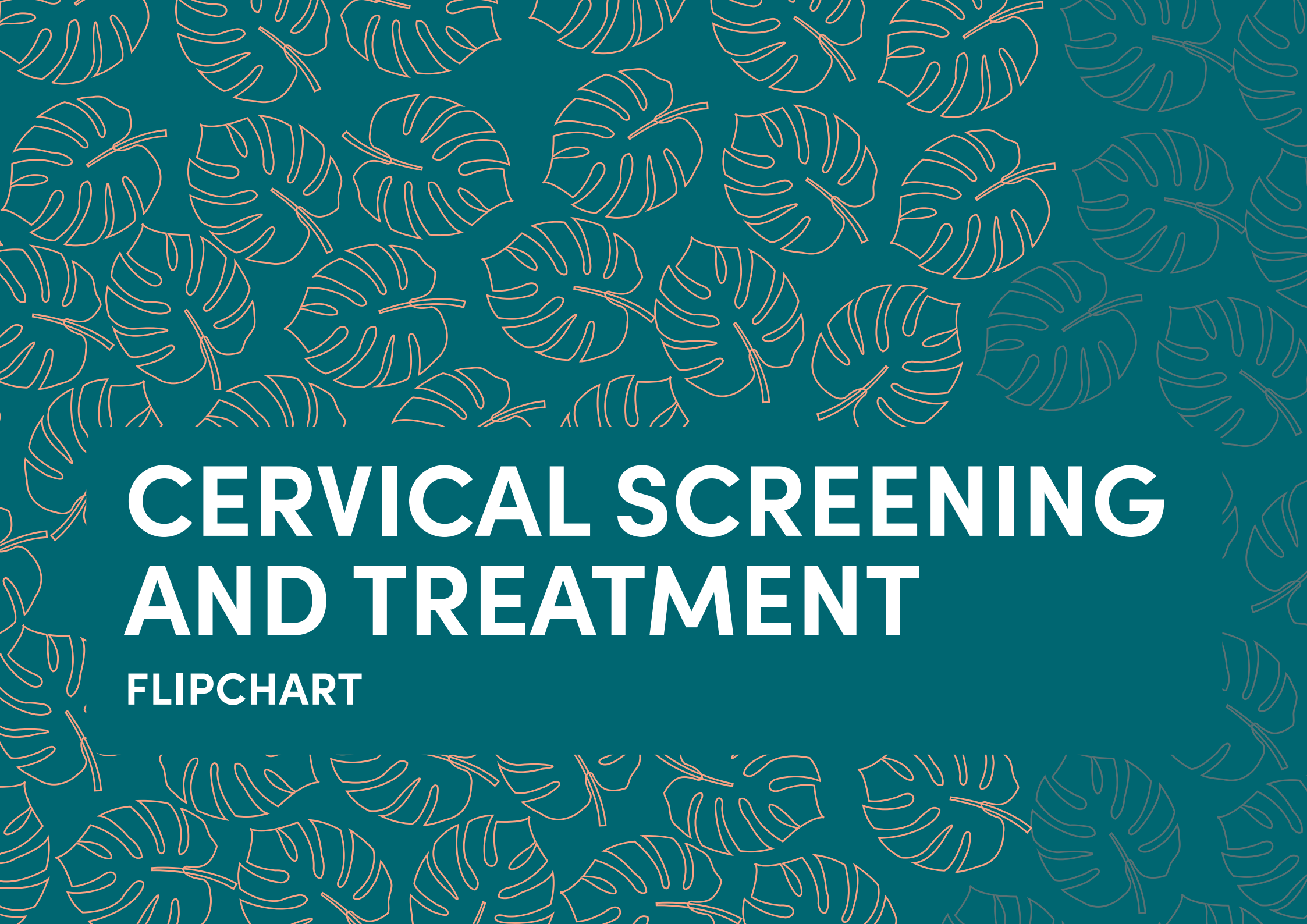




CERVICAL SCREENING AND TREATMENT

FLIPCHART

Introduction

This guide is for trained clinicians and educators to deliver cervical screening education sessions. It can be used as a flipchart to support both group and individual learning.

Helpful resources to enhance your discussion may include speculums, self-collection swabs, pelvic model and other relevant teaching aids.

This resource was developed by Family Planning Australia with the support of the Australian Government.

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Tips for creating a positive education session:

- Good communication means making sure the other person understands you and you understand them
- Ask questions and give clients plenty of time to ask their own. This helps them make informed decisions
- Use terminology and language the client can understand
- Address any questions or concerns





Welcome!

Welcome!

Greet women and make introductions:

Women often put their family's needs first. Health checks help us stay healthy so we can look after ourselves and our loved ones.

Today, we will talk about:

- How we can prevent cervical cancer
- Importance of regular cervical screening
- The screening process
- Where to get tested
- Self-collection
- The treatment process



