

SNS COLLEGE OF NURSING COIMBATORE-35

COURSE:BSC NURSING

SUBJECT:OBG -I

SEMESTER: VI SEMESTER

UNIT: FIVE

TOPIC: PERMENENT FAMILY PLANNING

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INTRODUCTION

- Family planning is the practice of controlling the number and spacing of children in a family through the use of contraceptive methods and planned decisions regarding reproduction.



DEFINITION

“Family planning allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through the use of contraceptive methods and the treatment of involuntary infertility.”

- WHO



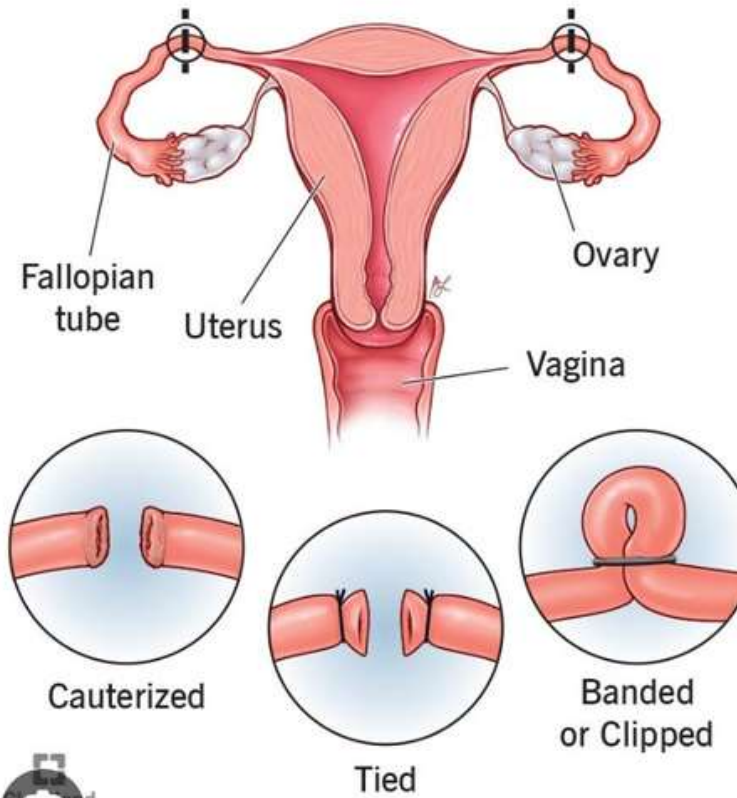
PURPOSE

- ***To prevent unwanted pregnancies permanently***
- ***To promote maternal and child health***
- ***To reduce population growth***
- ***To help couples achieve family size goals***
- ***To improve the quality of life***
- ***To reduce maternal and infant mortality***



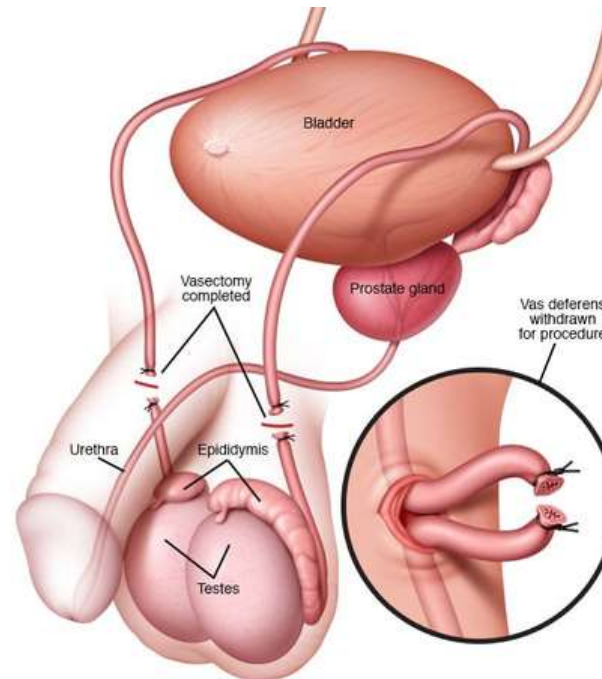
TYPES

Tubal Ligation



Female Sterilization (Tubectomy / Tubal Ligation)

TYPES



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Male Sterilization (Vasectomy)

Tubectomy (Female Sterilization)

Pre-procedure Planning

- ***Counseling and Consent***
- ***Assessment***
- ***Physical Preparation***
- ***Psychological Preparation***
- ***Equipment and Environment***



Tubectomy (Female Sterilization)

Post-procedure Planning

- ***Observation.***
vital signs, bleeding, pain, and
any signs of infection.
- ***Rest and Care***
- ***Diet and Hydration.***
light diet and plenty of fluids
- ***Health Education.***
heavy work and lifting for at
least one week.



