

IUCD

Participant Workbook – Samoa
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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Welcome

Welcome to the Intrauterine Contraceptive Device (IUCD) Module. 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 case studies, 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, by providing your feedback in writing or via email to UNFPA 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. If needed, copies of certificates can be provided to students. 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 the Intrauterine Contraceptive Device (IUCD).

The course will consist of a face-to-face theory component followed by a simulation practice workshop that includes insertion and removal of the IUCD on clinical pelvic models. The course will involve supervised clinical training where participants will firstly, observe an IUCD insertion by a trained clinician, before undertaking supervised clinical training in your local health centre to gain competence and confidence in insertion and removal of an IUCD.

By the end of this course participants will be able to demonstrate current knowledge of the IUCD, competently counsel women on benefits, risks and side effects of the IUCD, manage any problems or complications arising from an IUCD, as well as competently insert and remove an IUCD via simulated practice.

Course learning outcomes

- Discuss understanding of the IUCD as a safe and effective method of contraception for most women
- Apply knowledge of the medical eligibility criteria and other contraindications to IUCD insertion
- Outline management approach for commonly encountered IUCD related issues e.g. missing strings, infection
- Demonstrate knowledge and understanding for safe IUCD insertion and removal technique on a model

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 and 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 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 Facilitator will share key messages with the group so as to summarise and reinforce your knowledge.



Course outline

Day	Time	Session	Learning outcomes	Activities	Resources
1.	8.30-9.10am	Session 1 (40 minutes) Introduction to IUCD modules	Describe the learning outcomes of the training Provide an overview of the program	Prayer and devotion – 10 minutes Welcome and housekeeping – 10 minutes Activity 1.1 – Group expectations – 10 minutes Activity 1.2 – Group agreement – 10 minutes	<ul style="list-style-type: none"> • Pens, paper, and blu tack • Group agreement list
	9.10-10.20am	Session 2 (70 minutes) Cu-IUCD	Discuss understanding of the Cu-IUCD as a safe and effective method of contraception for most women Apply knowledge of the medical eligibility criteria and other contraindications to Cu-IUCD insertion Outline management approach for commonly encountered Cu-IUCD related issues	Pre-recorded PowerPoint Presentation – 25 minutes + 5 mins discussion post recording Activity 2.1 – Myths and Misconceptions – 10 minutes Pre-recorded PowerPoint Presentation – 25 minutes + 5 mins discussion post recording	<ul style="list-style-type: none"> • Download PPT Videos • Counselling scenarios for Activity 2.1
	Morning Tea (20 minutes)				
	10.40-11.20am	Session 3 (40 minutes) LNG-IUCD	Discuss understanding of the LNG-IUCD as a safe and effective method of contraception for most women Apply knowledge of the medical eligibility criteria and contraindications to LNG-IUCD insertion	Pre-recorded PowerPoint Presentation – 15 minutes + 5 mins discussion post recording Activity 3.1 – Frequently asked questions – 20 minutes	<ul style="list-style-type: none"> • PowerPoint slides • Download PPT Videos
	11.20-12.50am	Session 4 (90 minutes) Pre-insertion consultation	Discuss understanding of the Cu-IUCD as a safe and effective method of contraception for most women Apply knowledge of the medical eligibility criteria and other contraindications to Cu-IUCD insertion Outline management approach for commonly encountered Cu-IUCD related issues	Presentation of PowerPoint content – 20 minutes Reference to Appendix's 1-4 in Participant Workbook re: Explaining your procedure – page 98, Pre-insertion counselling checklist - page 101, Information after your Copper IUCD – page 100 and Consent form – page 99 – 10 minutes Activity 4.1 – Case Studies – 70 minutes	<ul style="list-style-type: none"> • Participant Handouts
Lunch (45 minutes)					

