

# SAYANA PRESS (DMPA-SC)

Participant workbook



# PAPUA NEW GUINEA

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## Acknowledgements: Training package

This comprehensive training package, which includes Facilitator manuals, Participant workbooks and PowerPoint slide decks, drew heavily from the Family Planning: A Global Handbook for Providers<sup>1</sup>, Medical Eligibility Criteria for Contraceptive Use<sup>2</sup>, Selected Practice Recommendations for Contraceptive Use<sup>3</sup> and Subcutaneous DMPA (DMPA-SC) Training Material from PATH<sup>4</sup>.

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# Contents

	Welcome	1
	Teaching activities used in the course	1
	Student support	1
	Student records	1
	About this course	2
	Course values	2
	Course learning outcomes	2
	How to use the workbook	3
	Session 1: What is DMPA?	4
	Session 2: DMPA-SC and DMPA-IM: similarities and differences	5
	Session 3: Contraceptive counselling and medical eligibility criteria	7
	Activity: MEC Wheel	
	Session 4: Storage of DMPA and safe handling of sharps	9
	Session 5: Administering DMPA-SC	12
	Session 6: Counselling clients on DMPA-SC self-injection	13
	Activity: Role play	
	Counselling clients on DMPA-SC self-injection	16
	References	18



# Welcome

Welcome to the DMPA-SC module. This training draws on international and Pacific standards, including those from the World Health Organization (WHO).

## Teaching activities used in the course

This course uses activity-based learning such as case studies, small group activities, research and presentations. These are designed to suit a range of learning styles. Most courses are run with six to 12 people to encourage discussion and participation. The facilitators will go through the program at the start of the course, so you know what is expected for you to gain the most from the course.

## Family Planning Australia led training

### Student support

The welfare of people who come to our courses is very important to us.

No one will be unfairly disadvantaged in accessing or participating in a course due to gender, age, culture, or disability. If you experience any difficulties in participating in the course, these can be discussed with the facilitator and will be responded to with sensitivity and confidentiality.

We want to create a safe learning environment and aim to prevent or respond quickly to concerns, such as discrimination, harassment, or bullying. We will also aim to prevent or respond to any safety issues in the training room.

Complaints will be investigated promptly, in confidence and resolved as quickly as possible. If you wish to provide feedback or a complaint, there are many ways you can do this. You can provide feedback to the United Nations Population Fund (UNFPA) PNG office in-country, in writing or via email to UNFPA PNG or Family Planning Australia via our websites.

At the end of this training, you will be given an opportunity to be part of a formal evaluation where you will be asked to comment on your satisfaction with the services provided.

### Student records

All information provided to us by you is treated as private and confidential. UNFPA PNG and your country's health ministry may also receive information from this course. We do not provide personal information to any other person or organisation.

We hope you enjoy the course.



# About this course and module

## Course values

This course is underpinned by international human rights legislation and agreements that recognise reproductive and sexual health and rights. These rights recognise that all individuals have the right to the following.

**Autonomy.** Decide freely and responsibly the number, spacing and timing of children, as well as the right not to have children.<sup>5</sup>

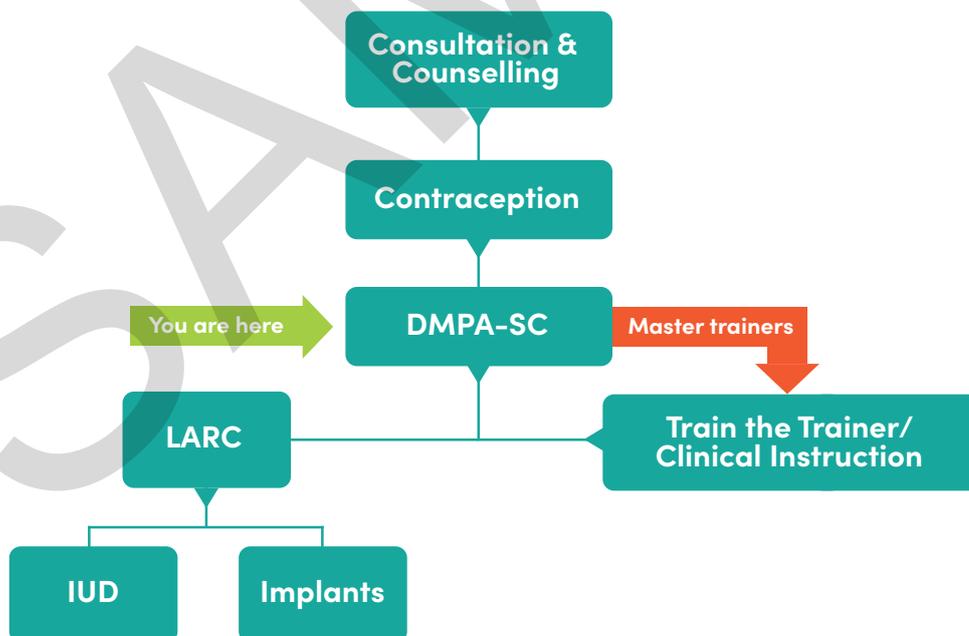
**Access.** Access information and the means to attain a high standard of reproductive and sexual health.<sup>5</sup>

**Safety.** Make decisions concerning reproduction free from discrimination, coercion, and violence.<sup>5</sup>

## Course overview: Family Planning

The subcutaneous depot medroxyprogesterone (DMPA-SC) module sit within the larger family planning course inclusive of other modules such as train the trainer (TOT), clinical instruction (CI) and Long-Acting Reversible Contraception (LARC).