Male Sterilization (Vasectomy)

pre - procedure planning

- **Counseling and Consent**
- **Assessment**
- **Physical Preparation**
- **Psychological Preparation**
- **Equipment Preparation**



Male Sterilization (Vasectomy)

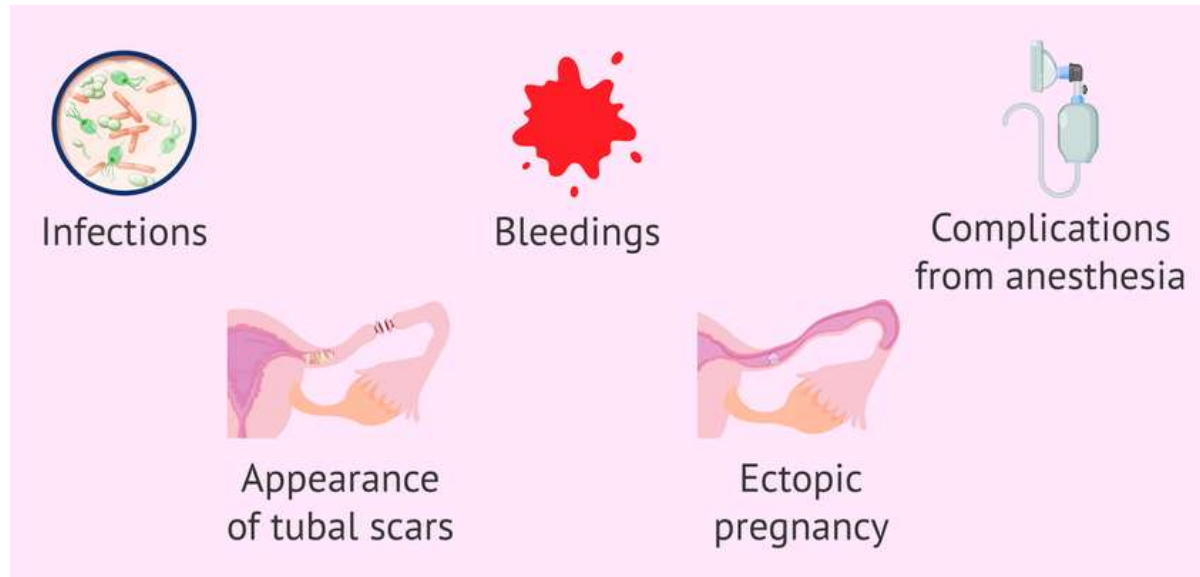
post - procedure planning

- *Observation.*
vital signs, bleeding, pain, and any signs of infection.
- *Rest and Care*
- *Hygiene*
- *Diet and Hydration.*
light diet and plenty of fluids
- *Health Education.*
heavy work and lifting for at least one week.



COMPLICATIONS OF TUBECTOMY

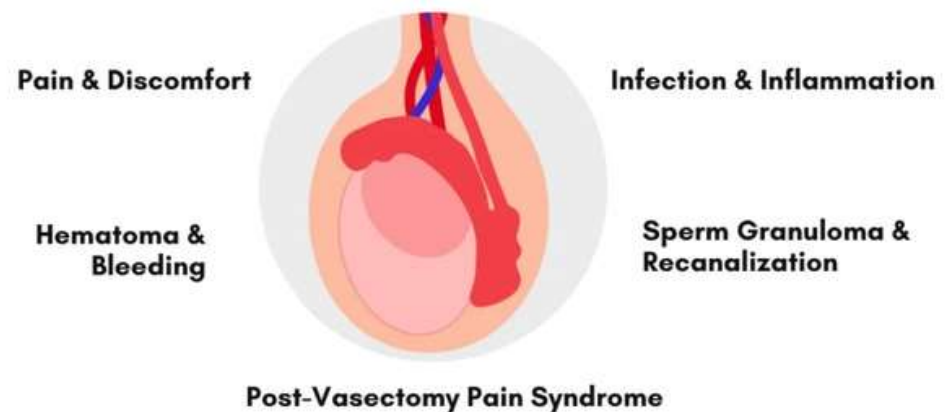
- ***Bleeding or infection***
- ***Damage to nearby organs***
- ***Increased menstrual symptoms***
- ***Chronic pelvic pain***



COMPLICATIONS OF VASECTOMY

- ***Bleeding***
- ***Chronic pain***
- ***Sperm granuloma***
- ***Sterilization failure***
- ***Infection***

Potential Complications of a Vasectomy



CONCLUSION

Permanent family planning helps couples who do not want more children. It is safe, simple, and effective. It improves family health and supports a better quality of life.



QUIZ

1. Types of permanent family planning ?
2. what is family planning ?

**THANK
YOU**