



**Daffodil**  
*International*  
**University**

**Internship Report on**  
**Training and Work Experience on Nutrition and Health of the**  
**Adolescence, Antenatal Care and Family Planning unit**

**Supervised By**

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**Date of Submission: 22-12-2019**

## APPROVAL CERTIFICATION

This is to certify Id: 153-34-465, program BSc in Nutrition & Food Engineering Major. Food Engineering is regular student department of Nutrition & Food Engineering and Faculty of Allied Health Science, Daffodil International University. She has Successfully completed his Internship program in Mohammadpur fertility services and training center, Mohammadpur and prepared this internship Report under my direct supervision. Her assigned internship topics training and work experience on nutrition and health of the adolescence, pregnant mother and family planning unit. I am pleased to hereby certify that the data and finding presented in the report are the authentic work of Aliza Hasan. I strongly recommended the report presented by Aliza Hasan for further academic recommendations and defense. Aliza Hasan bears a strong moral character and a very pleasant personality. I wish her all success in life.



**Dr. Md. Bellal Hossain**

Professor and Head

Department of Nutrition and Food Engineering

Faculty of Allied Health science

Daffodil International University

## Letter of transmittal

Date: 22-12-2019

To

Dr. Md. Bellal Hossain

Professor and Head

Department of Nutrition and Food Engineering

Faculty of Allied Health science

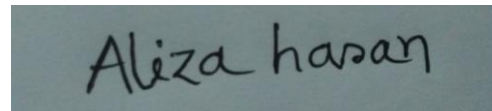
Daffodil International University

Subject: Submission of Internship report on Training and work experience on the nutrition and health of the adolescence, antenatal care and family planning unit.

**Dear Sir,**

I am here by submitting my internship report, which is part of the NFE program curriculum and it's my honor for your support and guidance during my intern report. This report is based on adolescence, antenatal care, and family planning. I have got the opportunity to work in mohammadpur fertility services and training center hospital for 40 days, under the supervision of fouzia akter.

This internship has given me both academic, practical exposure, gather knowledge. First of all, I learned about adolescence health care, family planning, antenatal care during first, second and third trimester or pregnant mother and also learn the complications during pregnancy and how they deal with it. Secondly, it gave me to build up my researching and professional skills.

A rectangular box containing a handwritten signature in black ink that reads "Aliza hasan".

Sincerely Yours

Aliza Hasan

ID: 153-34-465

Department of Nutrition and Food Engineering

Faculty of Allied Health Sciences

Daffodil International University

## **Acknowledgement**

At first I am grateful to my almighty for giving me this opportunity in my life to perform my responsibility as an internship in 'Mohammadpur fertility services and training center'.

I am thankful to our honorable Dean, Faculty of allied Health science, prof. Dr. Al Mustafa for this kind cooperation.

I am also thankful to my faculty prof. Dr.Md. Bellal Hossain Head of the department of Nutrition and food Engineering, Daffodil International University for his support during my organizational attachment period. And also grateful my supervisor Fauzia Akter for her help, guidance and advice throughout the internship process.

I am very grateful to my hospital supervisor UHM Shahnaz Farid Tithi principle nutritionist for helping me and inspiring a lot.

I am also thankful to Muniruzzaman Siddiqui, director of MFSTC and at last I want to give thanks to the employees, stuffs and patients whose help made our journey easy and enjoyable and also learn the complexity during pregnancy and how they deal with it. Secondly, it gave me to build up my researching and professional skills.

I shall be highly obliged if you are kind enough to receive my internship report and provide your valuable judgment on it. it would be my immense pleasure if you find this report useful and informative to have an apparent prospect on the issues.

I am also thankful to Muniruzzaman Siddiqui, director of MFSTC and at last I want to give thanks to the employees, stuff and patients whose help made our journey easy and enjoyable.

## Summary

- This report is prepared on the basis of my 40 days' practical experience at the hospital of Mohammadpur Fertility Services and Training Center. They mainly work to encourage people about family planning methods. They provide available FP (FAMILY PLANNING) services like oral pill, condom distribution. Implant, Intra Uterine Device (IUD) insertion/removal, Male and Female sterilization, Post-Partum Family Planning. Including MCH services are Caesarean Section, antenatal care, Post-natal care, Sick children (under 5 years), Pediatric Care, Vitamin A capsule distribution, Immunization Including Hepatitis-B vaccination, Adolescent Health Care, Nutrition advice for pregnant mother & malnourished children, MR and Post Abortion care, RTI & STI Services, Breast Cancer Screening. They have also emergency obstetric care services which assure delivery service to antenatal mothers. They have also health education & counseling services, supporting services and training unit. They research about operational, different contraceptives before introduced in the family planning program. Including infertility services, they identify the common causes of infertility in both male & female to provide basic management & treatment, to provide assurance to the long-term contraceptive users, to give moral support through counseling and motivation, Investigations of couples are done by lower cost and IUI (Intra Uterine Insemination) services. The training unit special training for MR, PAC, IUD, NSV, TUBECTOMY, IMPLANT, COUNSELLING, and also training for field worker of FP.

