Introducing the Next Generation Injectable in Nigeria

A Program implemented by DKT Nigeria
Monitoring and evaluation conducted by the University of California, San Francisco*

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Offering women more contraceptive choices

In Nigeria, 20% of women wish to use family planning and reproductive health services, but do not have access to them (USAID 2016). While family planning services and products are available at many public and private facilities, only 11% of women nationwide currently use a modern contraceptive method (NPC 2014). Along with male condoms and pills, injectables are among the most popular methods. However, they are more difficult to access because a trained healthcare worker must administer it with a needle and syringe.

Launched in Nigeria in 2014, Sayana® Press is an all-in-one injectable contraceptive designed to overcome barriers to accessing family planning. The unique injection system eliminates the need for a needle and syringe, and enables health workers to administer the injection with basic training. With its ease of application and efficacy, widely distributing Sayana Press is the latest effort to expand contraceptive choice and access for all Nigerian women.

DKT is the first to launch Sayana® Press in Nigeria

DKT, an international nonprofit specializing in the social marketing of family planning products, began distributing Sayana® Press in seven focal South West states and has since expanded nationwide. Sayana® Press is now available through a variety of private sector channels, including hospitals, clinics, maternity homes, pharmacies, and "DKT Bees". The DKT Bees are certified Community Health Extension Workers (CHEWs) trained to bring confidential counseling and family planning services to a woman's doorstep. Women using Sayana® Press can also subscribe to DKT's SMS text message system to remind them when it's time for their next injection.

Monitoring and evaluation

The University of California, San Francisco (UCSF) has been providing monitoring and evaluation (M&E) support to DKT Nigeria since October 2015. Through program data, mystery clients, user phone surveys, and in-depth interviews with users and providers, the M&E has three objectives:

1. Track key performance indicators
2. Assess uptake among providers and priority user segments
3. Describe user profiles and experiences with Sayana® Press

This brief summarizes progress and findings through October 2016.

What is Sayana® Press?

- 104mg depot medroxyprogesterone acetate (DMPA)
- Protects for 3 months with 99% efficacy
- Prefilled Uniject system is easy to administer
- Subcutaneous injection
- Pfizer patent until 2020; generic under development

Program key performance indicators

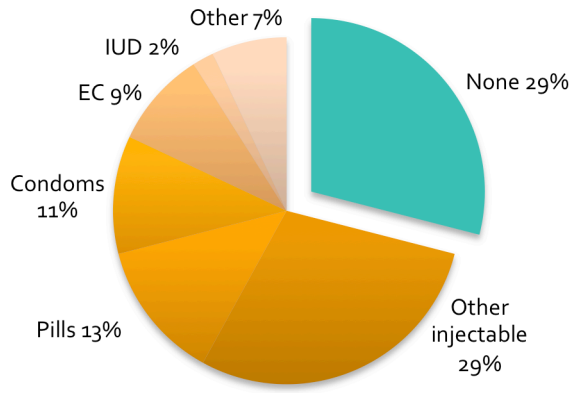
- Over 4,000 providers at hospitals, clinics, maternity homes, and pharmacies have been trained on Sayana® Press.
- Over 650,000 units have been distributed since 2015.
- More facilities are restocking the product each month.
- Over 9,000 women have subscribed to the SMS reminder alerts.

What do Sayana® Press users look like?

From a convenience sample of users surveyed by phone:

- The majority were aged 25-34 (56%), followed by women aged 35-44 (31%); 9% were under 25. Most women were married and had children.
- In terms of education, wealth, and religion, sampled Sayana® Press users were similar to modern contraceptive users residing in urban South West Nigeria captured in the 2013 Nigeria Demographic and Health Survey.
- Nearly 30% were "new users," defined as not having used any modern method before using Sayana® Press (Figure 1).
- Of those previously using contraception, most switched from another injectable (29%), followed by the pill (13%), male condoms (11%), and emergency contraception (EC; 9%).

