

Evidence at-a-glance: Community-level distribution



“Community health workers are a proven source of family planning products and information, including injectable contraception.”

—The High Impact Practices in Family Planning Initiative

Photo: PATH/Will Boase

Evidence at-a-glance: Spotlight on community-level distribution of DMPA-SC

Subcutaneous DMPA (DMPA-SC*) can be administered successfully by community health workers (CHWs), and evidence suggests that women may be more likely to continue DMPA-SC and intramuscular DMPA (DMPA-IM) injections if they are able to visit a nearby CHW for their injections.

- ▶ Self-injectors in Uganda who were trained by CHWs were as proficient as those trained by clinicians (70% versus 75%).¹
- ▶ During a pilot introduction in Benin, 4,000 women (of 7,997 participants) chose to receive DMPA-SC at the community level—nearly 80% of those women were first-time users of modern contraception.²
- ▶ During a 2014–2016 pilot introduction of DMPA-SC in Uganda, more than 130,000 doses of DMPA-SC were administered by CHWs.³
- ▶ In the Democratic Republic of the Congo, 85% of women who received DMPA-SC from a CHW would recommend receiving DMPA-SC from a CHW to their friends.⁴
- ▶ In Zambia, research affirmed that CHW provision of injectable contraceptives is safe, feasible, and acceptable, with 99% of women who had received prior injections from a CHW wanting to receive their next injection from a CHW.⁵

* DMPA stands for depot medroxyprogesterone acetate. Sayana® Press is the current brand name, and a registered trademark of Pfizer Inc.



Quick facts about DMPA-SC

- ✓ **99% effective** at preventing unintended pregnancy when given correctly and on time every three months. Does not protect from HIV and other sexually transmitted infections.
- ✓ **Prefilled and ready to inject.**
- ✓ **Easy to use**, including by community health workers and women themselves (self-injection).
- ✓ **Small and light**, with a **short needle**.
- ✓ **Stable at room temperature** (15°C–30°C).
- ✓ **Three-year shelf life.**
- ✓ **Registered in more than 80 countries, with approval for self-injection in more than 55 countries**, including countries across sub-Saharan Africa, Asia, and Latin America, several European countries, the United Kingdom, and the United States.
- ✓ **Can be purchased at US\$0.85 per dose** in the standard 200-pack presentation by qualified buyers* (including ministries of health in low-income countries).

* For more information on qualified buyers and eligible countries, please contact FPoptions@path.org.

DMPA-SC can expand the family planning options available to women who have never used contraception before—because it makes it easier to deliver injectable contraception through service delivery channels accessible to remote and/or hard-to-reach populations.

- ▶ During a two-year pilot introduction in Burkina Faso, Niger, Senegal, and Uganda, researchers found relatively high uptake of DMPA-SC in communities with new access to CHW administration of injectable contraception, especially among new users of family planning.³
- ▶ A pilot study of community-based distribution of DMPA-SC in two rural districts of Mozambique found that more than 60% of women in the study started using contraception for the first time during the study period. In all, 81% of the participants continued using DMPA-SC at the third injection (six months).⁶

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