

CONTRACEPTION

Participant Workbook – Kiribati

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).

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The United Nations Population Fund

The Women Enabled International

The World Health Organisation

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Welcome

Welcome to the Contraception Foundations Training package. This training draws on international and Pacific standards including from the World Health Organisation. It reflects best practice in contraceptive education. We are confident that you will find this course relevant, interesting and memorable.

Teaching activities used in the course

This course uses activity-based learning such as role plays, small group activities, research, and presentations. These are designed to suit a range of learning styles. Most courses are run with 6-12 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 get the most out of the course.

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 so we 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 quickly, 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 UNFPA office in-country or by providing your feedback in writing or via email to UNFPA.

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 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

Welcome to the training course

This course has been developed by Family Planning NSW to help you improve your knowledge and skills on contraceptives.

Course learning outcomes

1. Apply knowledge of the female and male reproductive systems.
2. Apply knowledge in all methods of contraception using the tools provided
3. Conduct effective client history taking to exclude contraindications to contraceptive methods according to WHO Medical Eligibility Criteria
4. Assess and provide contraceptive options for those in special circumstances
5. Conduct a sexual and reproductive health consultation and provide appropriate contraceptive advice.

Course values

Sexual and reproductive rights embrace human rights that are already recognised in national laws, international human rights documents, and other consensus documents. It is the fundamental right of all couples and individuals to decide whether to have or not have children, to decide freely and responsibly the number, spacing and timing of their children and to have access to the information and services to do so. The right to attain the highest standard of sexual and reproductive health also includes the right to make decisions concerning reproduction free of discrimination, coercion, and violence, as expressed in human rights documents.

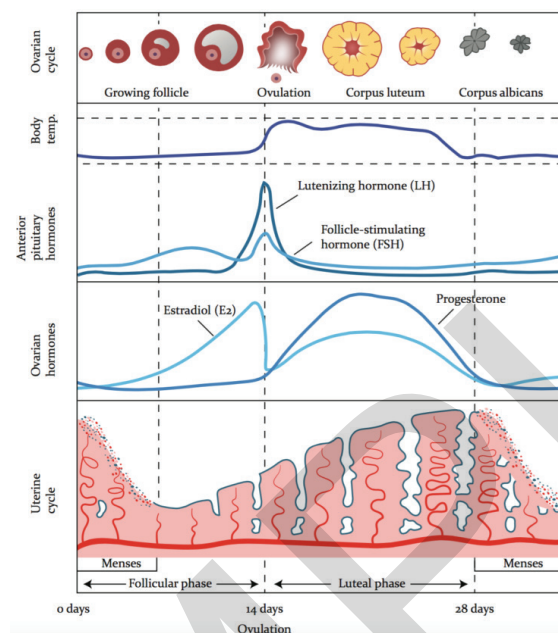
How to use the workbook

The Participant Workbook contains all the activities and group work that will be delivered throughout this course and provides a space where participants can take notes and use as reflection. Throughout the course you will be asked to participate in group discussions or role plays in order to enhance your learning.

Activity feedback is an important part of the learning process. You are encouraged to provide feedback on the activities and the training facilitators will support you in this process through active listening and positive feedback. The participatory nature of the activities reflect the different styles of adult learning techniques and offer you the opportunity to link new knowledge learned from the sessions with your own experience.

At the end of each activity, the training facilitator will share key messages with the group so as to summarise and reinforce these.

The menstrual cycle



Participant notes

Menstruation

- The amount of blood loss can vary from cycle to cycle and from client to client
- Less than half of the menstrual fluid is blood, it is mostly endometrial tissues
- This regular loss of blood is why a client needs more iron in their diet to replenish iron required for formation of the red blood cells
- The menstrual flow usually starts heavier (usually bright red) and tapers off (dark red or brown) as the period gets lighter at the end



Participant notes

1.2

Activity – Menstrual card game



Participant notes

1.3

Activity – Contraceptive effectiveness



Research consistently shows that clients believe effectiveness is one of the most important factors when choosing a contraceptive method.

Which contraceptive method is more commonly used in your community?

What strategies can be implemented to improve education of contraception in your community?

