

Advancing Sexual and Reproductive Health & Rights of persons with Disability in Nepal 2019-2022






Photo Credit: Anil Basnet

ALL PEOPLE WITH OR WITHOUT DISABILITIES HAVE EQUAL RIGHTS TO SEXUAL AND REPRODUCTIVE HEALTH INFORMATION AND SERVICES

Free Helpline Number: 16600145000 (NTC)

Serving People with Care



Persons with Disabilities; Sexuality and SRHR Definition of Disability:

The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), defines Persons with Disabilities as “those who have long-term physical, mental, intellectual or sensory impairments, which in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others”. The Act Relating to the Rights of Persons with Disabilities, 2017 has also defined persons with disabilities on similar lines to that of Convention on the Rights of Persons with Disability (CRPD).

Background

Although an estimated 15 % of the world’s population live with a disability, many of the persons with disabilities (PWD) are marginalized and their human rights are violated. Furthermore, their sexual and reproductive health (SRH) needs or their sexual rights are not fully recognized and acknowledged: they have often been denied their right to establish relationships or to decide whether to have a family, and many have faced forced sterilizations, abortions or marriages. PWD face discrimination and barriers to information and services, and encounter stigma and stereotypes especially when it comes to their sexuality. Negative attitudes, ignorance and misconceptions of the societies, health-care service providers and even family members raise most of these barriers. Furthermore, PWD are more likely to experience gender-based violence, sexual abuse, and emotional abuse, and are more likely to be infected with HIV or other sexually transmitted infections (STI). Many issues regarding SRHR of PWD are equally burdening men and women, but there are many genders specific issues. Taken into consideration that currently low access to SRHR in developing countries and consequent poor SRH outcomes represent one-third of the total global burden of disease for women aged 15-44 years, it is alarming that SRHR of PWD is globally neglected and underfinanced field.

Overall goal of the project

Improve Sexual Reproductive Health and Rights (SRHR) of People with Disability (PWD).

Service Delivery: (Period 2019 and 2021)

Outreach clinical sessions were organized in PwD community in close coordination with District Health Office and Organization of People with Disability (OPD). PwD clients' interest in the service is ever increasing trend, as evidenced by the service statistics. Service has been extended in this community since the project started. Despite some problems due to C-19 pandemic since last two years, PwD clients are providing SRH services using protocol by service providers. In 2019, total number of SRH service was 7,902, while in 2020 number decreased slightly to 7,635 due to COVID-19. In 2021, service increased again to 9,879 as figure given below. Accordingly, services data confirms that FP service is also in increasing trend. Still there is one year left of the project. If the situation becomes favorable, about 90 percent of the total target can be achieved. In other hand sensitization program to PwD parents on SRHR of PwD is totally community-based program and purpose of this program is to change stereotypes and misconceptions and decrease the stigma around SRHR of PwD in the community which conducting by trained PwD peer educators. Awareness raising program also been implementing by Peer Educators and purpose of program was to generate demand of SRH services among PwD including basic information about SRHR and available SRH services for PwD.

Number of SRH services provided to PwD (2019-2021)

Service Category / Sub Category (PwD only)	Jan-Dec 2019				Jan-Dec 2020				Jan-Dec 2021			
	Male		Female		Male		Female		Male		Female	
	Below 25	25 & above	Below 25	25 & above	Below 25	25 & above	Below 25	25 & above	Below 25	25 & above	Below 25	25 & above
Contraceptive	186	294	396	2046	263	695	628	554	275	450	416	630
Abortion	0	0	0	30	0	0	15	35	31	66	107	226
Gynecology	0	0	180	762	0	0	280	875	0	0	359	798
HIV - AIDS	0	0	0	78	0	90	30	215	18	81	70	179
Obstetrics	0	0	108	168	0	0	155	445	0	0	151	317
Pediatrics	0	0	0	0	290	0	335	0	517	0	717	4
STI/RTI	0	36	102	1002	0	50	140	960	0	5	281	944
Subfertility	0	6	0	66	0	0	30	60	0	17	6	52
Urology	0	0	138	162	0	0	130	310	0	75	105	521
Specialized SRH services	0	0	0	372	0	0	20	275	0	2	114	368
SRH - Other	0	720	0	1050	0	190	150	415	231	591	489	666
Total Number of SRH Service Provided	186	1056	924	5736	553	1025	1913	4144	1072	1287	2815	4705

One of remarkable result is that FPAN started to keep records from January 2021 of Persons with disabilities by its' all branches in District Information System (DHIS) by type and gender with an identifiable symbol and incorporated age segregated data from June 2021. It's a big achievement of the project and it will definitely prove to be a milestone in the sustainable development of project program. As result total number of PwD clients 1,118 were benefited in this reporting period among the above number contribution of project district Bhaktapur, Kathmandu and Lalitpur was 626 (44%).

