



POPULATION WELFARE DEPARTMENT
PUNJAB, DISTRICT RAWALPINDI
OCTOBER 2022

چھوٹا خاندان
خوشحال پاکستان



**COLLABORATION WITH
FAMILY PLANNING AT ALLIED HOSPITALS,
POPULATION WELFARE DEPARTMENT
RAWALPINDI MEDICAL UNIVERSITY,
RAWALPINDI**

10 MOST POPULATED COUNTRIES OF WORLD

Country	2019 Density	Growth Rate	Rank
China	1,436,812,504	0.43%	1
India	1,373,443,278	1.02%	2
United States	330,082,717	0.60%	3
Indonesia	272,137,649	1.10%	4
Pakistan	218,752,146	2.04%	5
Brazil	211,841,232	0.75%	6
Nigeria	203,558,664	2.60%	7
Bangladesh	163,891,503	1.03%	8
Russia	145,933,343	0.09%	9
Mexico	128,282,123	1.10%	10

Population welfare department, In RMU Allied Hospitals is striving hard

- To reduce population growth rate to 1.3%.
- Reduce fertility to replacement level of 2.1 births/ woman.
- Universal access to safe family planning methods.

Population welfare department is creating awareness among all sectors of population with special emphasis on youth as youth makes up 63% of our population. Pakistan is fifth largest young country in the world. To create this awareness population welfare department Rawalpindi is working in close liaison many public and private organization including

District Administration District

Health Department Tertiary Care

hospitals

District Education Department District

Social welfare Department NGO's and

Private Sectors

Local Government

Pakistan Army

The detail of this collaborated effort is briefed as follows:-

Stock Sufficiency of Contraceptives in Oct 22(MOS)

S.No	Name of Contraceptives	At Dist	Month of stock	At Field	Month of stock	Total	Total Months
1	Condom	317520	1.5	372147	1.8	689667	3.2
2	Exluton (POP)	678	1.0	2552	2.1	3230	3.1
3	Oril Pill (COC)	32022	3.0	20859	2.0	52881	5.0
4	Postinor (EC)	845	1.0	1676	1.9	2521	2.9
5	Copper-T	12773	4.3	5126	1.5	17899	6.0
6	Megestron (inj)	11925	3.0	8052	2.0	19977	5.0
7	Implants	-	-	54	0.5	54	0.5
8	Multiload	Non Available Since March 2013					
9	Norigest	Non Available Since March 2013					

POPULATION COVERAGE OF DISTRICT RWP

Total Population of District <u>Rwp</u>	5405633
Total Population	5.4 millions
No. of Service Delivery Outlets	73
No. of Mobile Service units	06
Population Coverage %age	10 %
Requirement of SDOs for complete coverage	650

Adolescent health Centre:-

These centers have been established at divisional headquarters. One such center is working in Family health clinic **Benazir Bhutto hospital, Rawalpindi Medical University, Rawalpindi**. A trained psychologist is deputed who's main job description is to address the issues of adolescents age 10-19 years. Frequent awareness sessions are conducted all over the district regarding adolescent health issues. These sessions are taking place at schools, colleges, Universities and social welfare outlets and other work places of youth.



Collaboration with Gynae Department at Allied Hospitals Rawalpindi Medical University, Rawalpindi:-

Family planning Counters are established in all gynae OPDs where a female motivator is counseling all clients with on spot referrals for family planning. LED's have been installed by population welfare department in gynae OPD of Holy Family and Benazir Bhutto hospital, Which are playing messages of birth spacing and health education round the clock. Family motivators are providing counseling and family planning to all the post-partum patients admitted in labor rooms and gynae wards. Their working is thoroughly reported and analyzed on monthly basis.



Lectures at School, Colleges:-

WMO's of PWD at all tehsil's of Rawalpindi district are delivering lectures to students at school, colleges in liaison with education department. These lectures are delivered in accordance with a special curriculum designed by PWD Punjab. All the schools and colleges are being visited multiple times and this is an ongoing process.

Sanitization & Awareness Session on sexual Health in Schools , College & Universities



Training of Doctors:-

It is mandatory for final year students and PGTs of Gynae/OBS to attend trainings of family planning methods being offered at FHC Benazir Bhutto hospital, holy family hospital and military hospital Rawalpindi.



Trainings of Paramedics:-

Regular training sessions are organized for nurses, LHV, Midwives at all family health clinics from time to time.



Provision of Family planning services to others departments:-

Population welfare department is providing family planning services to other line departments through establishing family welfare centres/counters in their premises. These centers are successfully working in Benazir Bhutto Hospital, Holy Family Hospital, District Head Quarter Hospital, & other Fuji foundation hospital Rwp, CMH Rwp, Cantonment hospital and dispensaries, social security hospital Rwp, all RHC's of health department.



Seminars at universities:-

Sensitization/Awareness sessions are regularly arranged at women universities at Rawalpindi.



**RAWALPINDI MEDICAL UNIVERSITY
DOOR TO DOOR AWARENESS SEXUAL HEALTH
CAMPAIGN & REGISTRATION**