fallopian tubes

ovary

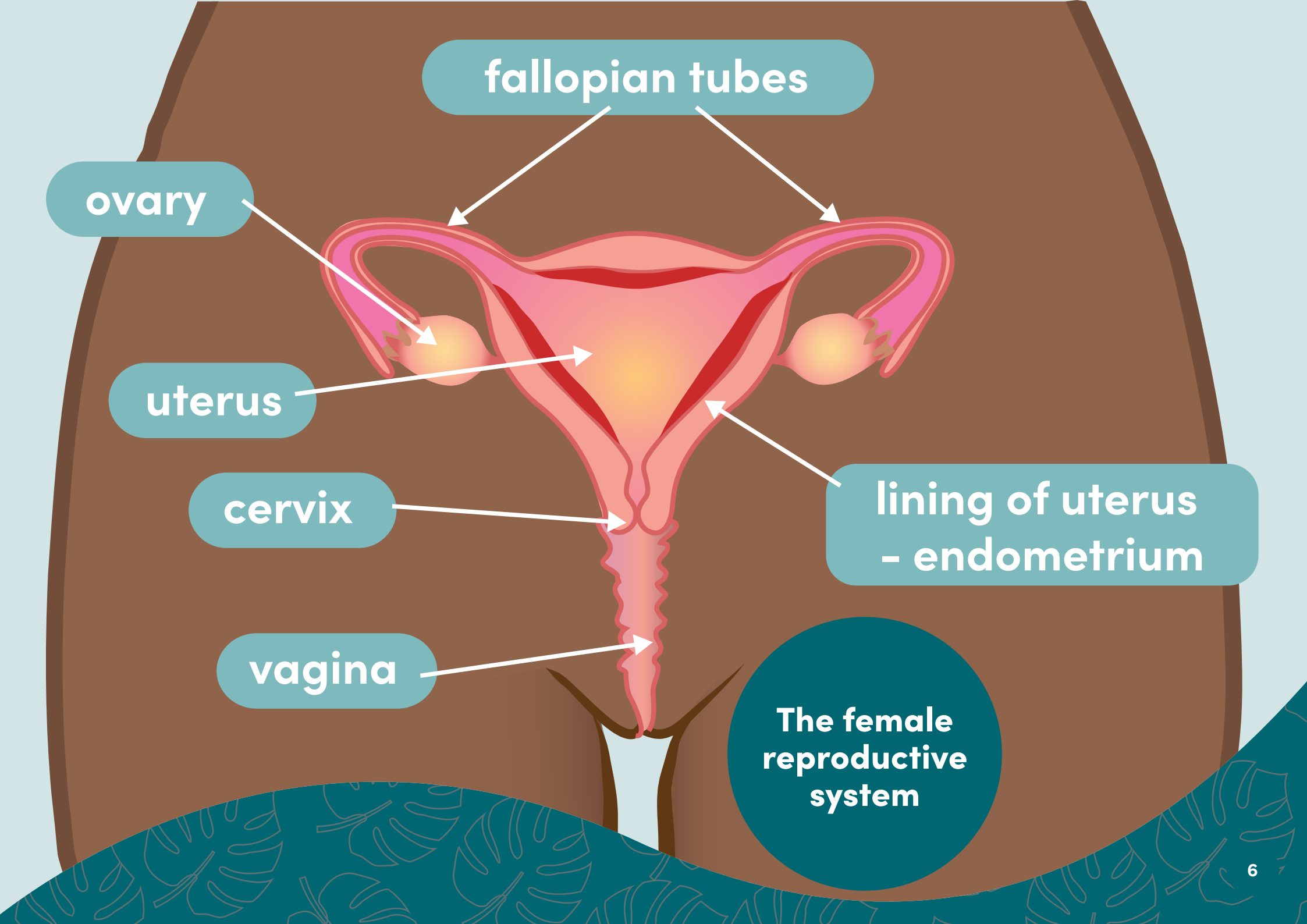
uterus

cervix

vagina

**lining of uterus
- endometrium**

**The female
reproductive
system**



The female reproductive system

First of all, I would like to make sure that you have the correct information.

What do you see in this picture?

(Ask someone in the group to point these out)

- Where is the uterus?
- Where is the cervix?

What have you heard about cervical cancer?

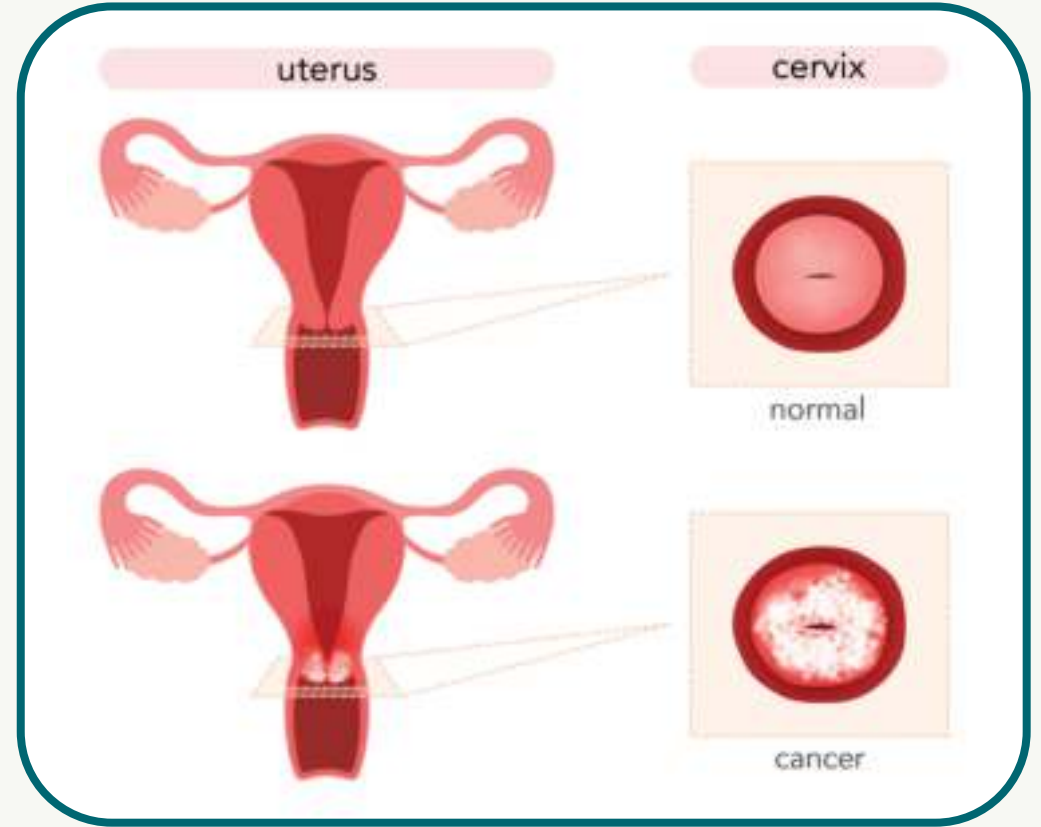
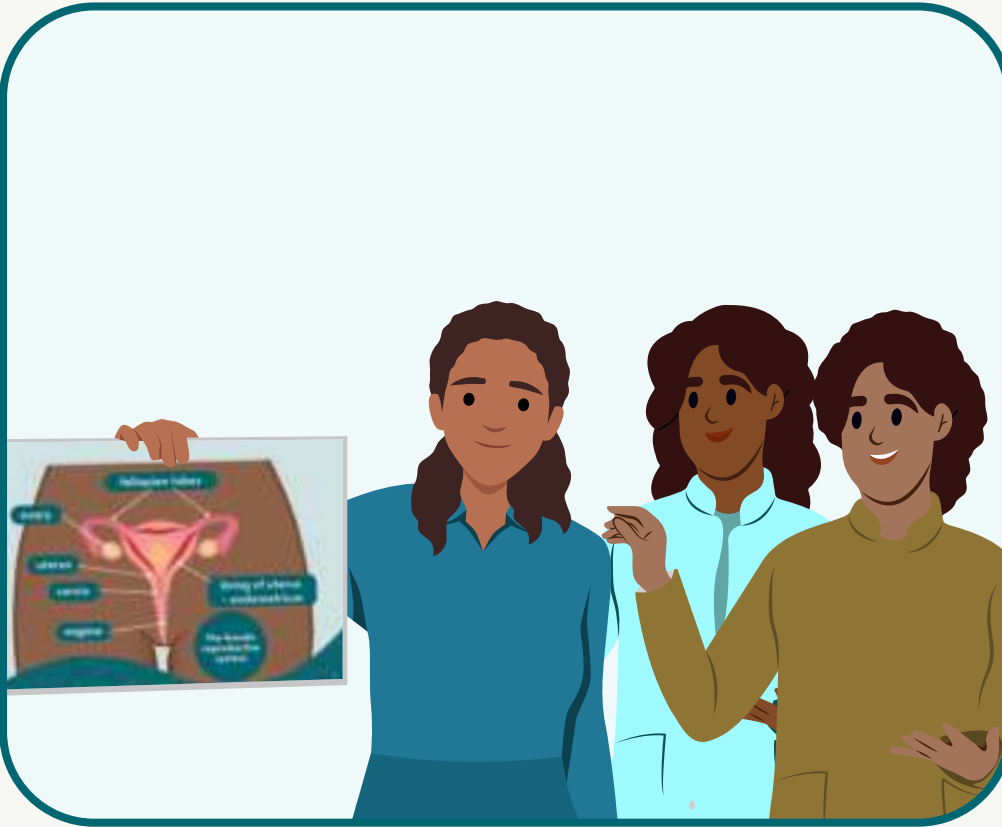
- Cervical cancer is a disease that affects and kills many women around the world.



Fun fact!