2

Session 2 – WHO Medical Eligibility Criteria



Learning outcomes

- Demonstrate knowledge of how to use the WHO MEC criteria wheel/app to exclude contraindications of modern contraceptive methods

SAMPLE

WHO MEC Criteria

The WHO Medical Eligibility Criteria (MEC) for Contraceptive Use provides guidance regarding which clients can use contraceptive methods safely. The MEC is an evidenced based, internationally recognised tool that allows health professionals to reliably match a client's medical and clinical history with their preferred method of contraception.

Category	With Clinical Judgement	With Limited Clinical Judgement
1	Use method in any circumstances	Yes (Use the method)
2	Generally use method	
3	Use of method not usually recommended unless other more appropriate methods are not available or not acceptable	No (Do not use the method)
4	Method not to be used	



Participant notes

WHO Medical Eligibility Criteria (MEC)

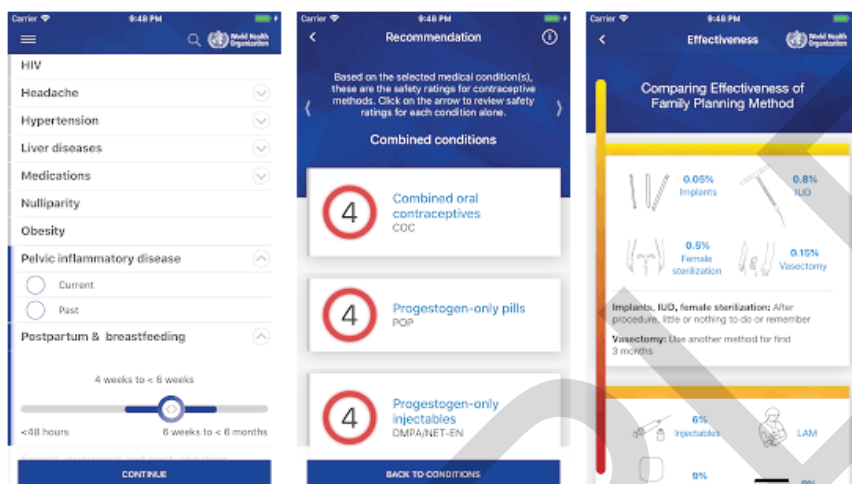
Categories for female sterilization and vasectomy

Accept (A)	There is no medical reason to deny the method to a person with this condition or in this circumstance
Caution (C)	The method is normally provided in a routine setting, but with extra preparation and precautions
Delay (D)	Use of the method should be delayed until the condition is evaluated and/or corrected. Alternative, temporary methods of contraception should be provided
Special (S)	The procedure should be undertaken in a setting with an experienced surgeon and staff, equipment needed to provide general anaesthesia, and other backup medical support. The capacity to decide on the most appropriate procedure and anaesthesia support also is needed. Alternative, temporary methods of contraception should be provided.



Participant notes

WHO MEC app



2.1

Activity – WHO Medical Eligibility Criteria



Participant notes

Scenario 1:

Gina, 16 years old and unmarried, comes into the health centre looking for Microgynon 30, a common COC.

She tells you she occasionally suffers from migraines that give her sensory disturbances, including visual flashes of light, blind spots, and tingling in her face.

What is the MEC Category?

Scenario 2:

Tina, 21 years old, is married, has two children, and would like emergency contraception.

She had unprotected sex two days ago.

What method is safe to discuss with Tina?

What is the MEC Category?

Scenario 3:

Rina, 38 years old and is a smoker who has been using condoms for contraception but wants something more reliable.

What methods are safe to discuss with Rina?



Participant notes



Learning outcomes

- Apply knowledge in all methods of contraception using the tools provided

Topics covered:

- Description of method
- Efficacy
- Mechanism of action
- Contraindications (MEC)
- Non-contraceptive side benefits
- Advantages and disadvantages
- Health risks and side effects
- Tools to correct misunderstanding
- Method specific counselling
- Procedures required for initiation and screening for medical eligibility using Medical Eligibility Criteria (MEC)
- Manage troublesome side effects of contraceptive methods
- Return to Fertility
- Effect on STI and HIV
- Availability in country
- Follow up and management of common side effects