Background

Cameroon has a high HIV prevalence rate with an estimated 4.3% of the population within the age 15-49 years confirmed HIV positive. Women are at higher risk for HIV than men, 5.6% and 2.9% respectively (1).

Recent studies in sub-Saharan Africa have found that HIV-positive women desire fewer children than their negative counterparts and that a lack of integration between family planning (FP) and HIV services contributes to this unmet need (2,3).

Integration of HIV-FP services improve access to and quality of HIV care, program efficiency, provider knowledge and skills, stigma reduction, and an increase in contraceptive use (4,5,6).

PEPFAR, through the CBCHS piloted HIV-FP integration in two high volume Care and Treatment (C&T) centers in the region: Baptist Hospital Mutengene and Regional Hospital Buea.

Goal and Objectives

The goal of this project was to provide integrated family planning services in two HIV Care and Treatment (C&T) clinics in the South West Region (SWR) of Cameroon and evaluate the outcomes related to FP and C&T service integration.

Objectives:

- Determine the change in unmet need for FP among HIV-positive women of reproductive age (WRA) who present for C&T services at two HIV clinic locations following integration of FP service provision into C&T services.

- Determine the change in modern contraceptive prevalence usage rate among HIV-positive WRA who present for C&T services at two HIV clinic locations following integration of FP service provision into C&T services.

Methodology

- The project had both an investigative and an implementation component. The investigative component involved the collection of individual level data through the use of surveys and medical abstraction.

- The implementation component focused on counseling on the various methods of family planning and provision of FP method of choice.

Results 1 (Baseline/Pre-intervention survey)

- A total of 404 eligible women were surveyed across the two sites.
- Unmet need for FP at baseline at BHM and RHB were 29.7% and 8.3% respectively while modern contraceptive prevalence rate was 33.7% across the pilot sites.
- Male condom was the most frequently utilized contraceptive method with 83.1% of users relying exclusively on this method.
- Of those utilizing modern contraceptive methods 6.6% reported use of IUD and 8.8% implant.

Results 2 (Uptake of Various Modern FP Methods)

- A total of 924 WRA received modern FP methods during the project intervention period which ran from June 2015 to September 2016.
- Uptake of IUD remained low but increased from 6.6% at baseline to 9.0% by the end of the project.

Lessons learnt/Recommendations

Lessons learnt:
Integration of FP services into HIV care resulted in increased uptake of FP methods among HIV positive women in the two clinics in SWR of Cameroon.

Recommendations:
Develop a plan to upscale the integration of FP services into C&T clinics throughout Cameroon.

Provision of FP services within C&T clinics, including long acting reversible contraceptives, was feasible and acceptable to both providers and clients.

References


Acknowledgement: CDC Cameroon and Atlanta team: Jembia Mosoko, Abigail Greenleaf, Emanny Sanchez, Emmanuel Kiawli, Omotayo Bolu, Andrew Abutu.

The Delegation and staff of the Southwest Regional Delegation of Public Health.

The Directors and staff of the ART Clinics of the Buea Regional Hospital and Baptist Hospital Mutengene.