- Cervical screening and treatment does not impact on a woman's ability to have children.
- Cervical screening helps keep your reproductive system healthy!

Cervical cancer is preventable!



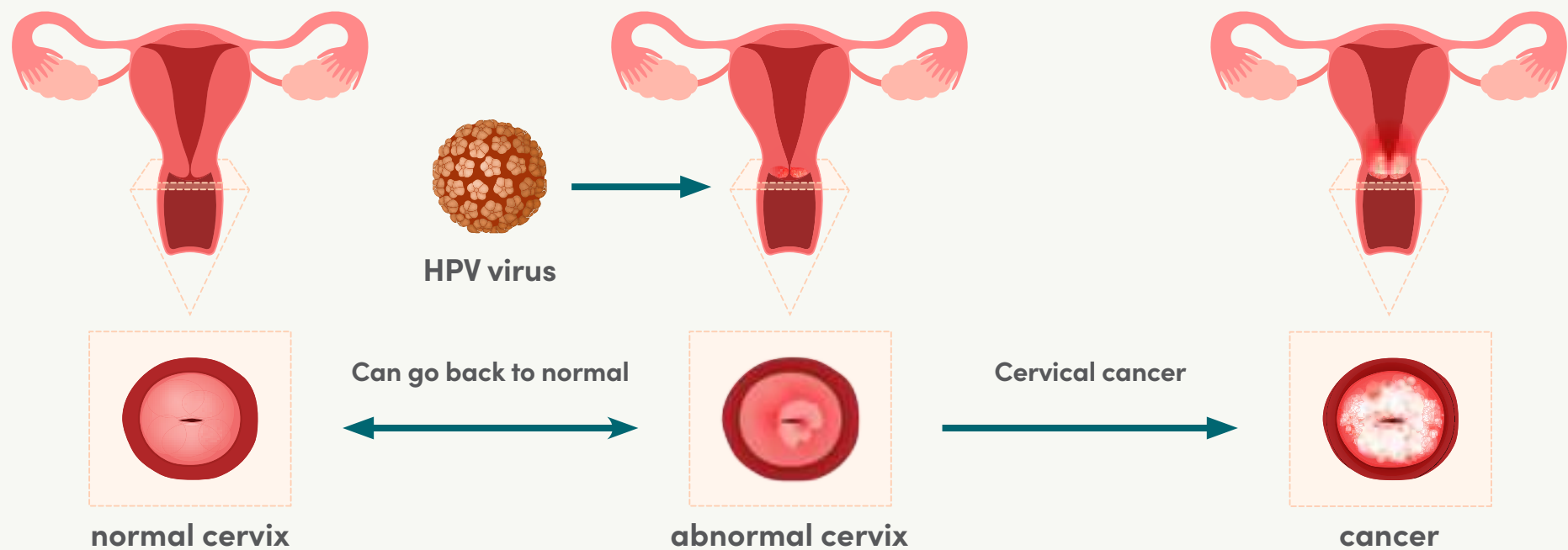
Cervical cancer

- Sometimes cells on the cervix can grow abnormally. If left untreated, they can turn into cervical cancer.
- Cervical cancer can spread to other parts of the body if left untreated.
- Cervical cancer grows slowly, often taking 10-15 years to develop. Women usually don't feel anything when it begins—there's no pain or bleeding.
- Finding cell changes early is important. Then women can get treated before cancer develops.
- Screening and treatment saves lives.

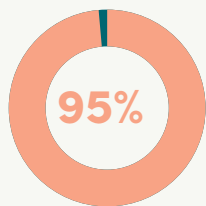
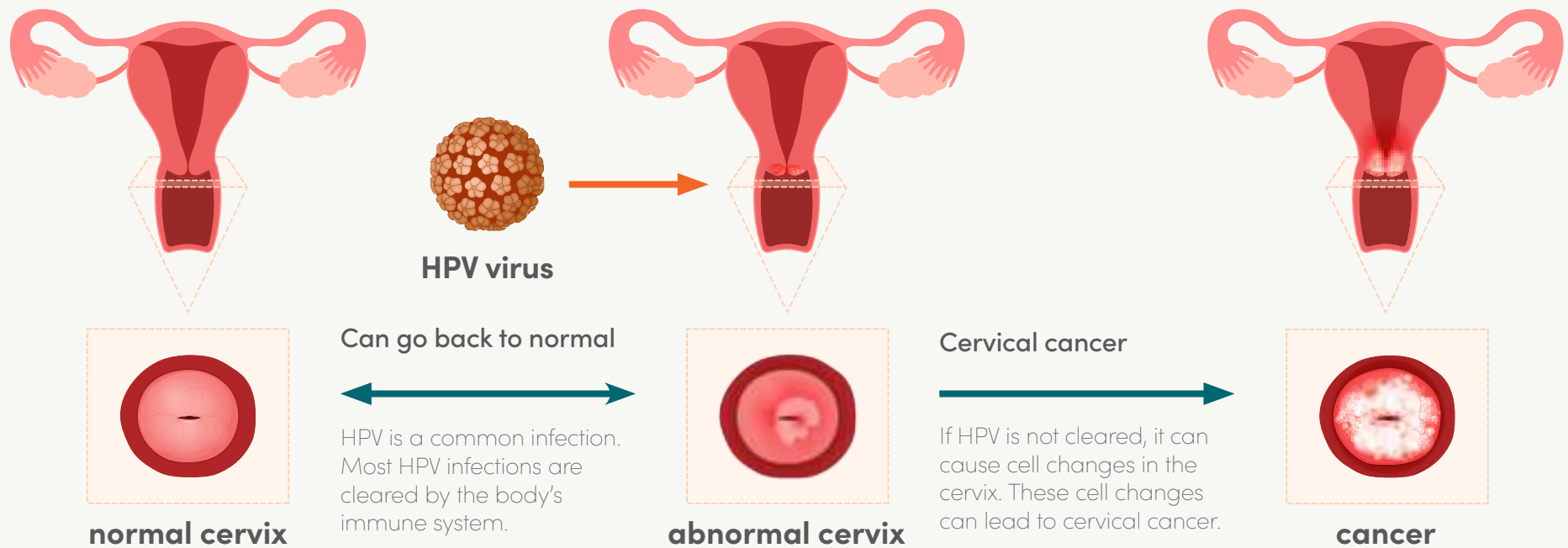


**Let's talk more
about the cause
of cervical
cancer.**

Cause of cervical cancer



Cause of cervical cancer



Over 95% of cervical cancers are caused by Human Papillomavirus (HPV).



There are lots of different types of HPV (more than 100).