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# Chapter- 1

## Introduction





## **1.1 Introduction:**

All human babies are helpless after birth. They have to take care. This baby will catch the future country. The job of the genus for their correct development is very important. They are important of our society because they are the future. In the Mohammadpur fertility center to finish my 40days internship. Here, the mother and baby discuss the people. Child comes to mother's uterus as embryo and begin the journey of prenatal development. From this this time mothers need to extra care. Like notorious food, extra care, test, exercise, family support, love etc. as a result a healthy child born in our society.

Bangladesh government take a step for working antenatal care, prenatal care, safe birth, safe motherhood. MOHAMMADPUR FERTILITY SERVICES AND TRAINING CENTER is helping government to fulfil their aim.

## **1.2 Internship:**

Internship is the way to know the organization very well and also it gives the idea about working situation basically it is a position of a student who works in an organization sometimes without pay or sometimes with pay in order to gain work experience or requirement for qualification that he want to gain. Internship consists of an exchange of experience between the trainee and a trainer of organization. This is may be paid or unpaid but always temporary. The concept of internship that we have obtained through the practice is not practically the work that we have obtained through the booklet. From Wikipedia, 'an internship is a job training for professional training,'

From Webster, an advance student graduates usually in a professional field (such as medicine, teaching) gaining supervised practical experience e.g. Hospital. Many knowledge's are gained through internship. We learn a lot and this knowledge use in real life. Intern ship increase efficiency so that we can do a lot in profession life.

## **Goal and purposes of internship:**

An internship is important part of everyone's life who wants to enter professional job market. The internship has many goals and objective. And these are:

1. The internship expands the world of students' knowledge
2. Internship is the experience of entering the workplace
3. Through the internship students get interested in work
4. Internship allow students to learn about a wide range of topics in an organization
5. Improves official communication skills through internships
6. In many institutions, internships were considered as qualifying jobs
7. To learn counseling
8. Learn about antenatal care work
9. We can easily find out the importance of antenatal care

### **Internship requirements:**

Professional skills are increased through internship at the end of the study for career development.

These are-

- Theoretical knowledge is turned into reality
- The skills gained from the internship are applied in the workplace in the future
- How to work in the field of new work becomes a practice through internship work
- Internships make students professional and make them confident.
- In many cases, involvement is cut off when you go to work.
- It helps a person a lot doing any other job in future
- For doing better in internship it is must to obtaining knowledge. For this it helps to develop the individual day by day.

The student obtains many advantages by explaining her responsibilities in internship.

## **Chapter 2**

### **Organization Profile**

## 2.1 MOHAMMADPUR FERTILITY SERVICES AND TRAINING CENTER:

IN 1974 government identified that rapid growth of population is a major problem for Bangladesh. Mohammadpur fertility center was built to reduce population and provide maternal services. Their antenatal care unit works exclusively for the pregnant mother and takes special care of them. They have two unit-

- Male and female sterilization
- Contraception unit

By this center they give condoms, implant, contraceptive pill, vaginal ring, tubal ligation, injection, vasectomy etc. family planning method are giving. They also have EPI vaccination program in this hospital. Then they monitored the fertility problem in particular. They were giving service special for pregnant mother for a long time, in 2010 they added pregnancy service for 24hours with 100 beds.