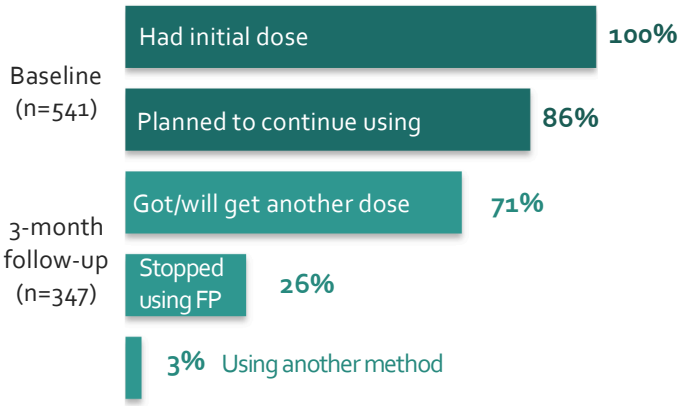
Figure 1. Prior contraceptive use among Sayana® Press users



Source: Convenience sample of users surveyed by phone

* In collaboration with Akena Associates, Nigeria, a local research and data collection firm

Figure 2. Use, intentions, and continuation over time



Source: Convenience sample of users surveyed by phone

- Compared to users who switched from another modern method, new contraceptive users were younger.
- As their primary method for preventing pregnancy, more younger women (under 25) switched from condoms; more older women (age 35-44) switched from other injectables.
- Over 70% of sampled users have either continued to use Sayana® Press or say they plan to continue (Figure 2).
- Among those discontinuing Sayana® Press, nearly all stopped contraceptive use altogether; only 3% switched to another method.

The user experience

UCSF also conducted qualitative interviews of providers and users to understand their experiences with Sayana® Press. Younger, unmarried women were systematically treated differently when seeking contraception for preventing pregnancy compared to older, married women.

- Younger clients reported poorer quality counseling in terms of providers' technical competency, and information and method choices given.
- Providers were more likely to recommend emergency contraception, condoms, pills, and abstinence to younger women, and dissuade them from using longer-acting methods.

Most providers expressed reservations about giving contraceptives to younger women. However, a smaller group of providers were more willing to do so, which was particularly true among DKT Bees.

...I will tell her [younger client] that this family planning is good for her, it will prevent her from unwanted pregnancy... Family planning will even make her to achieve her goal, to reach her goal and make her to be more concentrated on her studies.

– DKT Bee, Lagos

Implications

Distribution and use of Sayana® Press is increasing in Nigeria and Sayana® Press is attracting new users of contraception. The percentage of new users of modern contraception in the convenience sample in Nigeria was similar to those found among Sayana® Press users in Burkina Faso and Senegal, but lower than those observed in Niger and Uganda (PATH 2016). In Nigeria, women under age 25 were more likely to switch from condoms to Sayana® Press for their main method of preventing pregnancy, suggesting that Sayana® Press may successfully address some barriers to using longer-acting modern methods for preventing pregnancy among younger women.

Looking ahead

Through private sector channels, DKT Nigeria is currently expanding distribution of Sayana® Press nationwide. This will be complemented by the introduction of Sayana® Press through public sector primary health centers and community-based distribution channels by the United Nations Population Fund (UNFPA) and its implementing partners in 10 states beginning in 2017. Together, these efforts aim to increase contraceptive access and choice for all.

M&E activities will continue to follow the scale-up of Sayana® Press through 2017 with the following objectives:

1. Monitor and compare key performance indicators across public and private sector channels, including different models of community-based distribution programs.
2. Continue to understand user profiles and experiences to improve outreach and targeting.

References

1. National Population Commission [NPC] and ICF International. (2014). Nigeria Demographic and Health Survey 2013. Abuja, Nigeria, and Rockville, MD, USA.
2. PATH. (2016). Monitoring Sayana Press pilot introduction: Final pilot project results. Available at http://www.path.org/publications/files/RH_sayana_press_pilot_intro_2016.pdf.
3. USAID. (2015). Dollars to results: Family planning and reproductive health in Nigeria. Available at https://results.usaid.gov/nigeria/health/family-planning-and-reproductive-health#fy2015.

DKT Nigeria is a social marketing organization led by Dimos Sakellaridis. DKT Nigeria offers a basket of products, including condoms, pills, injectables, IUDs, implants, misoprostol, and MVA kits. Find out more at www.dktnigeria.org and www.honeyandbanana.com.

The UCSF team specializes in global health evidence and policy in reproductive, maternal, adolescent, and child health. Data collection assistance from Akena Associates, Nigeria is gratefully acknowledged. For more information, contact Jenny Liu, PhD, Assistant Professor of Health Economics at Jenny.Liu2@ucsf.edu.