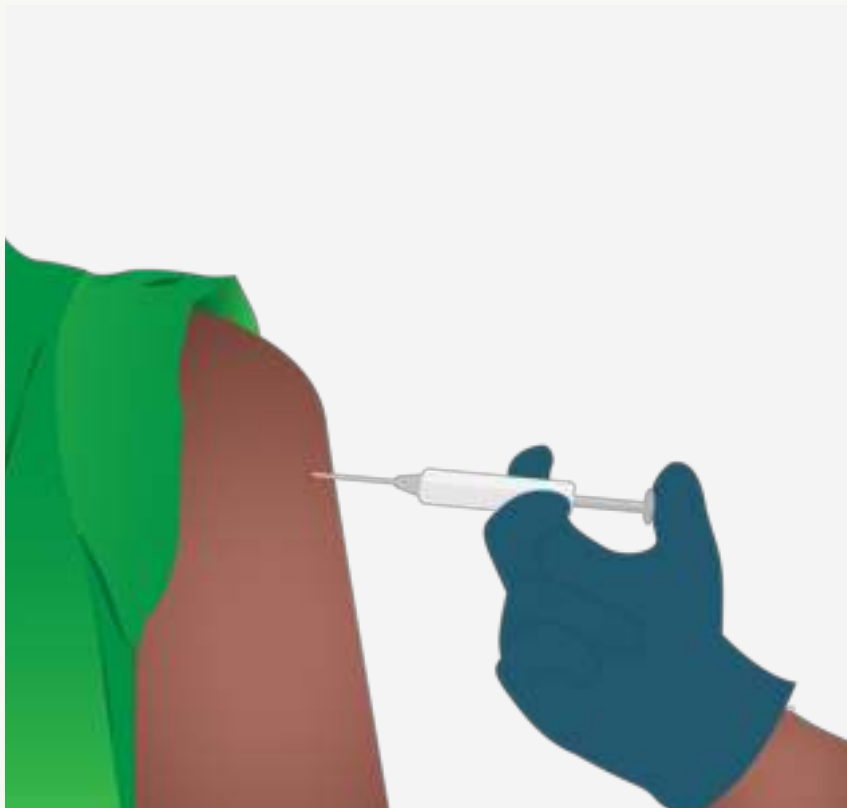
Cervical cancer develops slowly, often taking 10-15 years (slow growing).

Cervical cancer is preventable.
Let's explore the preventive methods.

Remember: Cervical cancer is not caused by the use of family planning methods.

Cervical cancer prevention

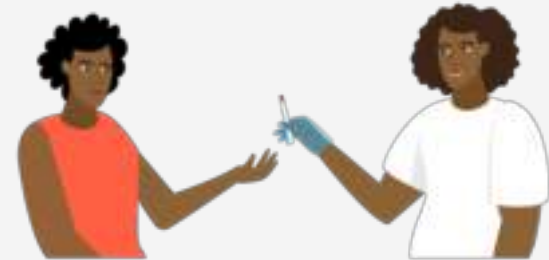
HPV vaccine



Cervical Screening Test (CST)

Option 1

Collect your own sample



Option 2

Collected by your health provider



Cervical cancer prevention

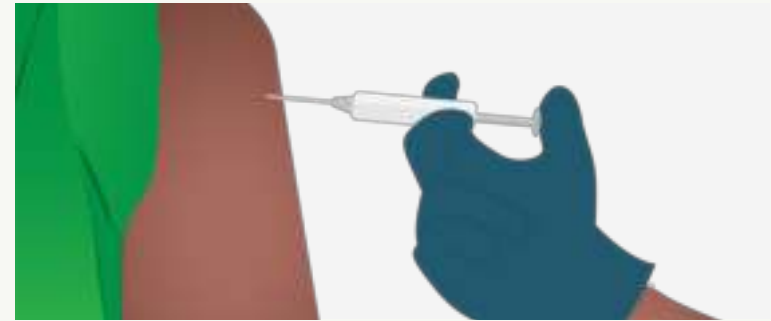
Cervical cancer can be prevented!

The best way to prevent cervical cancer is to have:

- HPV vaccine (girls 9–14)
- regular cervical screening (every 5–10 years)
- treatment if HPV detected

Key points

- Treatment can help you stay healthy.
- Treatment does not impact your ability to have a baby.



An illustration of five Black women of various ages and styles. From left to right: a woman with long black hair in a braid, wearing sunglasses and an orange shirt; a woman with short curly hair in a yellow shirt; a woman with short curly hair in a teal shirt; a woman with short curly hair and a white flower in her hair, wearing a blue shirt; and a woman with short curly hair in a light blue shirt, sitting down. They are in a tropical setting with palm trees and a building in the background. A teal circle with a white border is in the center, containing the text.

**Why is cervical
screening
important?**

Why is cervical screening important?

- Cervical screening can detect HPV and early cell changes in the cervix. This means women can get treatment before cancer develops.
- Cervical screening saves lives. This means women and people with a cervix can live longer, healthier lives.
- Cervical cancer can take up to 10 to 15 years to develop. Early-stage cervical cancer often has no symptoms.





**Who should
have cervical
screening?**

**Anyone
with a cervix,
aged 30 to 49**

Who should have cervical screening?

The WHO recommends anyone with a cervix aged 30 to 49 years should have regular cervical screening.

This includes:

- women who feel well and have no symptoms
- women who are HPV vaccinated or unvaccinated
- women who have not had sexual contact for a long time
- women who have only ever had one sexual partner
- women who only have sex with women
- anyone with a cervix. This includes transgender, gender-diverse, or non-binary individuals
- women who have symptoms
- women with disability



Important fact!

- Screening is recommended from age 30, as HPV is often cleared naturally and cervical cancer develops slowly.
- Women living with HIV should get screened every 3-5 years from age 25.

**Where can
you go for
cervical
screening?**

MEDICAL SERVICES



Where can you go for cervical screening?

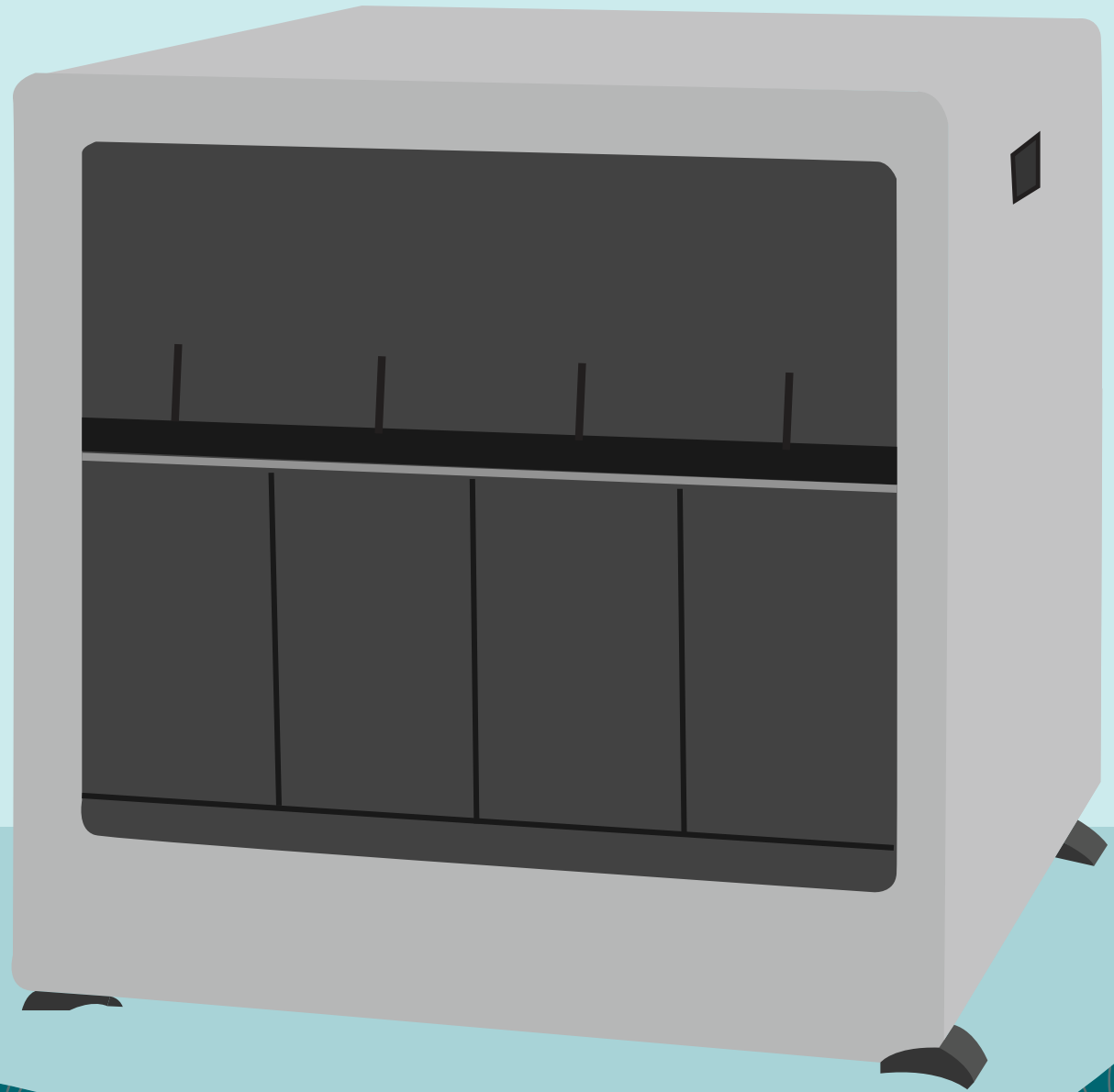
Services that offer cervical screening may include:

- Local medical services
- Women's health services
- Community health services

Note: Please update this information to reflect the services available in your community.

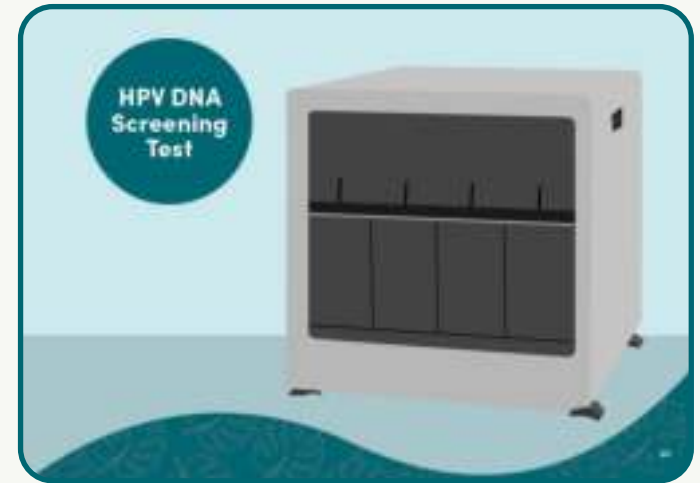


HPV DNA Screening Test

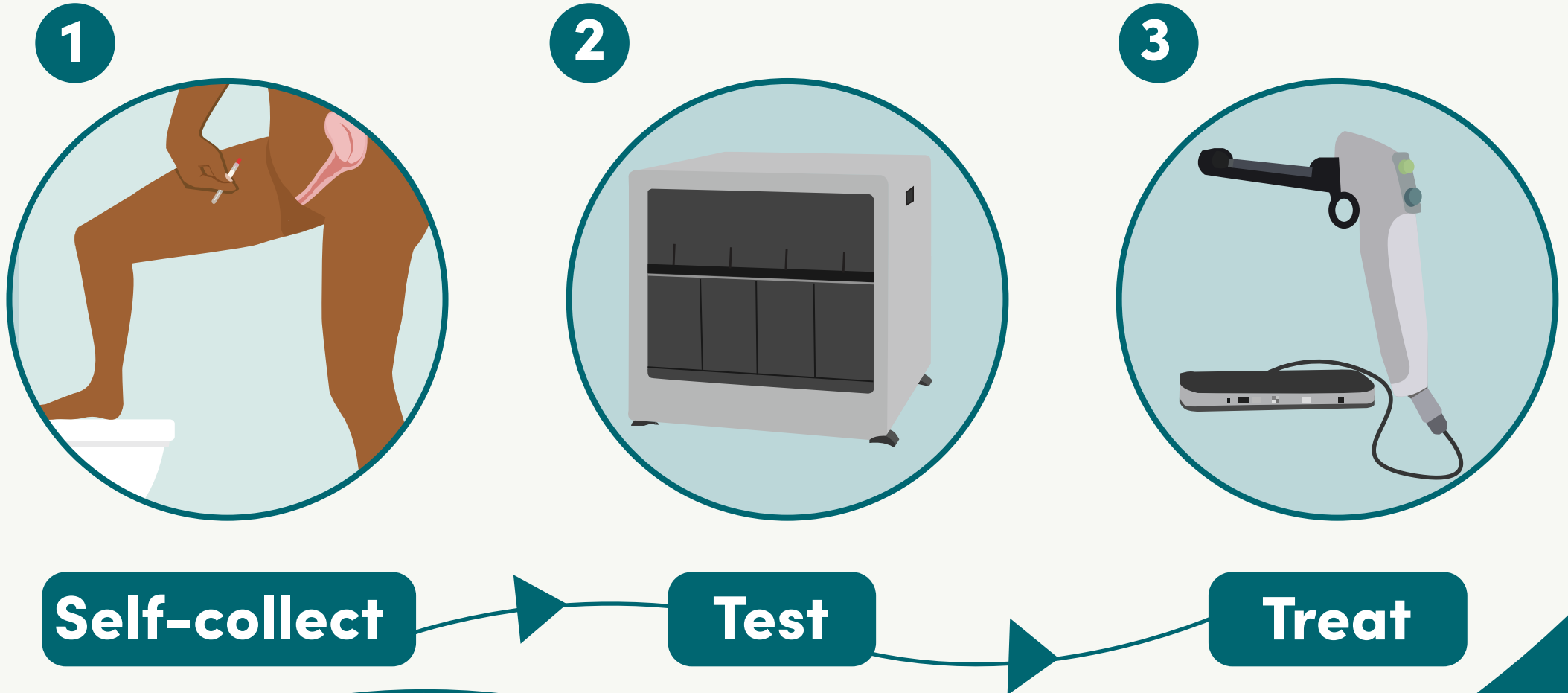


HPV screening test

- WHO recommends the HPV screening test for women and people with a cervix aged 30–49.
- You can collect your own sample. This can be done in a private space.
- Screening should not be painful.
- Screening results available within 60 minutes.
- Positive result – you can get treated straight away, if needed.
- Negative result – return for screening in 5–10 years.
- People living with HIV are recommended to get screening every 3–5 years.