হাসপাতাল ভবন		
তলা	বিভাগ	কক্ষ নং
নীচ তলা	অভ্যর্থনা	১০১
	ইপিআই	১০২
	সমাজসেবা বিভাগ	১০৩
	রেস্ট কালেক্টর	১০৪
	কাউন্সিলর (নয়সঙ্গিকালীন (কিশোরী) প্রজনন স্বাস্থ্য সেবা)	১০৫
	চিকিৎসক	১০৬, ১০৭
	নামাজ ঘর (মহিলা)	১০৮
	কাউন্সিলর (পরিবার পরিকল্পনা)	১০৯
	অপারেশন থিয়েটার কমপ্লেক্স(IUD, MR & PAC)	১১০, ১১১
	এফ.ডব্লিউ.ডি (IUD)	১১২
	এফ.ডব্লিউ.ডি (MR, PAC & INJECTION)	১১৩
	চিকিৎসক (পরিবার পরিকল্পনা)	১১৬
(VIA, CBE & COLPOSCOPY) মোটভেটর(IMPLANT)	১২০	
ফার্মেসী	১২১	
২য় তলা	অভ্যর্থনা (ANC ও প্যাথলজী)	২০০
	ব্রেস্ট ফিডিং কর্ণার	২০১
	কাউন্সিলর (নয়সঙ্গিকালীন (কিশোরী) প্রজনন স্বাস্থ্য সেবা)	২০২
	চিকিৎসক (অবস বহির্বিভাগ)	২০৩, ২০৪, ২০৭, ২০৮
	এফ.ডব্লিউ.ডি (ANC & PNC)	২০৫, ২০৬
	পুষ্টিবিদ	২০৯
	চিকিৎসক (শিশু বহির্বিভাগ)	২১০, ২১১, ২১২
	পরিবার পরিকল্পনা সেবা (এনএসডি ও লাইসেন্স)	২১৩, ২১৬, ২১৯-২২০
ইন্সটিটিউট সেবা	২১৭, ২১৮	
ব্রাউ রাইস	২২১	
প্যানরেটরি ও আই ইউ আই কমপ্লেক্স	২২২-২২৬	
৩য় তলা	আল্ট্রাসাউন্ড	৩০১-৩০২
	সিনিয়র কলসালট্যান্ট (শিশু)	৩০৫
	সিনিয়র কলসালট্যান্ট (অবস এন্ড বাইলী)	৩০৬
	জরুরী সেবা / ডাউ	৩০৮
	কর্তব্যকর্ত চিকিৎসক (অবস এন্ড বাইলী)	৩০৯
	কর্তব্যকর্ত সেবিকা	৩১০
	অপারেশন থিয়েটার কমপ্লেক্স	৩১১, ৩১৩, ৩১৬
	কর্তব্যকর্ত চিকিৎসক (এমসেথেনিয়া)	৩১৫
	লেবার রুম	৩২২
	প্রসব পূর্ব ও প্রসব পরবর্তী সেবা	৩২৩-৩২৭
৪র্থ তলা	কনফারেন্স সেন্টার	৪০১
	ট্রেনিং রুম	৪০২, ৪০৩, ৪১০, ৪১১, ৪১২
৫র্থ তলা	ডাঙ্কিং	৪২০
	সেবা	৫০১, ৫০৩-৫০৬
	কর্তব্যকর্ত সেবিকা (অবস)	৫০২
	ব্যক্তিগত চিকিৎসক (শিশু)	৫১০
	স্বাস্থ্য কক্ষ	৫১১
	স্টাফ রুম	৫১২
	কর্তব্যকর্ত রুম	৫১৩
	স্টাফ	৫১৪
	কর্তব্যকর্ত সেবিকা (শিশু)	৫১৫

## **2.2 GOAL AND PURPOSES OF MFSTC:**

- Caring for mothers and children
- Control over population in the country
- Provide all types of permanent and temporary care for family planning method.
- Providing financial assistance to the sick and helpless patients.
- Provide antenatal and prenatal care to the pregnant mothers.
- Provide vaccinations to children
- Arrangement for training of various issues of health work
- Mothers are well advised on child care and about how children grow up healthy
- Patients who do not have children are provided medical care
- Children are given medical care and proper advice after birth

## **2.3 Characteristics of MFSTC:**

- providing free birth control services
- creating client detail
- MR free for the patients
- Birth control method are provided through medical checkup
- No method coercion is provided
- Financial assistance is provided to the recipients of the LIGATION, INJECTION, COPER-T, and IMPLANNO.
- Reports are made every month to evaluate the performance of each department
- Clients personal information is kept confidential
- No one is following without the benefit papers
- Regular study on family planning method and nutrition care for pregnant mother.



### Sustainable Development Goal 3

Ensure healthy lives and promote well-being for all at all ages

- SDG Target 3.1: By 2030, end preventable deaths of newborn and children under five years of age, with all countries aiming to reduce Neonatal mortality to at least as low as 12 per 1,000 live births and under-five mortality rate to at least as low as 25 per 1,000 live births
- Neonatal mortality rate has reduced to 20 per 1,000 live births (2016)
- Still 62,000 newborns are dying every day in Bangladesh (170 newborns die each day, 7 newborns die every hour)

- Proper breast-feeding advice and service are provided
- Particular attention is paid to the proper nutritional care of mothers during pregnancy, in order to have a healthy baby in the future
- Provide special training to the nurse, doctor, paramedics about MR (menstrual regulation).
- Find out any reason of side effect of family planning methods

Besides regularly the weight, vaccination program and nutrition counseling are checked through follow-up

**2.4 RULES AND REGULATION:** They maintain some rules and regulation are given below-

- There is a committee in the hospital to comply with the 'child friendly hospital regulations.
- All health workers are trained and provide accurate information in order to ensure this policy is effective.
- Benefits and rules of breastfeeding all pregnant and pregnant mothers, breastfeeding one is well aware of the misappropriation of malnutrition and excess nutrients.
- Every newborn baby is guaranteed to breastfeed within one hour of birth.
- Breastfeeding only to the newborn for up to six months of age, and no other diet at this time.

