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| **Course title and code: Family Planning (CHS 436)**   1. **Learning Objectives:**   **By the end of this course, students should be able to:**   * Recognize the concept of family planning, its objectives. * Recognize the concept of high risk pregnancy. * Gain positive attitude towards family planning. * Evaluate for the need for family planning (Rationale). * Identify fertility measurements and fertility motives. * Recognize Population problem all over the world. * Identify the impact of family planning on maternal and child health, economy and as a strategy for solving population problem * Family planning services, the activities that should be provided through family planning clinics. * Appreciate the role of counselling in choosing the appropriate contraceptive method. * Discuss different available contraceptive methods; mechanism of action, effectiveness, indication, contraindication, advantages, disadvantages, expected side effects, how to be used. * Identify the concept of unmet need for family planning. * Identify the reasons for unmet need for family planning and discontinuation of contraceptive methods. * Identify steps for providing birth control activities. * Evaluate activities of family planning program. * Gain skills in assessing and meeting client’s contraceptive needs and conducting a counselling session. This obtained through learning scientific information and training to get experience. |
| **2. Credit hours:** 2 hours (2 theoretical) |
| **3. Program(s) in which the course is offered.** Health Education program, Bachelor degree |
| **4. Name of faculty member responsible for the course:**  Shar Alahmari (Male section) |
| **5. Level/year at which this course is offered:** Level 7 /year 4 |
| **6. Pre-requisites for this course (if any):** None |
| **7. Co-requisites for this course (if any):** None |
| **8. Location if not on main campus:**  Al Deriyah for male students. |

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| **1 Topics to be Covered** | | |
| **List of Topics** | **No of**  **Weeks** | **Contact hours** |
| **The Concept of family planning** | 1 | 2 |
| **Magnitude of the population problem all over the world** | 2 | 4 |
| **Planning and implantation of family planning program.** | 1 | 2 |
| **Family planning services** | 2 | 4 |
| **Principles of birth control activities.** | 2 | 4 |
| **Overview on male and female reproductive system and reproductive process.** | 2 | 4 |
| **Overview on different contraceptive methods.** | 2 | 4 |
| **Unmet need for family planning.** | 2 | 4 |
| **Evaluation of family planning program.** | 1 | 2 |

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| **1. List Required Textbooks**   * **Park K.** (2005). Park’s textbook of preventive and social medicine. 18Th ed; M/s Banarsidas Bhanot Publishers, India. |
| **2. List Essential References Materials (Journals, Reports, etc.)**   * **World Health Organization.** (1996). Improving Access to Quality Care in Family Planning – Medical Eligibility Criteria for Contraceptive Use. Geneva: World Health Organization. |
| **3- List Recommended Textbooks and Reference Material (Journals, Reports, etc)**   * [Morse](http://www.dukehealth.org/physicians/jessica-e-morse), J.  [Darney](http://bixbycenter.ucsf.edu/fs/bios/darney-philip.html), P. (2012). Family Planning Services and Birth Control. Oxford Bibliographies. |
| **4-. List Electronic Materials (eg. Web Sites, Social Media, Blackboard, etc.)**   * **The World Health Organization**. Available online. URL: [www.who.int](http://www.who.int). * **Family Planning Queensland.** Available online. <URL:www.fpq.com.au>. * American Association of Health Education. Available online. URL: [www.aahperd.org](http://www.aahperd.org). |
| **5- Other learning material such as computer-based programs/CD, professional standards or regulations and software**.  None. |