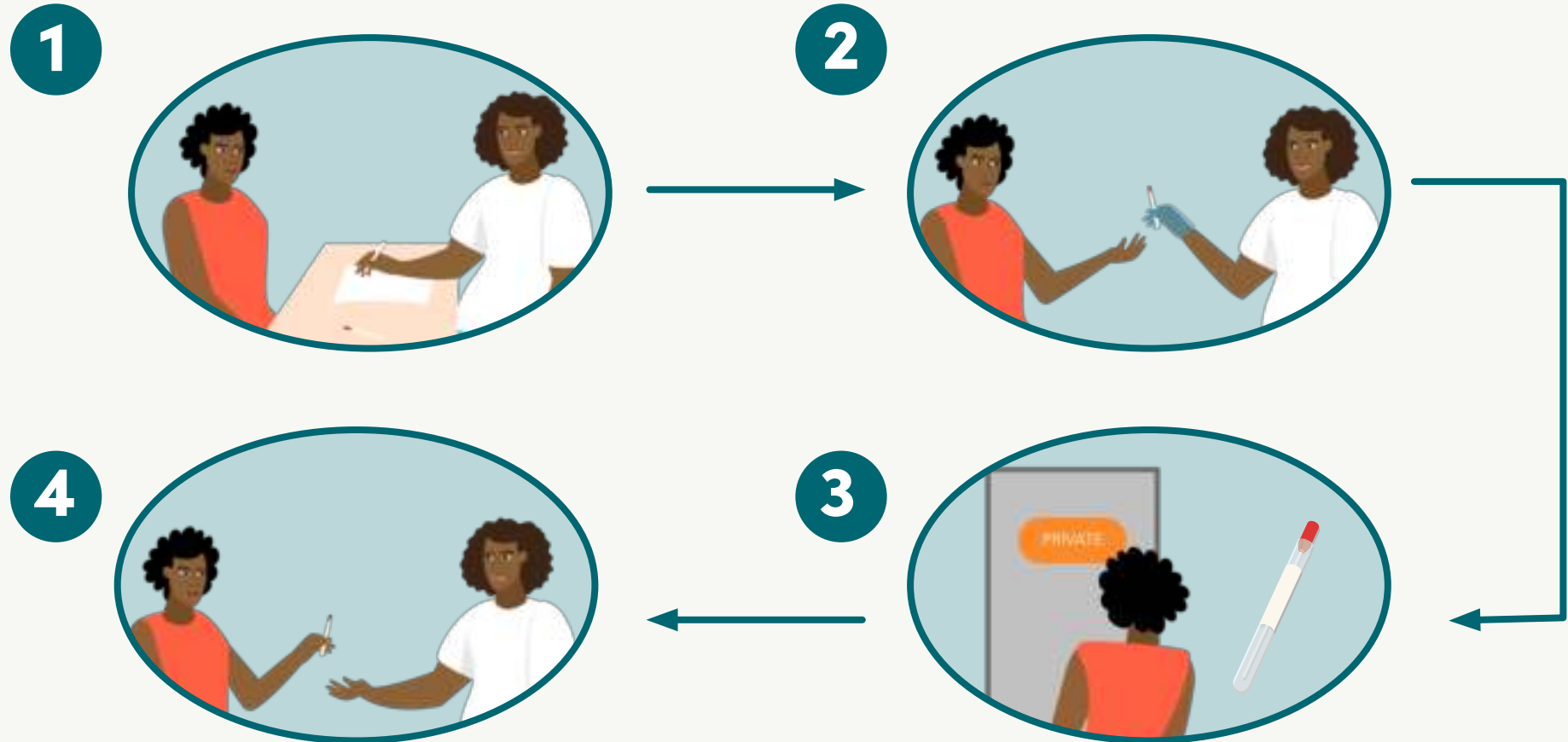
Cervical Screening Pathway



Cervical Screening Pathway

1. Self-collect	2. Test	3. Treat
• No speculum needed • Swab inserted into the vagina. Sample collected in less than 30 seconds • Screens for HPV	• Results in 60 minutes • If negative, return for further screening in 5 – 10 years • If positive, speculum examination and treatment if eligible	• Heat treatment • Takes around 3 – 5 minutes • No pain relief needed • Recovery: Avoid inserting anything into the vagina for 4 weeks (no sexual intercourse, swimming, baths, and tampon use etc.) • Return in 12 months for rescreening

Self-collection process



Self-collection process

- 1** The clinician or nurse will explain how to do the test.
- 2** The clinician or nurse will give you a swab.
- 3** You will use the swab to collect a sample from your vagina. This can be done in a private room.
- 4** Once you have finished doing the test, give the swab back to the clinician.

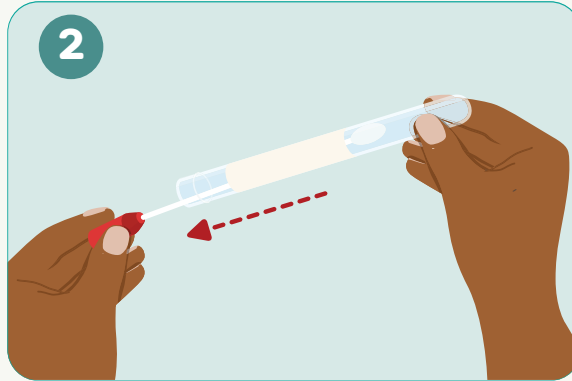
Screening should not be painful.



Instructions for self-collection



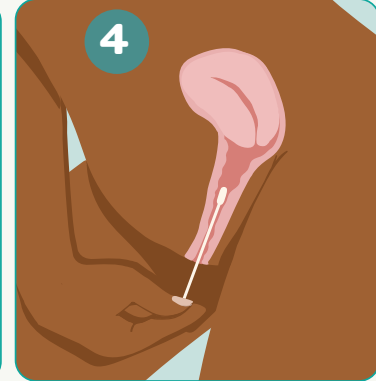
Wash hands



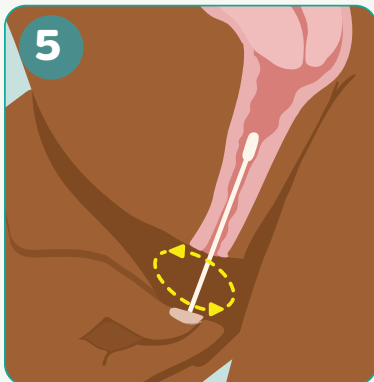
Twist cap (red) and pull swab out of tube



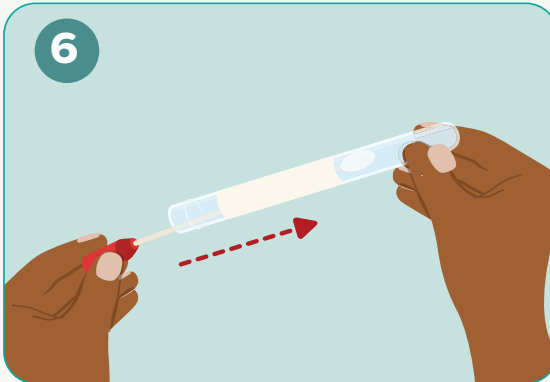
Hold swab (red cap end) and insert into vagina