It is ensured not to drink water.

- Arrangements are made to keep the newborn baby in contact with the mother at all times.
- The proper method of breastfeeding is to teach the mother well and explain how to breastfeed even when the baby is different from the mother.
- The mother is encouraged to breastfeed the baby as needed. 1, relatives are encouraged and encouraged to assist the mother in breastfeeding. 1, mothers are weaned only for breastfeeding until the baby is six months old. |
- The baby is advised to give homemade supplements from the age of six months and to breastfeed for a full two years.
- The child is prohibited from breastfeeding and practicing any type of sucking.
- Do not accept any gifts of health workers from the representatives of herbal milk companies. And it is ensured that no posters or promotional materials of powdered milk are drawn or used. 1, Formation of co-operative groups of breastfeeding mothers and mothers receiving exemption from hospital are encouraged to seek help from this group.
- At least every six months, the implementation of this rule and publication of the results audit are arranged.

## শিশুবাঞ্ছন্ব হাসপাতালের নিয়মনীতি

মা, নবজাতক ও শিশু সেবায় নিয়োজিত এই হাসপাতালে :

১. "শিশুবাঞ্ছন্ব হাসপাতালের নিয়মনীতি" পালনের জন্য হাসপাতালে একটি কমিটি রয়েছে।
২. এই নিয়মনীতি সুষ্ঠুভাবে ফলপ্রসূ করার জন্য সকল স্বাস্থ্যকর্মীকে প্রশিক্ষণ দান ও সঠিক তথ্য সরবরাহ করা হয়।
৩. সকল গর্ভবতী ও প্রসূতি মাকে মায়ের দুধ খাওয়ার উপকারিতা ও নিয়মাবলী, শুভা দুধ খাওয়ানোর অপকারিতা এবং বাড়তি পুষ্টির প্রয়োজনীয়তা সম্পর্কে ভালভাবে বোঝানো হয়।
৪. প্রতিটি নবজাতক শিশুকে অবশ্যই জন্মের এক ঘণ্টার মধ্যে মায়ের দুধ দেয়া নিশ্চিত করা হয়।
৫. নবজাতককে পূর্ণ ছয় মাস বয়স পর্যন্ত শুধুমাত্র মায়ের দুধ দেয়া এবং এই সময়ে কোন অবস্থাতেই অন্য কোন খাবার বা পানীয় না দেয়া নিশ্চিত করা হয়।
৬. নবজাতক শিশুকে সারাক্ষণ মায়ের সংস্পর্শে রাখার ব্যবস্থা করা হয়।
৭. মায়ের দুধ খাওয়ানোর সঠিক পদ্ধতি মাকে ভালভাবে শেখানো এবং কোন সময় শিশু মায়ের কাছ থেকে আলাদা থাকলেও কিভাবে মায়ের দুধ দিতে হবে তা পুষ্টিয়ে দেয়া হয়।
৮. চাহিদা অনুযায়ী শিশুকে মায়ের দুধ দেয়ার জন্য মাকে উৎসাহিত করা হয়।
৯. মায়ের দুধ খাওয়ানোর ব্যাপারে মাকে সাহায্য করার জন্য আত্মীয় পরিজনদের উপদেশ দেয়া ও উৎসাহিত করা হয়।
১০. শিশুর পূর্ণ ছয় মাস বয়স পর্যন্ত শুধুমাত্র মায়ের দুধ খাওয়ানোর জন্য মায়েরদেরকে উদ্বুদ্ধ করা হয়।
১১. শিশুর ছয় মাস বয়সের পর থেকে ঘরে তৈরী পরিশুদ্ধ খাবার দিতে এবং পূর্ণ দুই বছরের মায়ের দুধ খাওয়ানোর জন্য উপদেশ দেয়া হয়।
১২. শিশুকে বোতলে দুধ খাওয়ানো এবং কোন প্রকার চুইমির অভ্যাস করাতে নিষেধ করা হয়।
১৩. শুভা দুধ কোম্পানীর প্রতিনিধিদের কাছ থেকে কোন স্বাস্থ্যকর্মী কোন প্রকার উপহার গ্রহণ না করা এবং শুভা দুধের কোন রকম পোস্টার বা প্রচার উপকরণ টানানো বা ব্যবহার না করা নিশ্চিত করা হয়।
১৪. মায়ের দুধ দানকারী মায়েরদের সহযোগী দল গঠন করা এবং হাসপাতাল থেকে ছাড়পত্র পাওয়া মায়েরদেরকে এই দলের সাহায্য দিতে উদ্বুদ্ধ করা হয়।
১৫. অল্পতঃ প্রতি ছয়মাস পর পর এই নিয়মনীতি বাস্তবায়ন ও ফলাফল নিরীক্ষা প্রকাশনার ব্যবস্থা করা হয়।