Number of disable clients by type and Gender-Jan-Dec 2021				
Type of disability	Male	Female	Other	Total
Psychosocial	9	52	0	61
Hearing	27	207	0	234
Visual	36	245	1	282
Intellectual	0	2	0	2
Multiple	1	3	0	4
Physical	40	415	0	455
Speech	7	73	0	80
Total	120	997	1	1,118

Source: FPAN DHIS2, OLE section

Training, Orientation and meeting 2021

Two days capacity building training to Government and FPAN service providers



ToT training to PWD Peer Educators on virtual way

Two days training to member of Disabled' People organizations on PWD SRHR



Community raising session to community people by Pwd Peer Educators

Advocacy workshop on Accessibility of Quality Family Planning Services among the Vulnerable and Marginalized Communities



Peer Group meeting

Sensitization program for the MoHP/duty bearers on the United Nations Convention on the rights of people with disability (UNCRPD), SDGs and local disability laws



Partners meeting

Planning and Review meeting



Outreach clinical session in Pwd community

CSE session conducting by Pwd Peer Educators



Annual International partners meeting 2021 on Virtual way



Summary of performance statistic 2021
Project district: Bhaktapur, Kathmandu & Lalitpur

Type	Planned (Project Period)	Achievement (2019)	Achievement (2020)	Achievement (2021)	Total Achievement	Achievement in percentage
# of SRH services provided	57,693	7902	7,635	9879	25,416	44
# of SRH services provided to young people under 25 years old	NA	1110	2466	2587	6,163	
# of PwD benefited through outreach clinical session	NA	720	2321	424	3,465	
# of SRH counseling/health education by Trained Peer Educators	NA	2,198	1,714	92	4,004	
#r of Abortion related services delivered.	NA	30	50	202	282	
#r of HIV-related services delivered.	NA	78	335	175	588	
# of STI/RTI services delivered	NA	1140	1150	930	3,220	
# of VSC service (Male/Female)	NA	0	13	6	19	
# of IUCD user	NA	0	8	7	15	
# of Implant user	NA	3	36	45	84	
# of Emergency Contraception	NA	55	137	186	378	
# of Male Condom user	NA	137	421	417	975	
# of Female Condom user	NA	0	4	100	104	
# of Injectable (Depo-Provera)	NA	61	334	219	614	
# of oral Pills user	NA	172	561	533	1,266	
CYP Provided	NA	292.53	1,432.35	987.72	2,712.60	
# of parents sensitized	NA	NA	NA	111	111	
# of young people provided CSE	NA	NA	NA	328	328	
# OPDs Members Oriented/trained	82	22	22	23	67	82
# of PwD members trained	225	36	40	23	99	44
# of Peer Educators trained.	36	6	6	12	24	100
# Health service providers Trained.	66	21	34	22	77	100
# of Journalist trained	30	NA	NA	22	22	73
# of PwD trained as master trainers	45	NA	NA	12	12	27
# of CEC members oriented	NA	4	NA	NA	4	
# of persons attended partners meeting	NA	32	40	31	103	
# of FPAN staff oriented	NA	18	67	NA	85	
# of Government officials oriented	NA	8	22	46	76	
Producing PwD relevant material	1500	NA	500	1000	1500	
Reprinting braille CSE flip chart	200	NA	NA	200	200	
Organize awareness raising sessions	168	40	48	33	121	
Meeting with Partners	10	4	4	4	12	

CSE session conducted by PwD Peer Educators
Period: January-December 2021

Session type	No. of Session	Number of participants					
		Male		Female		Total	
		Below 25	25 and above	Below 25	25 and above	Below 25	25 and above
No. of Complete session	42	143	162	162	172	305	334
No. of Partial session conducted	15	97	45	146	40	243	85
No. of Single session conducted	0	0	0	0	0	0	0
Total	57	240	207	308	212	548	419

Success story in COVID-19

Sanjiya Shrestha, working as a Peer Educator at FPAN Valley Branch representing from PwD community. COVID-19 pandemic has brought a lot of crises in every possible sectors. Among others health is the most effected and hardest hit area globally. In these situations, marginalized groups including Persons with disabilities (PwDs) have very difficult time even to get their basic and personal requirements fulfilled. The nature of the infection additionally worsens the minimal possibility of getting help even from nearest person.

During lockdown PwDs couldn't even get menstruation sanitary products and access to information's as well as services due to functional limitations. To mitigate this problem we distributed sanitary pads, mask, hand wash/sanitizers, contraceptives and so on to persons with disabilities. Also distributed Sanitary pad, urine bag, folly catheter, Dippers to disable people especially to those suffering from spinal injuries through DPOs under MFA Vaestoliitto support.

We had conducted several virtual awareness sessions where divers disabled participants were informed about rumors of the virus and were taught ways of prevention. Several awareness raising virtual events on menstruation hygiene, pregnancy, delivery and infant care were also conducted by keeping COVID-19 into focus. Sign language translation for hearing impaired persons, descriptive methods for visually impaired persons and other measures were specially used in every session to address needs of particular disability type and also reduce barriers placed by the virtual medium. Beside this, counseling was also provided to address person-based queries. Similarly, social medias such as messenger, what's app, Viber and Facebook groups were also used to reach out and spread awareness to as many persons as possible.

Due to these attempts PwDs were able to get the right SRH information with the accessible mediums and also services to their doors during health emergencies. The situation was very challenging for us. However, we faced challenges in looking alternatives and were able to provide services to some extent. When we reached our PwD community by using safety major, we were always inspired to see the happiness on their faces. It was really a great experience for me and all of collogue.

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Family Planning Association of Nepal

Pulchowk, Lalitpur, Nepal

Telephone: +977 1 5010240, 5010270, Fax: 977 1 5010151

Website: www.fpan.org

Helpline: 16600145000