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**Holistic approach is the only way to increase uptake of family planning services****Navita Rahim**

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Holistic care is a comprehensive model of caring and proper guidance. Use of Family Planning (FP) services is still a question mark nowadays. One MWRA (Married Women of Reproductive Age) in four has an unmet need for contraception, which is the highest such rate in the region. Meeting unmet need for limiting can be accomplished by increasing the holistic approach, for family planning, three major components can be highlighted: Supply, the enabling environment and demand. Uptake of family planning services can be enhanced, more successful and sustainable if multifaceted determinates included in interventions. Availability and quality of services and other supply-related issues is a major factor for not availing FP services. Improvement in family planning cannot be achieved without quality services. Quality is considered good when adequate infrastructure, supplies and equipment are in place and when well-trained, skilled, motivated and supported staffs are available. Besides that, an enabling environment for health-seeking behavior is another factor for increasing services. An enabling environment requires adequate resources, effective leadership, management and accountability. Engagement of governments, communities and other members of civil society is critical to fostering an enabling environment. Furthermore, improve knowledge of family planning and cultivate a demand for services. The demand for FP exists in different forms: Actual use and latent demand. The latter exists among those who wish to avoid pregnancy but are not currently using FP (those with an unmet need for FP) and those who might wish to avoid pregnancy. Holistic, client-centered approaches are the only way to make FP programming effective and successful ultimately supports health system.

**Biography**

Navita Rahim has completed her BSc in 2012 from Aga Khan University, School of Nursing and Midwifery, Karachi, Pakistan. She has completed her Diploma in Midwifery from Aga Khan Maternal and Child Health Center in 2004. She is the Clinical Trainer at Jhpiego, Pakistan. She has worked for more than five years in reputed organization and has been serving for maternal and child health. She has worked for four years with international Non-Government Organizations (NGOs) to improve family planning quality services in low socio-economic areas of Pakistan for the betterment of maternal life and decrease maternal mortality rate (MMR).

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