## মায়ের দুধ খাওয়ান শিশুর জীবন বাঁচান

### মায়ের দুধের উপকারিতা

১. জন্মের ১ ঘণ্টার মধ্যে শিশুকে মায়ের দুধ খাওয়ালে ৩১% নবজাতক শিশুর মৃত্যু কমে।
২. শিশুর পূর্ণ ৬ মাস বয়স পর্যন্ত শরীর গঠন ও বৃদ্ধির জন্য সকল উপাদান মায়ের দুধে থাকে।
৩. মায়ের দুধ শিশুকে ডায়রিয়া, নিউমোনিয়া, ক্যান্সার ও সংক্রামক রোগ থেকে রক্ষা করে।
৪. মায়ের দুধ শিশুর হৃদরোগ, ডায়াবেটিসের ঝুঁকি কমে।
৫. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।
৬. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।
৭. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।
৮. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।
৯. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।
১০. মায়ের দুধ শিশুর হৃদযন্ত্রের কার্যকারিতা বাড়ায়।

### শুভা দুধের অপকারিতা

১. শুভা দুধ ও প্রক্রিয়াজাত শিশুখাদ্য সম্পূর্ণ জীবাণুহীন নয়, কারণ এতে এন্টারোব্যাকটেরি়া সাইজাকিয়া (Enterobacter sakazakii) এবং সালমোনেলা নামক ব্যাকটেরিয়া থাকে যা শিশুর স্বাস্থ্যের জন্য মারাত্মক ক্ষতিকর।
২. শুভা দুধ বা প্রক্রিয়াজাত দুধ খাওয়ালে শিশুর ঘন ঘন ডায়রিয়া, নিউমোনিয়া, ক্যান্সার, শ্বাসকষ্ট, চর্মরোগ হয়। ফলে শিশু পুষ্টিহীনতায় ভোগে এবং মৃত্যুর ঝুঁকি কয়েক জন বেড়ে যায়।
৩. শুভা দুধ বা প্রক্রিয়াজাত দুধ খাওয়ালে শিশুদের ভবিষ্যতে ডায়াবেটিস, হৃদরোগ ও স্থূলতা হওয়ার আশংকা বৃদ্ধি পায় এবং পেশবকালীন ক্যান্সার হওয়ার ঝুঁকি বেড়ে যায়।
৪. বোতল, চুইমী, কৃত্রিম বোঁটার বিসফেনল এ (Bisphenol A) থাকে যা শিশুর ক্যান্সার হওয়ার ঝুঁকি বাড়ায়।
৫. শুভা দুধ বা প্রক্রিয়াজাত দুধ খাওয়ালে শিশুদের হৃদযন্ত্রের কার্যকারিতা কমে।



## **Chapter 3**

### **SCOPE**

**Scope of the service center:**

If we think about the benefit of this service center, then the three division are completely linked to our subjected

1. Nutritionist: we will be studied one course on basic nutrition and other one is child nutrition so here we have scope.
2. Antenatal care: what nutrition and special care do we need to know about girls during pregnancy that is related to our subject
3. Breast feeding: we studied special knowledge about breast feeding and kangaroo mother.

**ACTIVITIES:** Mainly MFSTC has three types of activities these are given into the below-

1.MFSTC center has given training specially focus on family planning method and MR to the doctor, nurse, paramedics.

- Provide practical knowledge
- Doing demonstration of administrative works
- Gives training in the classroom
- To give the training for their staff

2. MFSTC give services in two ways either free or government rate.

- They give free family planning method likes – vasectomy, ligation, injection, implant, pills, vaginal ring etc.
- They provide MR services for unwanted pregnancy this also are free of cost.

- The patients who are admitted in hospital her medicine also free of cost.

3. They also given the others services like welfare activities which include counseling and treatment for prenatal and postnatal state. They also have a 'ROGI KOLLYAN SOMOTI' for the poor patients.

- They also have a social welfare in there the patients get their birth registration and this sector also helps to the poor people.
- They have a 24 hours ambulance services for the patients.
- They also focus the treatment of children

#### **FUNDING:**

Till 1980 MFSTC got fund from PATH INTERNATIONAL with help of the government and then POPULATION CRISIS COMMITTEE were funding this clinic. then in 1985 started as a project of ADB for which funds came from Swedish organization. Again, the funding system was changed when government took it as their ANNUAL DEVELOPMENT ACTIVITY PROJECT in 1988-1989 annual policy were making. Then it's got the attention of health ministry for a long-time work under them. Now they are working as a service center as FAMILY PLANNING DEPARTMENT.

