



Informed choice and Decision-Making in Family planning counselling

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Abstract

Health care providers usually decide which medical treatment is best for a patient. In family planning counseling, however, the right of clients to receive accurate information and make their own decisions about reproductive health care, their right of informed choice are considered fundamental. Informed choice emphasizes that clients select the method that best satisfies their personal, reproductive and health needs.

Introduction

Informed choice refers to the process by which an individual arrives at a decision about health care it must be based on access to informations

that are;- reliable, timely and understandable the informations given to clients by health care providers should be accurate and unbiased.



Facilitating a decision



Most family planning clients have little experience in making health care decision that require them to match technical information with personal considerations.

Providers can help women evaluate and compare their options during the decision making process. The providers help is critical because a client judgment may be influenced by misinformation and faulty reasoning or be skewed by emotion.

Implementing the decision

Providers did not always supply the additional and complete information clients need to use their chosen method properly. Implementing these decision depends on both the client and provider.



Conclusion

Informed decision on family planning by health care providers could enhance the quality of women's contraceptive decision making if they took a more active role in contraceptive counselling. For example by relating information on specific methods to women's personal circumstances and helping clients weigh the advantages and disadvantages of various methods.

Reference

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