

Cases Studies

1. Sarah is pregnant and comes to the health facility for an antenatal care visit at 8 months.
 - a. How would you counsel her on LAM and the transition to another method? What messages might you use? What methods might she consider?
 - b. As a maternal health provider, what would be the advantages of integrating LAM counseling into your services?
 - c. What would be the challenges in counseling her and how might you address them?

2. Haya has come to the FP clinic to get advice about a family planning method. She has a four-month-old baby, is exclusively breastfeeding, and says has been using LAM to prevent pregnancy. She had a menstrual period last week and does not know what would be the best family planning method for her while she continues breastfeeding. She has been told that family planning methods are bad for her milk.
 - a. Is she using LAM and if so can she continue?
 - b. How would you counsel her to help her transition to another method? What messages might you use? What methods can she consider?
 - c. What would be the challenges in counseling her and how might you address them?

3. Mrs. Lasksmi has brought her son to the clinic for a well-baby check-up. She has been giving only breastmilk to her son for six months and thinks that breastfeeding is going to continue protecting her for a longer period of time until she gets her period.
 - a. Is she using LAM and if so can she continue?
 - b. How would you counsel her to help her transition to another method? What messages might you use? What methods can she consider?
 - c. What would be the challenges in counseling her and how might you address them?

4. Jamila is a mother with three children and her baby is three months old. She says that she is using LAM as a method to space her pregnancies. She also tells you that she began to give a bottle of formula daily when her baby was two months old and that she has not yet had a period. Jamila is very confused because she does not know how much longer she will be protected.
 - a. Is she using LAM and if so can she continue?
 - b. How would you counsel her to help her transition to another method? What messages might you use? What methods can she consider?
 - c. What would be the challenges in counseling her and how might you address them?

5. Celia has a 4-month old baby and tells you she is using LAM. She brought her baby to the clinic because he has a cough. She does not ask for FP advice.
 - a. Is she using LAM and if so can she continue?
 - b. How would you counsel her to help her transition to another method? What messages might you use? What methods can she consider?
 - c. What would be the challenges in counseling her and how might you address them?

6. Karima has brought her 4-week old to you at the clinic for immunization. During the immunization, she also tells you that exclusively breastfeeding. While you are counseling Karima about initiating LAM, she tells you she lives far away from the clinic. She is concerned that she may not be able to return as soon as one of the criteria can no longer be met. What should she do?
 - a. Is she using LAM and if so can she continue?
 - b. How would you counsel her to help her transition to another method? What messages might you use? What methods can she consider?
 - c. What would be the challenges in counseling her and how might you address them?

Checklist for cases for switching methods (answer key): 2.4f

	Case 1	Case 2	Case 3	Case 4	Case 5
Amenorrhea	No	Yes	Yes	Yes	Yes
Full or nearly full breastfeeding	Exclusive	Exclusive	Partial	Yes	Yes
Baby is younger than six months	Yes	No	Yes	Yes	Yes
LAM	No	No	No	Depends on history	Yes
Breastfeeding baby from six weeks to six months	All methods except estrogen-containing methods.	All methods.	All methods except estrogen-containing methods.	All methods except estrogen-containing methods.	All methods except estrogen-containing methods.
Breastfeeding a baby older than 6 months	All methods.				
Not breastfeeding the baby	All methods.				
Probing			Ask why Stephanie is giving bottle of formula.	Question Celia's LAM use because she doesn't seem to know the third criteria: < six months	
Counseling	Counsel on importance of three years birth spacing. Counsel the mother that no FP methods are BAD for her milk, but that it is best to delay estrogen-containing methods until after 6 months.	Counsel on importance of three years birth spacing. May use extended LAM if she insists.	Counsel on importance of three years birth spacing. Stop giving bottle of formula.	Counsel on importance of three years birth spacing.	Counsel on importance of three years birth spacing. Give supply of condoms, spermicides, or progestin-only pills as interim method until she can return to the clinic for her method of choice.