## **Chapter 04**

### **Function**

## **Function of MFSTC:**

- 1. Reception:** at first people come here and two or three receptionists are working here. One writes the details of the patients and other one gives card for keeping record or if the patient wants to know what information he/she is informing

**4.1 Department of social services:** their activities involving hospital social care

**4.3 Counseling room:** counseling is a discussion between patients and counselor.

- This hospital has some special topic for counseling example- nutrition care for pregnant
- They prompt newlywed's couple to take temporary method of family planning.
- The newly married couple whose are thinking having a baby late – so there are for women long term approach likes one- and three-year IUD.
- Then whose are thinking two or more children or thinking of a permanent approach- Then, there is a permanent system for men, NSG and women have a permanent procedure Tubectomy after delivery.
- The people who are wanted to do an abortion, they give them instruction about dangerous consequences of MR.

**আপনি কি নববিবাহিত?  
আপনি কি দেরিতে সন্তান নেয়ার কথা ভাবছেন?**

তাহলে,  
মহিলাদের জন্য রয়েছে  
দীর্ঘমেয়াদী পদ্ধতি  
৩ এবং ৫ বছর মেয়াদি **ইমপ্র্যান্ট**

**আপনার কি একটি সন্তান?  
আপনি কি দেরিতে সন্তান নেয়ার কথা ভাবছেন?**

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এবং  
১০ বছর মেয়াদী **আইইউডি**

**আপনার কি দুটি বা তার অধিক সন্তান?  
আপনি কি স্থায়ী পদ্ধতির কথা ভাবছেন?**

তাহলে,  
পুরুষদের জন্য রয়েছে  
স্থায়ী পদ্ধতি **এনএসডি**  
এবং  
মহিলাদের জন্য রয়েছে  
স্থায়ী পদ্ধতি **টিউবেকটমি**

**প্রসব পরবর্তী**  
পরিবার পরিকল্পনা পদ্ধতি কী?  
সন্তান প্রসবের পর এক বছরের মধ্যে পরিবার  
পরিকল্পনা পদ্ধতি গ্রহণ এবং ব্যবহার করা  
হলে প্রসব পরবর্তী পরিবার পরিকল্পনা

গর্ভকালীন সময়ে করণীয়

- গর্ভকালীন সময়ে কমপক্ষে ৪ বার স্বাস্থ্যকেন্দ্রে গিয়ে সেবা নেয়া
- প্রসব পরবর্তী পরিবার পরিকল্পনা পদ্ধতি সম্পর্কে পরামর্শ ও  
সিদ্ধান্ত নেয়া

**প্রসব পরবর্তী পরিবার পরিকল্পনা**

পরিবার পরিকল্পনা বিষয়ে কিছু ভুল ধারণা রয়েছে যেমন:

- আইইউডি এবং ইমপ্র্যান্ট শরীরের বিভিন্ন অংশে ঘুরে বেড়ায়
- এনএসডি বা টিউবেকটমি করলে যৌনমিলন বা সহবাসের ক্ষমতা বা শারীরিক ক্ষমতা নষ্ট হয়
- পরিবার পরিকল্পনা পদ্ধতি ব্যবহার করলে সন্তান নষ্ট করা হয়

**উপরের ধারণাগুলো একেবারেই সঠিক নয়**


**পুরুষের অংশগ্রহণ**

- সন্তান প্রসবের পর কমপক্ষে ২ বছরের মধ্যে গর্ভবর্তী  
হওয়া থেকে বিরত থাকার সিদ্ধান্ত গ্রহণে স্ত্রীকে  
সহায়তা করা
- পরিবার পরিকল্পনা পদ্ধতি ব্যবহার বিষয়ে স্ত্রীর সাথে  
আলোচনা করা
- নিজেকে অথবা স্ত্রী পরিবার পরিকল্পনা পদ্ধতি ব্যবহার করা  
জটিলতা দেখা দিলে দ্রুত সেবাকেন্দ্রে নিয়ে যাওয়ার  
ব্যবস্থা করা।

প্রসব পরবর্তী পরিবার পরিকল্পনা পদ্ধতি গ্রহণ, নিশ্চিত করে সুস্থ-সুন্দর পারিবারিক বহন  
দীর্ঘমেয়াদি বা স্থায়ী পদ্ধতি নিন, থাকুন ভাবনাহীন।


- They also teach them about the family planning method after delivery and they clear the misconceptions about family planning method.
- To provide instruction about temporary and permanent family planning method.