Course overview flowchart



This subcutaneous depot medroxyprogesterone (DMPA-SC) module comes just after the Contraception module.



## About this course and module

### Module learning objectives

The DMPA-SC module has six learning objectives.

1. Describe the different types of injectable contraceptives.
2. Explain similarities and differences between DMPA-IM and DMPA-SC.
3. List counselling messages about DMPA-SC.
4. Demonstrate how to screen clients for eligibility for DMPA-SC.
5. Demonstrate how to handle sharps safely, including DMPA-SC.
6. Demonstrate how to give an injection with DMPA-SC.

### Assessment

You will undertake a variety of assessments for this unit:

- Role play
- Simulation
- Peer assessment
- Reflections

### How to use the workbook

The participant workbook contains all the activities and group work that will be delivered throughout this module and provides a space to take notes and record reflections. The participant workbook contains all the activities and group work that will be delivered throughout this module and provides a space to take notes and record reflections.

### Establishing group rules

**Participate.** We all learn from each other, so it is important for everyone to contribute to our discussions and activities. Let us hear about your thoughts, feelings, and opinions.

**Be honest.** Say what you think. Do not wait to talk about your concerns or problems until the end of the workshop.

**Respect and support each other.** We are all here to learn. We will discuss sensitive topics, but we are all on common ground. Avoid put-downs and using offensive language.

**Listen to each other.** Let one person speak at a time and listen to them. Let us learn with one another; no question is a silly question.

**What is said here stays here.** Confidentiality and privacy are important. Outside these sessions, please do not talk about other people's personal stories or ideas they have shared with the group.

**The right to not participate.** If you do not feel comfortable with a topic, it is okay not to say anything in the discussion; only share or disclose what you feel comfortable with.

**Respect each other's time.** Begin each session on time return from all breaks and lunch promptly.

# Session 1 – Introduction

## Learning outcomes

- Establish the purpose of family planning training
- Develop group rules to enable a safe learning environment



**TIMING**  
**80 MINS**

## Topics

- Prayer and devotion
- Group expectations (10 minutes)
- Group agreement (10 minutes)
- Infection control (optional) (20 minutes)

## Activities

**1.1** Group expectations (10 minutes)

**1.2** Group agreement (10 minutes)

**1.3** Hand hygiene (20 minutes)

### Participant notes:

# 2

## Session 2 – What is DMPA?

### Learning outcomes

- Explain the purpose and use of injectable contraceptives
- Explain what kind of injectable contraceptive DMPA is
- Describe how DMPA works
- List the different names of DMPA
- Explain why clients might like or not like DMPA



**TIMING**  
**30 MINS**

### Topics

- Injectable contraceptives
- Mechanism of action of DMPA-SC
- Advantages and disadvantages of DMPA-SC

### Resources

- PowerPoint deck
- Participant workbook
- DMPA factsheet

### Frequently used terms

<b>DMPA</b>	The generic name for the contraceptive depot medroxyprogesterone acetate, a common progestin-only injectable contraceptive that is usually given by injection into the muscle (intramuscularly).
<b>DMPA-IM</b>	The term used in this training to discuss any (generic or branded) DMPA available for use with standard vial and syringe with intramuscular (IM) needle. The brand name you may be familiar with is <b>Depo-Provera..**</b>
<b>DMPA- SC</b>	The term used in this training to discuss any (generic or branded) DMPA available for use with a pre-filled Uniject* syringe delivered in the fatty layer under the skin (subcutaneously or SC). The brand name you may be familiar with <b>Sayana Press..**</b>

\* **Uniject** is a trademark of Becton Dickinson Pty. Ltd.

\*\* Sayana Press and Depo-Provera are registered trademarks of Pfizer

Participant notes:

SAMPLE

# 3

## Session 3 – DMPA-SC and DMPA-IM: similarities and differences

### Learning outcomes

- Describe the key features of DMPA-SC
- Explain how DMPA-SC is given
- Name the parts of a Uniject syringe
- Identify how DMPA-SC differs from DMPA-IM



**TIMING**  
**30 MINS**

### Topics

- Administering the DMPA-SC
- Similarities and differences between the DMPA IM and SC

### Resources

- PowerPoint deck
- Participant workbook

#### Participant notes:

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