

JADELLE

Facilitator Manual – Tonga

2021



Acknowledgements Training Package

This comprehensive Training Package which includes facilitator notes, participant handouts, activities and slide deck drew heavily from the Family Planning Global Handbook for providers (WHO, 2019), the Medical Eligibility Criteria for Contraceptive Use (WHO, Fifth Edition, 2015), and Selected Practice Recommendations for Contraceptive Use (WHO, Third Edition, 2016).

The Ministry of Health and Medical Services is grateful to the United Nations Population Fund (UNFPA) for its Transformative Agenda for Women, Adolescents and Youth in the Pacific: Towards Zero Unmet Need for Family Planning 2018 - 2022 for supporting development of this Training Package.

Special thanks are extended to Family Planning NSW, which worked tirelessly to compile this training package as well as coordinate inputs from all key stakeholders.

Special gratitude is due to the following organizations for technical inputs provided:

The International Planned Parenthood Federation

The Pacific Disability Forum

The United Nations Population Fund

The Women Enabled International

The World Health Organisation

Invaluable contributions are appreciated of all Family Planning Champions and Master Trainers who assisted in reviewing and contextualisation of the drafts thus ensuring content addresses and takes into consideration the key Tongan contexts.

Sincere thanks are extended to the Australian Government Department of Foreign Affairs and Trade funding for the Transformative Agenda for Women, Adolescents and Youth in the Pacific from which the production of this training package benefitted.

Version 2: published June 2021.

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Learning outcomes

- Apply knowledge of Jadelle implants in a client consultation
- Use effective communication to provide accurate information on Jadelle
- Identify and manage the troublesome side effects of Jadelle

TIMING
125 MINS

Activities

- 3.1 MEC for Implants – 20 minutes
- 3.2 Excluding Pregnancy – 20 minutes
- 3.3 Case Studies – 20 minutes

Resources

- MEC Wheel
- Workbooks for case studies
- Pens

[PP 3.1]

Implants

Implants are small plastic rod(s) placed under the skin of the inner upper arm that slowly release progestin (synthetic progesterone) into a client's body over a period of 3-5 years.



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Facilitators notes

Progestin is like the natural hormone progesterone in a woman's body.

Names of progestin hormones released from the implants include Levonorgestrel (Jadelle) or etonogestrel (Implanon NXT).

[PP 3.2]

Implants

There are different types of implants depending on the country and accessibility of device.

These can include:

- Jadelle (levonorgestrel)
- Implanon NXT(etonorgestrel)
- Levoplant/Sinoplant (levonorgestrel)

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Contraceptive implant types can include:

- Implanon – 3 year device, 1 rod implant
- Jadelle - 5 years device, 2 rod implant
- Levoplant/Sinoplant – 4 year device, 2 rod implant

Reference:

WHO Family Planning, A Global Handbook for Providers (2018)

[PP 3.3]

Implant – Jadelle

Jadelle is a contraceptive implant, used to prevent pregnancy.

Jadelle is effective for long term (up to five years) use.

Jadelle consists of 2 x 75 mg levonorgestrel subcutaneous implants, 43mm in length, (about the size of a matchstick).



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Facilitators notes

Implants rods – are 43mm in length, about the size of a matchstick.

Reference:

WHO Family Planning, A Global Handbook for Providers (2018)

[PP 3.4]

Jadelle: mechanism of action

Straight after the insertion, low doses of levonorgestrel are released continuously into the body.

Works primarily by:

- Thickening the cervical mucus and thinning the endometrium, blocking the sperm from reaching the egg
- Inhibits ovulation

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Explain the main points on the method within PowerPoint slide.

[PP 3.5]

Jadelle

Efficacy

- Jadelle is 99.9% effective in preventing pregnancy

Non contraceptive benefits

- May help to protect against iron-deficiency anaemia
- Reduces the incidence of ectopic pregnancy due to high level of effectiveness in preventing all pregnancy

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Facilitators notes

Efficacy

Jadelle is 99.9% effective in preventing pregnancy. This means that 999 of every 1,000 women using implants will not become pregnant.

Efficacy of implants for women with a high body weight may become less effective after 4 years of use in women with a body weight > 80Kg and early replacement can be offered.

Non contraceptive benefits

- May help to protect against iron-deficiency anaemia (due to bleeding changes that cause amenorrhea or decrease bleeding)
- Reduces the incidence of ectopic pregnancy due to high level of effectiveness in preventing all pregnancy. The rate of ectopic pregnancy among women using implants is 6 per 100,000 women per year compared with 650 per 100,000 women per year among women using no contraceptive method
- May also help to prevent against symptomatic pelvic inflammatory disease

[PP 3.6]

Jadelle: Advantages

- Highly effective - 99.9% for up to 5 years
- Can be used by women with contraindications to estrogen
- Can be inserted in the immediate postpartum period before the client is discharged from hospital following childbirth
- Immediately reversible
- The woman does not need to remember to do anything while the implant is in place
- Does not interfere with sex

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Other advantages include:

- Immediately reversible
- Can be used by women with medical contraindications to estrogen. Progestin only methods of contraception do not have the same risks of those containing estrogen and can therefore be used safely by more women and may usually be continued during surgical procedures
- Non-oral, therefore bypasses gastrointestinal tract and is not affected by gastro issues
- Does not interfere with sex
- Does not require invasive procedure to be inserted (e.g. breast or pelvic examination)

[PP 3.7]

Jadelle: Disadvantages

- Does not protect against STIs/BBVs
- Minor procedure to insert and remove by trained clinician
- Causes non-harmful changes to bleeding patterns
- Can be associated with non harmful hormonal side effects
- Potential problems with deep insertions
- May cause scarring at insertion/ removal site
- Efficacy can be affected by liver enzyme inducing medications

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Facilitators notes

Disadvantages

- It does not protect against STIs/BBVs
- Minor procedure to insert and remove by trained clinician
- Causes non-harmful changes to bleeding patterns
- Hormonal side effects: on next slide
- Problems with deep insertions include: neurovascular damage if incorrectly placed and very rarely, migration from original placement site to other parts of the body (more to come on myths about migrations)
- May cause scarring at insertion/ removal site
- Liver enzyme inducing medications include: some types of epilepsy medications, some antibiotics e.g. rifampicin

[PP 3.8]

Jadelle: Side effects

- Most women will experience changes in bleeding patterns
- Changes to bleeding patterns are non harmful
- Undesirable bleeding patterns are the most common single reason that women discontinue implants
- Hormonal side effects can include headaches, breast tenderness and weight changes

It is **essential** to counsel women on bleeding changes and side effects before inserting. Side effects are **not** a sign of illness

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Side Effects:

Changes in bleeding patterns covered in next slide.

Possible hormonal side effects include: Headaches, acne (can improve or worsen), weight changes, breast tenderness, loss of libido, dizziness, mood changes, nausea and enlarged ovarian follicles.

[PP 3.9]

Jadelle: Bleeding patterns

First few months to 1 year including:

- Lighter bleeding and fewer days of bleeding
- Prolonged bleeding
- Irregular bleeding
- Infrequent bleeding
- No monthly bleeding

After one year:

- Lighter bleeding and fewer days of bleeding
- Irregular bleeding
- Infrequent bleeding
- No monthly bleeding

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Bleeding changes associated with implants that are not harmful but may be unpleasant. Women's preferences for certain methods are often related to side effects. Users of Implanon and Implanon NXT are more likely to have infrequent bleeding, prolonged bleeding, or no monthly bleeding than irregular bleeding.

Reference:

Adapted from WHO's Decision-making tool for family planning clients and providers.