## পরিবার পরিকল্পনা পদ্ধতি ব্যবহার দম্পতি কাউন্সেলিং



- পদ্ধতি ব্যবহারে স্বামী/স্ত্রীর সম্মতি ও সহযোগিতা পাওয়া
- পদ্ধতি ব্যবহার যৌন আনন্দকে ব্যাহত করে না এ ব্যাপারে আশ্বস্ত করা
- পার্শ্ব-প্রতিক্রিয়া ও জটিলতা ব্যবস্থাপনায় পারস্পরিক অংশগ্রহণকে উৎসাহিত করা

- পরিবার পরিকল্পনা পদ্ধতি সম্পর্কে স্বামী-স্ত্রী উভয়কে অবহিত করা
- দম্পতির নিজেদের মধ্যে পদ্ধতি বিষয়ে কথা বলাকে উৎসাহিত করা
- সঠিক তথ্যের ভিত্তিতে সিদ্ধান্ত গ্রহণ ও বাস্তবায়নে দম্পতিকে সহায়তা করা



**দীর্ঘমেয়াদি বা স্থায়ী পদ্ধতি নিন- থাকুন ভাবনাহীন**

- They try to encourage to take family planning method and also Giving idea about process, negative, positive are describe.
- Special adolescent unit for counseling adolescent pregnant women who need extra care.

2. Doctor's room: there are many experience specialists who are offering administration to the pregnant ladies, tolerant with privates issue and who need ligation, vaginal ring, vasectomy, embed and so on.

- 3. EPI ROOM: this unit directs the immunization developer for kids and rich ladies.
- 4. VIA AND CBE UNIT: in this bosom malignant growth and cervical disease is investigation via prepared individual.

- Here likewise have a bosom sustaining corner
- 4. CONDOM, PILL AND INJECTION UNIT: this unit pill given liberated from cost and condom given at the lower cost and furthermore given depo-Provera prophylactic infusion.
- 6. MR UNIT: This unit has three rooms with keep patients record and check p/v. In the event that the period of undeveloped organism is 6-10 weeks, at that point MR occur. Other room doing MR where 2 FWV, 1 specialist and 2 staffs work. What's more, other room patients take rest 8. ANTENATAL CARE: after pee test and ultrasonography if everything is ordinary made a card on multi month and encourage to seek month to month test. Month to month check the weight, stature, pulse and heart beat of the child...given the guidelines in the event that, at that point distinguish any issue.
- 7. ANTENATAL CARE: after pee test and ultrasonography if everything is typical made a card on multi month and encourage to desire month to month test. Month to month check the weight, stature, pulse and heart beat of the child...given the guidelines in the event that, at that point distinguish any issue. The objective of antenatal consideration is customary exam the patients and distinguish their concern. Avoid potential medical issue and to advance sound way of life that advantage both mother and the youngster. Their objective is to convey a sound kid. Ordinary directing the patients and give guidelines how to keep up and what kinds of nourishment they ought to eat.
- 8. Embed UNIT: this unit set the embed in the patient's hand. Before test their wellbeing and do some poll. This patient expected to catch up following multi month, half year, 1 year.
- 9. IUD UNIT: this unit sets up vaginal ring before check and test to the wellbeing condition and offer guidance to them. They follow up following multi month, half year and 1 year.



- 10. Research facility ROOM: they have some physical test for this patient who needs to take family arranging technique. here working 1 lab aide, 2 expert, 1 pathologist, 3 media
- 11. Sustenance UNIT: this unit recognize level of birth-10 years of age youngster and nutritionist offer guidance after take weight
- 12. Barrenness UNIT: the rich Treatment here and keep up the guidelines of a specialist and an exploration associate. A family planning specialist is working for fruitlessness patients to recommend and send them to the specialist. Subsequent to counseling with specialist at that point return barrenness
- room, EPW make them to comprehend about the test. To recognize the regular reasons for fruitlessness in both male and female, Couples are advised about Infertility and gives moral help through directing and inspiration. To gives ultrasonography of fruitless customers including TVS and Ovulation acceptance by hormone.
- 13. VASECTOMY UNIT: this unit has two rooms.one is physical exam and record keeping and other room is vasectomy. here patients take rest few moments. at that point gives 2300 taka and fundamental drug to the patients.
- 14. LIGATION ROOM: it is an essentially activity theater. In the wake of doing all conventions tolerant is taken to the post-employable room. They give them 2300 taka and prescription liberated from cost
- 15. Drug store: two staff are working there offer prescription to the patients
- 16. Conveyance UNIT: his unit began 10-10-2010. Ordinary conveyance alongside cesarean is finished by this unit. The vast majority of the drug are free. Ordinary conveyance patients remain here 1 day and cesarean patients remain here 5days
- 17. ULTRASNOGRAPHY ROOM: it is finished by the specialist with a helping individual and a staff Here likewise has an emergency unit:

