Advancing Contraceptive Options

Innovations for sexual and reproductive health

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Country Director, PATH Uganda
Introduce new methods, improve existing methods, expand availability to increase access
When a greater range of methods are available, more women will use modern contraception.
Injectables are the most common contraceptive method in several African countries

Source: FP2020 http://progress.familyplanning2020.org/content/measurement
Subcutaneous DMPA (DMPA-SC; brand name Sayana® Press) is a new injectable that is administered under the skin.

DMPA-SC is:

- Safe and highly effective at preventing pregnancy.
- Delivered every 3 months.
- Prefilled and ready to inject.
- Simple to use.
- Small and light, with a short needle.
- Self-injectable
The transformative potential of DMPA-SC and self-injection

Features/Benefits
- Shorter needle
- Lower dose
- All-in-one presentation
- Easier to transport, inject, store, and less waste to dispose

Opportunities
- Increased acceptability
- Well suited for community-based distribution, drug shops/pharmacies
- Uniquely suited to self-injection

Value
- Expanded access
- More new users
- Higher continuation
- An additional self-care option

More information: www.rhsupplies.org/activities-resources/tools/advocacy-pack-for-subcutaneous-dmpa
The current subcutaneous DMPA-SC product, Sayana Press, regulatory approval:

- Approved by regulatory authorities in the European Union and nearly 60 countries worldwide.
- Registered for self-injection in 54 countries, including more than 20 FP2020 countries, the UK, and several European countries.

Pricing:

- Product can be procured by qualified, public-sector purchasers at US$0.85 per dose.

*Information current as of September 2019.*
WHO strong recommendation in favor of contraceptive self-injection

“A strong recommendation was made in favor of the intervention [self-injection], with every GDG [Guideline Development Group] member who offered an opinion saying that benefits outweighed any potential harms.

Available online at: https://www.who.int/reproductivehealth/publications/self-care-interventions/en/
Most women can learn to self-inject

Senegal
Self-injection study participants

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<tr>
<th></th>
<th>Senegal</th>
<th>Uganda</th>
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<tbody>
<tr>
<td>Proficient</td>
<td>87%</td>
<td>88%</td>
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<tr>
<td>Would like to continue self-injecting in the future</td>
<td>93%</td>
<td>98%</td>
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<tr>
<td>Able to store DMPA-SC securely</td>
<td>97%</td>
<td>98%</td>
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Self-injection enables women to continue using contraception longer.

**Significant differences across 4 countries**

Continuous use of DMPA at 12 months was significantly higher in all four countries among self-injectors than among women who received DMPA injections from health workers.
94.8% of clients in Uganda planned to continue with self-injection
Who are the first self-injectors reached by the Uganda program?

- 33% are using modern contraception for the first time
- 56% are younger than 25
- 41% traveled more than an hour to reach their health worker
Self-injection could prevent 11,000 additional pregnancies and save $1.1 million per year in Uganda*

*Relative to facility-administered DMPA-IM.
Enabling policy environment in Uganda

- Village Health Teams, Uganda’s community health cadre, may administer short-term contraceptive methods including injectables (2010)

- Approval of self-injection of DMPA-SC by the Uganda National Drug Authority (2017)

- Provision of injectables in drug shops (temporarily approved in 2018)

- Integration of self-injection in Uganda’s National Clinical Guidelines (in process)
“I am in charge now. I inject myself from home.....If I ever have another child, it will be because I want one.”

-Betty: Self-injector, Mubende district, Uganda
Emmanuel/Edson: add some additional closing language to the notes, tying this to ICPD/SDGs and PATH Uganda as you feel appropriate

Keith, Bonnie, 10/29/2019
PATH