy-related activities as well as the capacity building of school teachers through CSE basic and refresher training under this project.

JOICFP: Improve young people to access Comprehensive Sexuality Education (CSE)

Even though CSE is now part of the school curriculum, there is a shortage of CSE learning and teaching environments in schools. It's because of CSE's poor content and efficiency, untrained instructors, a shortage of reference materials, taboo, and hesitancy. Furthermore, there has been a large dropout rate in secondary schools.

As a result, a significant number of young people have dropped out of school. The project aims to improve the learning and teaching experience in classrooms, as well as to reach out to young people who are not in school.

Women's access to integrated SRH-HIV services in earthquake-affected districts of Nepal

A project sponsored by the Japanese Trust Fund and implemented by the Family Planning Association of Nepal. The project runs from October 2019 to September 2021 in three Nepalese districts: Kavre, Kathmandu, and Makawanpur. Its objective is to improve SRHR and HIV outcomes for vulnerable populations, especially women and adolescent girls, in those three earthquake-affected districts.



Advancing SRHR of Persons with Disability (PWD)

One billion people, or 15% of the global population experience some form of disability, with the prevalence of disability being higher in developing countries (national average percentage of PWD in Nepal is 1.96 percent). Many PWD are marginalized and their human rights are violated. Furthermore, their sexual and reproductive health (SRH) needs or their sexual rights are not fully recognized and acknowledged: they have often been denied their right to establish relationships or to decide whether to have a family, and many have faced forced sterilizations, abortions or marriages. PWD face discrimination and barriers to information and services, and encounter stigma and stereotypes especially when it comes to their sexuality. This project is instrumental in bringing about positive changes in those stigmas through national activities and rigorous learning and sharing of best practices.

FPAN participates at IWD 2021 National Women's Meet

The International Women's Day (IWD) was commemorated on March 8, 2021, by participating at women's meet in collaboration with the Ministry of Women, Children, and Senior Citizen and other like-minded organizations. The event was packed with excited attendees carrying placards and yelling slogans about different problems that women faced. Individuals, women leaders, women networks, women with disabilities, women in defense, teachers, men who support women's rights, members from national and international organizations, media workers, and others gathered in unity.

The program was a success thanks to everyone's contributions with the participation of over 15,000 people.



The Buzz

- ▶ As Dr. Naresh Pratap KC moves to his new role at FPAN, FPAN acknowledges the job he and his team did for the Ministry of Health over the past 32 years during his tenure, ensuring that fit, effective and having the kind of impact on the overall health sector the country always hoped it would.
- ▶ In order to be self-sustainable FPAN embarks upon Social Enterprise Model supported by IPPF SE HUB.
- ▶ Business Sectors initiate CSR schemes to support FPAN FP services
- ▶ Resident Diplomatic Missions begin to support FPAN thru its Small Scall Development Initiative.
- ▶ LAD partner meeting with PSI, MSI, FPAN, IPAS and WHO to discuss GCACI Project as it enters its final stages was held on 23rd March 2020. Self-care and home-based medical abortion services were also discussed between the Access team and LAD partners.

Service Providers' Views



Two women came to our clinic to seek abortion services. They claimed to have started walking from their houses in Thankot to the clinic at 4:00 a.m. and arrived at 10:00 a.m. When they arrived at our clinic, they were drained and tired. We performed the essential tests, yet, we found out one of them was 12 weeks pregnant and needed immediate referral. They were, however, in no condition to travel to the referral center. We then drove them to a maternity hospital on FPAN vehicle. The client was relieved and impressed by our treatment provided to her. "We were very weary and hungry, and we didn't have the stamina to go to a hospital," the client explained. Thank you for helping me feel so much better, she added.

Dr. Om Maharjan, FPAN Central Clinic, Lalitpur



We received a call from a woman who wanted to terminate her pregnancy because she already had two children. She couldn't afford to have another kid, so she opted to terminate the pregnancy. She was in difficulty because of the prolonged lockdown and movement restrictions. She contacted FPAN for assistance, claiming that she didn't even have 100 rupees with her to make the journey to FPAN Valley Clinic. Therefore, we sent her our pickup / drop vehicle and provided her with safe & free abortion and FP treatments at the FPAN Valley Clinic. "We know that corona is terrible, but as per our clients' needs, unintended pregnancies, hunger, a lack of abortion, and a lack of FP services are all more dangerous than the corona virus. As a result, even in the midst of the pandemic, we are working to meet the needs of our clients."

Bivha Rai, Staff Nurse, FPAN Valley Branch

Essential supplies received from DARAZ



We are honored to be part of an initiative in collaboration with FPAN and support them with safety essential items like face shield, sanitizer, digital thermometer, handwash & PPE Set during this pandemic.

#daraznepal #darazonlineshoppingnepal
#darazcares #FPAN



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FPAN expresses its heartfelt gratitude to all frontline workers, partners, donor agencies and government of Nepal for their support to regularize its SRH services during COVID 19 Pandemic