- Chapter5

Departmental of social services

- 5.1. Youth guiding: here the greater part of the pregnant mother are immaturity so they should be appropriate consideration and nourishment. This unit has given thought by guide about bosom encouraging directing, nourishment advising, and lockjaw inoculation, thought regarding the family arranging technique.
- 5.2. Antenatal consideration: after pee test and ultrasonography made a card on multi month and encourage to seek month to month registration. Month to month check the weight, stature, circulatory strain to the patients and check the heart-beat of the kid. Given the thought if distinguish any issue. They ask them some survey to the patients and afterward send to the specialist's room at the state of the patients.
- 5.3. Nourishment unit: one nutritionist is working here to think about the sustenance state to the kids. Check – up the weight and offered guidance at the state of the youngsters. One understudy consistently helps to the nutritionist.
- 5.4. Bosom sustaining: instructor show them how to bosom feed, what can be do a mother when bosom feed, how to do burping, how they keep up their season of bosom feed.
- 5.5. Family arranging directing: here one help gives about the present moment, impermanent and changeless family arranging strategy. Momentary strategy forestalling undesirable pregnancy. Helps about the MR procedure and furthermore help them about the positive negative side of the strategy.
- 5.6. Supporting administrations: the administration stall an assistant continually working here. It is for the patients who needs to realize where to go, where they get lodge, about assistance charge, any kind of data. F. Supporting Services including Ultrasonography (Upper, Lower and TVS), General pathology and unique lab for fruitlessness services, 24-hour Ambulance Services, Oxygen Supply, Blood Bank and Social Welfare Department.
- 5.7. Training administrations: Special Training give to specialists and paramedics on clinical contraception, RTI/STI and HIV/AIDS Case Management and Reproductive

Health administrations, MCH Health and Nutrition care, Training on MR, PAC, IUD, NSV, Implant , Counseling and Infection Prevention, a half year CSBA, a half year Midwifery, a half year EOC, Training for Hysteroscopy Operation and furthermore Training on Counseling of Field laborer of Health and FP. Field preparing of understudies from Social Welfare Department under Dhaka and National University and diverse Medical College Hospitals and other college.

- The most effective method to work: first day is working assistance stall, set up the corner with the assistance of social welfare unit. Chatted with the individuals who expected to help. And furthermore help to directions the room where they needed to go. I worked here for 6 days.
- Next, I worked youth unit. Here I saw how to offer guiding to the puberty pregnant ladies and immature. I kept the record found out about the nourishment guiding of immaturity mother, bosom sustaining advising, and immunization counsel. I worked here for 7 days.
- 5.8. Sustenance unit
- Kept the record of the patients and gave thought regarding supplements nourishment. Here I kept the tickets of the patients composed on record book and called the patients. As indicated by the sort of maladies gave diet directing to the patients. I worked this unit for 7 days.

5.9. Bosom nourishing unit: I went on round to the indoor patients and met with basic patient at that point control each new mother. At that point went to the open air patients toward the finish of round, I worked this unit for multi day.

5.10. Family arranging unit: here I found out about family arranging strategy and their advantage, reaction. Additionally found out about MR. gave thought and guidance's about family arranging technique. I worked here for 6 days.

5.11 Antenatal consideration unit: kept record of the patient, measure tallness, weight, circulatory strain. In the event that any issue recognized, at that point offered guidance as per her concern and furthermore did a few principles guidelines. After certain polls offered a card and guidance for month to month test. I worked here for 7 days. Consistently they take diverse class to the patient about the bosom bolstering, uncommon consideration and nourishment to the pregnant mother, inoculation, youth care and so forth. They watch various days. On that day, they had an extraordinary talk and gives medication and treatment liberated from cost this temporary job was an extraordinary day for me and an incredible encounter. Mohammadpur Fertility Services and Training Center to furnish moms and children with on location human services. Also, endeavoring to give budgetary help to the individuals who are in trouble. I came to Intern transport here and increased viable information regarding numerous matters which I have perused previously. At this foundation, each couple is enlivened for anti-conception medication techniques. In my view that this entry level position will help me a ton later on. All office painstakingly dealt with to the patients. I learned numerous things like record keeping, office organization, advising, how to persuade the patients, how to give thought and guidelines to the patient, pregnant mother care, how to mind previously or after conveyance and so on. I trust this information help me in my future.

## Chapter5

### Conclusion and References

## Conclusion

This impermanent activity was an exceptional day for me and a mind blowing experience. Mohammadpur Fertility Services and Training Center to outfit mothers and kids with on area human administrations. Likewise, attempting to give budgetary assistance to the people who are in a tough situation. I came to Intern transport here and expanded suitable data with respect to issues which I have scrutinized beforehand. At this establishment, each couple is charged for against origination prescription methods. In my view that this passage level position will help me a ton later on. All office meticulously managed to the patients. I took in various things like record keeping, office association, exhorting, how to convince the patients, how to give thought and rules to the patient, pregnant mother care, how to mind beforehand or after transport, etc. I believe this data help me in my future.

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