Insert swab to black line



Rotate swab slowly 10 times



Pull swab out and place back in tube

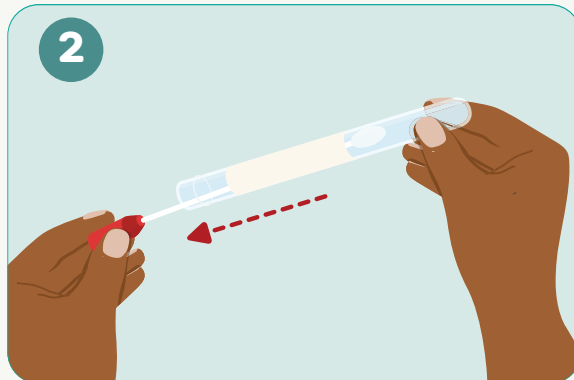


Wash hands

Instructions for self-collection



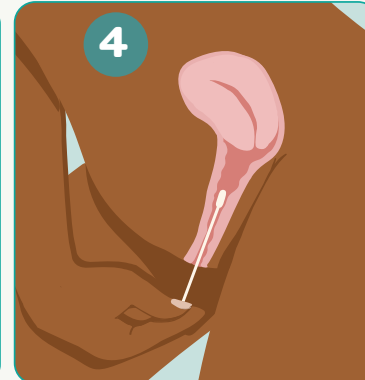
Wash hands



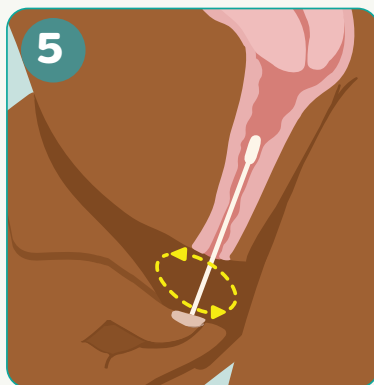
Twist cap (red) and pull swab out of tube



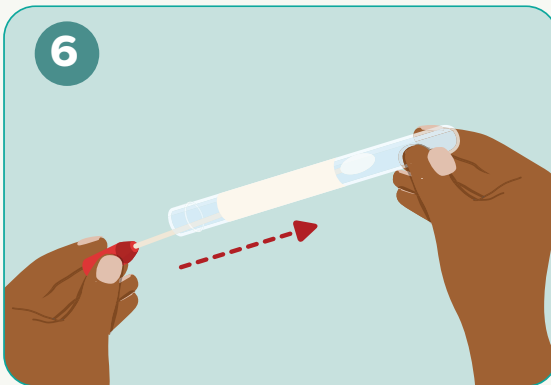
Hold swab (red cap end) and insert into vagina



Insert swab to black line



Rotate swab slowly 10 times



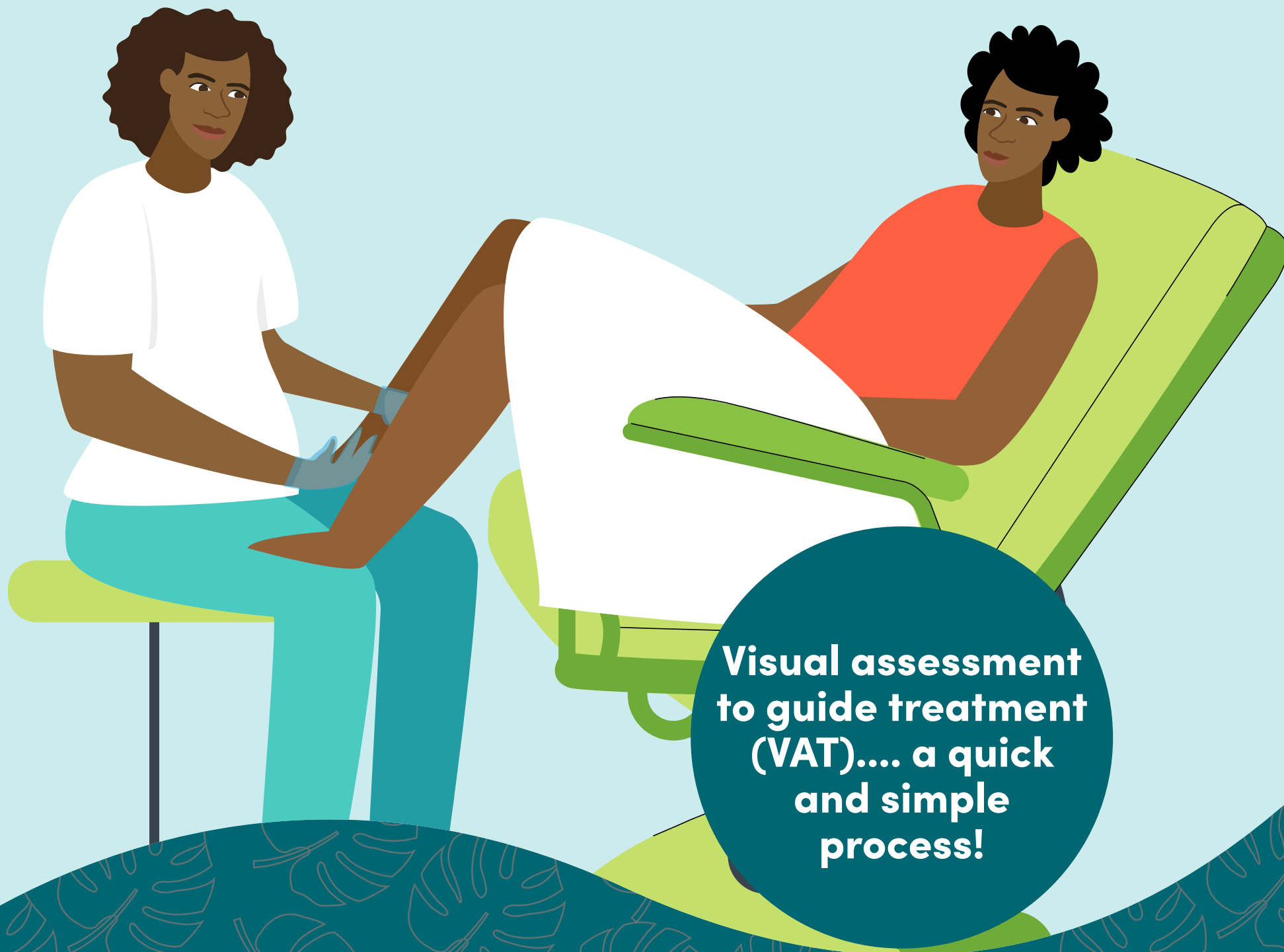
Pull swab out and place back in tube



Wash hands

Remember:

- If you have any questions or concerns about self-collection, you can always ask clinicians.
- A clinician can collect the sample for you, if needed.
- Cervical screening should not be painful - if painful stop and talk to a clinician.



**Visual assessment
to guide treatment
(VAT).... a quick
and simple
process!**

Visual assessment to guide treatment (VAT)

If you get a positive HPV result, the clinician will ask to look at your cervix. This will help them to work out if you can have treatment. The test is safe and it is rare for problems to occur.

