



### Background

Zambia has made significant progress in the introduction and scale-up of hormonal IUD, training nearly half of the targeted healthcare facilities in their national roll-out plan since October 2021. Over 27,000 new users have received hormonal IUDs with comprehensive counseling to date. Kanyama General Hospital in Lusaka, a busy level II facility, has effectively integrated hormonal IUDs into its range of contraceptive services provided at different access points at the facility. Audrey Chilambe, a nurse and family planning provider at Kanyama, received her training in November 2023, and has provided over 70 hormonal IUDs in four months, with no users requesting early removal, indicating high client satisfaction.

### Training on provision and counselling

“The hormonal IUD training has provided me with knowledge about the hormonal IUD, and the insertion and removal techniques. I feel confident to counsel women about this newer method and address any concerns on effectiveness of this method,” said Audrey. Through outreach services, Audrey and other members of Kanyama General Hospital addressed common misconceptions about hormonal IUD in the community, and they experienced an increase in demand for hormonal IUD. The clients who came to Audrey were interested in spacing their pregnancies; “...most demand is coming from married women who are 25 years or older who are interested in medium- to long- term family planning methods,” said Audrey. Partner support with provision of hormonal IUD insertion packs has enabled Kanyama General Hospital to overcome service provision barriers and cater for the increasing demand for insertion services.

*“The hormonal IUD has many potential positive impacts for women - not only does it has contraceptive benefits, but it can help those who suffer from severe period cramps, heavy periods, endometriosis, adenomyosis, or anemia, and it is localized to the uterus.”*

### Building awareness and leveraging community involvement

To effectively raise awareness of new methods, the hospital adopts a multifaceted approach to share precise information. The strategies include:

- Counseling during antenatal and postnatal services
- Organizing community outreach programs
- Training community volunteers

Audrey recommends, for the successful introduction of new methods, expanding the training of community volunteers and increasing outreach efforts. She believes these are crucial steps in enhancing community understanding of new contraceptive methods.

### Increases in demand after positive client experiences

Client feedback from Kanyama General Hospital on hormonal IUD has been overwhelmingly positive, with no reported complications, and a notable increase in demand for family planning services more broadly has been observed with the addition of a new method. “Of the 73 insertions I have done, not a single woman has come back for removal or reported any complications. This indicates the method's effectiveness for them,” said Audrey.

She emphasizes the importance of healthcare workers providing unbiased and accurate information to women seeking family planning services, enabling them to make informed choices. Furthermore, Audrey advocates for the introduction of the hormonal IUD in other countries, highlighting its benefits not only for contraception but also for women experiencing severe menstrual cramps, heavy periods, endometriosis, adenomyosis, and anemia.

### Contact Information

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