Day	Time	Session	Learning outcomes	Activities	Resources
1. cont...	1.35-3.10pm	Session 5 (95 minutes) Insertion and removal procedure	Demonstrate knowledge and understanding for safe Cu-IUCD insertion and removal technique on a pelvic model.	Presentation of PowerPoint content – 35 minutes Activity 5.1 – Video – 5 minutes Activity 5.2 – Simulation – 45 minutes Dr Clea video loading copper IUCD and Insertion – 10 minutes NB Competency checklists at back of Participant workbooks Appendix 5 page 105 and Appendix 7 page 113	IUCD Insertion/Removal Competency Checklist <ul style="list-style-type: none">• Video• Gloves• Pelvic models (1 for every 2-3 participants) Per Pelvic model need <ul style="list-style-type: none">• Water based lubricant• 1x Speculum• 1x Long artery forceps• 1x Tenaculum• 1x Uterine sound• 1x Long handle scissors• 1x Kidney dish• 2 x Galley Pots• Sterile cotton wool balls/ Gauze• Antiseptic solution (can use water for simulation purposes)• 1 x Copper and/or LNG IUCD (placebo)• Cleaning equipment (to clean pelvic models once simulation complete)
	Afternoon Tea (15 minutes)				
	3.25-4.00pm	Session 6 (35 minutes) Managing IUCD problems	Outline management approach for commonly and less common encountered IUCD related issues	Pre-recorded PowerPoint Presentation – 30 minutes + 5 minutes discussion post recording	<ul style="list-style-type: none">• Download PPT Video
	4.00-5.00pm	Session 7 (60 minutes) Role plays	Discuss understanding of the IUCD as a safe and effective method of contraception for most women Apply knowledge of the medical eligibility criteria and other contraindications to IUCD insertion Outline management approach for commonly encountered IUCD related issues	Activity 7.1 – Role plays – 60 minutes	<ul style="list-style-type: none">• Handout for Activity 7.1
	Day in review (15 minutes)				

Activity: Frequently asked questions

Method

Working in pairs, one participant will act as the client and the other as the clinician. Participants will take it in turns asking and answering the following questions.

A facilitator-led group discussion/ debrief will follow to see if participants answered the questions correctly.

1. Does the IUCD cause pelvic inflammatory disease (PID)?

2. Can young women and older women use IUCDs?

3. If a current IUCD user has a sexually transmitted infection (STI) or is at very high individual risk of infection with an STI, should her IUCD be removed?

4. Does the IUCD make a woman infertile?

5. Can a woman who has never had a baby use an IUCD?

6. Can the IUCD travel from the woman's uterus to other parts of her body, such as her heart or her brain?

7. Should a woman have a "rest period" after using her IUCD for several years or after the IUCD reaches its recommended time for removal?

8. Should antibiotics be routinely given before IUCD insertion?

9. Must an IUCD be inserted only during a woman's monthly bleeding?

10. Do IUCDs increase the risk of ectopic pregnancy?

Session 4 – Cu-IUCD Pre-insertion consultation

IUCD pre-insertion consultation

History:

- Current contraception
- Menstrual history
- Obstetric history
- Gynaecological history (including cervical screening)
- Relationship/STI risk
- Medical and surgical history (including any regular medications)
- Using WHO MEC to ensure method is safe

Examination:

- Speculum examination (Bimanual examination if required)
- Cervical screen
- STI screen (if indicated)
- Baseline BP



Participant notes



Participant notes

SAMPLE

IUCD pre-insertion consultation

What the client can expect in the days, weeks, months after insertion:

For up to one week after your insertion

- Some cramps and bleeding similar to a period
- Rest, paracetamol / ibuprofen or a hot water bottle can help manage this
- Increased vaginal discharge for the first few weeks after your insertion

At 3-6 weeks after your insertion

- Come back to the clinic for your follow up check as discussed with your doctor or nurse

IUCD pre-insertion consultation

What the client can expect in the days, weeks, months after insertion:

For up to 4-6 months after your insertion

- Irregular bleeding is very common following insertion of an IUCD and may take 4-6 months to go back to normal

Checking strings

- Clients should be advised to check for the strings of the IUCD after their next period
- Keep checking for the IUCD strings after every period
- Clients should make an appointment for a check-up if they are unable to feel the IUCD strings