When you are ready, the clinician will:

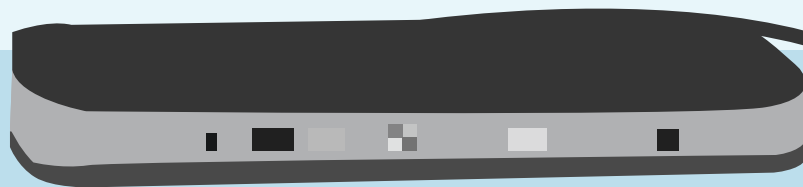
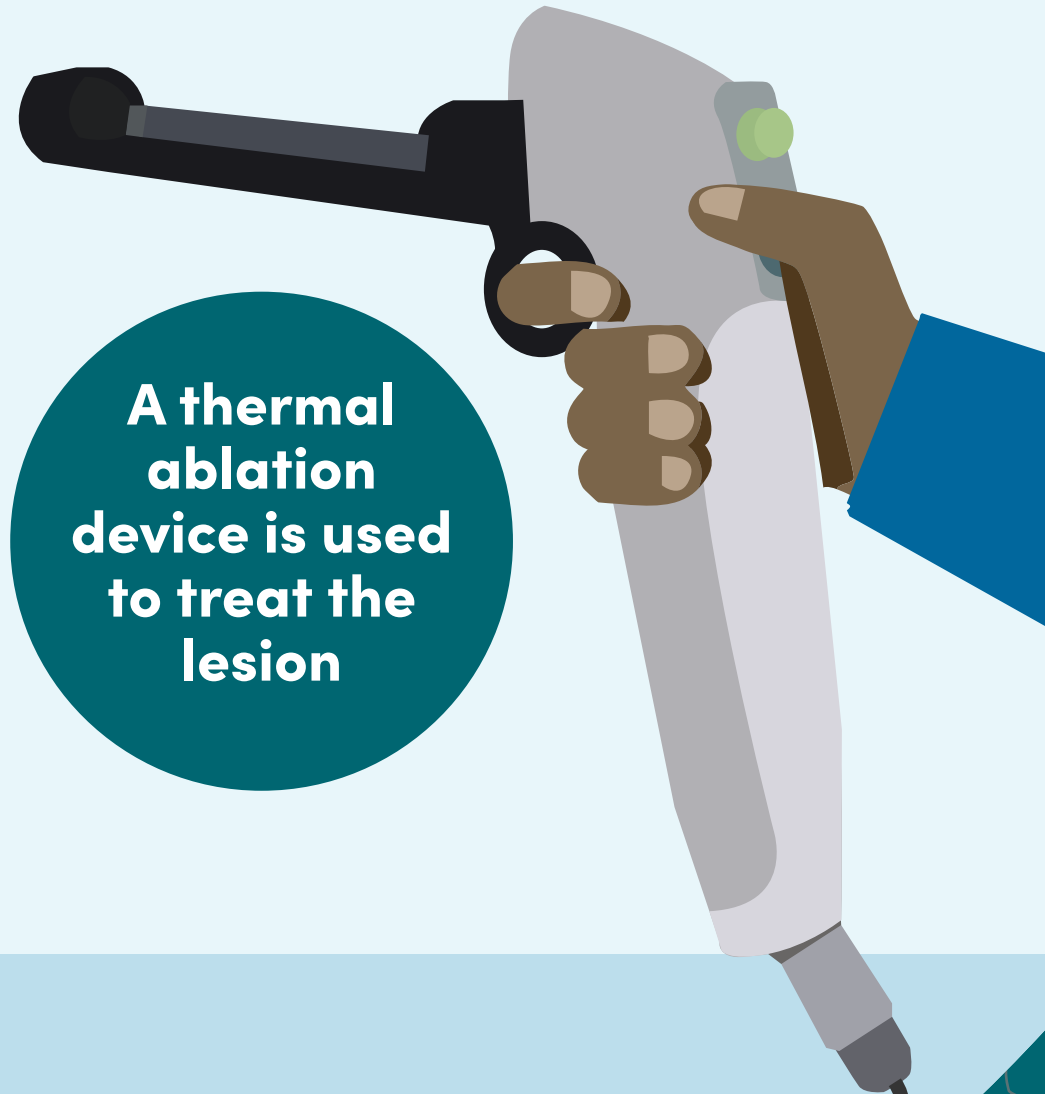
- Ask you to take off your clothing from the waist down and lay on the bed.
- Gently insert a speculum into your vagina.
- This should not cause any pain, but it may feel cold and a bit uncomfortable.
- Wipe the cervix with vinegar using some cotton wool for 1 minute
– you may feel a warm stinging sensation from the vinegar.
- Remove the speculum and the test is finished.

If we cannot treat you today the nurse will refer you to the hospital or another health centre.



**Treatment is safe
and effective**

**A thermal
ablation
device is used
to treat the
lesion**



Thermal ablation

If you have HPV and the clinician says you can have treatment, you can be treated with “heat treatment”. This is called thermal ablation.

How does the treatment work?

- The clinician will treat your cervix using a special device. The device uses heat to destroy the abnormal tissue.
- You might feel uncomfortable and you may get cramps. It may feel like you have period pain, but this should not last long.
- The treatment will be over very quickly.
- If you have any worrying symptoms within 2-3 days of treatment, you may need to come back to the centre for review. This includes:
 - ◇ bleeding
 - ◇ pain
 - ◇ discharge and/or
 - ◇ fever



Thermal ablation follow-up care

It will take time for your cervix to heal after thermal ablation treatment

Follow up care:

- ✓ **For 4 weeks after treatment:**
 - do not have sex
 - do not put anything into the vagina
 - No swimming or baths
- ✓ **Come back to the clinic 6-12 months after treatment**

Thermal ablation follow-up care

Provide the following information to women having thermal ablation treatment, at the time of consent.

For 4 weeks after treatment:

- Do not have sex (penis in vagina)
- Do not put anything into your vagina (herbs, tampons, objects)
- No swimming or baths
- Use a condom if you do have sex (some women do not have a choice if they have sex or not)
- The treatment usually works well. Come back in 6-12 months for a follow up check



Do you have
any questions?

Cervical
screening
saves lives



Do you have any questions?

Allow participants time to consider and digest information.

Remind participants: It is a person's choice whether to be screened or not.

Be prepared to repeat the main points if needed:

- Cervical cancer is preventable.
- Screening and treatment saves lives.
- Tests are quick and should not be painful.
- HPV screening results are usually back in 60 minutes.
- Women can get treatment or a referral, if needed.

You can also be a community advocate for cervical screening!

Encourage all women in your family and community to have regular cervical screening.



Counselling checklist

Pre-screening checklist	
Confirm:	1. Client's Identity
	2. Privacy of consultation
	3. Medical / reproductive history and eligibility for screening
Client education:	1. Prevention
	2. Early cancer detection
	3. Why screening is recommended
Describe / Discuss:	1. Self-screening process
	2. Visual assessment and thermal ablation procedure
	3. What will happen if they test HPV positive vs. HPV negative
	4. Encourage the woman to ask questions
Obtain informed consent	

Post-screening checklist
If HPV negative , advise client to come back in 5 – 10 years for rescreening
If HPV positive , advise client visual assessment and thermal ablation is recommended

Visual assessment and thermal ablation checklist	
Confirm:	1. Client's HPV positive result with a second clinician
	2. Client's understanding of procedure, including: • Eligible vs. ineligible pathway • Speculum exam (if HPV positive) • Treatment process including vinegar application to cervix
Client education:	1. Mild discomfort or cramping during treatment (5-10 minutes)
	2. Watery discharge for up to 1 month after treatment
	3. Light bleeding for 1 – 2 weeks after treatment
	4. Advise for 4 weeks after treatment: • Nothing in vagina for 4 weeks after treatment • If not possible, use a condom • No swimming or baths
	5. Return in 12 months for review
Return immediately if:	1. Temperature > 38 degrees Celsius
	2. Lower abdominal pain
	3. Abnormal discharge or bleeding
Obtain informed written consent	

