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Improving Access to Quality Family Planning Services in Kenya by Addressing Contraceptive Discontinuation

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Propositions

1. Contraceptive discontinuation will always occur as women's fertility needs change over time; what is of concern is discontinuation among women in need of a method (this thesis)
2. As contraceptive use in a population increases, success in avoiding unintended pregnancies depends less on initial contraceptive uptake and more on effective and persistent use (this thesis)
3. Understanding and responding to why women discontinue use of a method while still in need should increase continuation with contraceptive use (this thesis)
4. Contraceptive discontinuation can be reduced by strengthening the quality of family planning services to ensure they address women's reproductive health needs (this thesis)
5. Providing comprehensive contraceptive information, allaying women's fears, and showing empathy is not a favor but a basic right that should be espoused in the health care system (this thesis)
6. Expanding available contraceptive options ensures that women have a wide variety of methods to choose from if they are not satisfied with their current method (this thesis)
7. Supporting women to meet their reproductive desires enables them to plan for their future and maximize their potential, thus pregnancy should be by choice and not by chance.
8. "Contraceptives are the greatest lifesaving, poverty-ending, women-empowering innovation ever created"-*Melinda French Gates*
9. "We know that the way to decrease unplanned pregnancies and abortions is to make birth control and family planning services accessible and affordable, not micromanage the type of medical information and reproductive health counseling that women around the world receive."- *Jeanne Shaheen*
10. If you want to know the end, look at the beginning-*African Proverb*