

## **"Family Planning": An Online Evidence-based Course 2021**

**(Geneva Foundation For Medical Education & Research  
in partnership with WHO)**

**Dr Rita Kabra**

**Department of Sexual and Reproductive Health and Research**

**World Health Organisation, Geneva, Switzerland**

# **Training Course**

## **“Family Planning”: An Online Evidence-based Course**

**To promote the provision of evidence-based  
informed reproductive choices and access to  
family planning services**

**(conducted by the Geneva Foundation for Medical Education and Research in  
partnership with the Department of Sexual and Reproductive Health &  
Research, World Health Organization (WHO))**

# Course coordinator

**Dr Rita Kabra**

Rita works in the Contraception and fertility care (CFC) unit in the Department of Sexual and Reproductive Health and Research, WHO (includes the UNDP/UNFPA/UNICEF/WHO/World Bank Special Programme of Research, Development and Research Training in Human Reproduction – HRP)

Rita Kabra  
[kabrar@who.int](mailto:kabrar@who.int)



# Course objectives

- To comprehend the fundamentals of evidence-based information and knowledge about family planning methods
- To deliver appropriate information and knowledge about available and accessible family planning methods to couples and individuals to enable them to decide the number, spacing, and timing of children, while attaining and maintaining the highest standard of sexual and reproductive health (SRH)
- To create an effective and functional network for the continuing exchange of knowledge and experience among health care providers/ managers in and amongst countries and regions.
- To ensure the delivery of cost effective and pragmatic approaches to optimize the dissemination of evidence-based practices among health care providers and managers in different countries

# Module topics & dates

14 June to 11 July

- I. **Family Planning Frameworks and Indicators, Reproductive Rights, and Gender: 14<sup>th</sup> June 2021**
- II. **Contraceptive Methods: 21<sup>st</sup> June 2021**
- III. **WHO FP Guidelines and Tools: 28<sup>th</sup> June 2021**
- IV. **Integration of Family Planning and Counselling, Postpartum FP, Resources and Financing, Effects of Covid-19 on FP : 5<sup>th</sup> July 2021**

# What each course module will contain

## Each module contains:

1. **A set of slides with accompanying talking points**
2. **Reference documents**
3. **Other audio-visual materials**
4. **Webinars (optional)**
5. **An assignment (individual or group) or multiple-choice questions (MCQs) which will be marked by your coach**

# Teaching-learning methods

**What the course organizers will do to support the participants:**

- ❑ **A GFMER mentor will be assigned to you at the start of the course, to serve as your tutor and as a guide.**
- ❑ **Your mentor will ‘mark’ your paperwork assignment & provide you with feedback promptly.**
- ❑ **You can reach out to your mentor by email whenever required or if needed by phone.**
- ❑ **You can always contact the GFMER secretariat with questions or concerns**
- ❑ **Organize webinars where you can ask questions from course resource persons.**

# Teaching-learning methods

**What is required of you (the course participants):**

- ❑ To connect with your mentors at the start of the course & to reach out to them when needed.
- ❑ To complete & submit the end of course evaluation.

**For each module:**

- ❑ Study the video presentations and / or slide sets.
- ❑ Read all accompanying documents.
- ❑ Answer to the MCQs and complete the short individual assignments.
- ❑ Contribute to group discussions and assignments.
- ❑ Participate in the Webinars.
- ❑ Participate in the end-of-course ZOOM meeting with the organizers and resource persons.

**Each module will take about 6 hours of work/week**



# Certificate & awards

- ❑ **All participants who submit the MCQs and the assignments that are part of each module by the required date will receive a certificate of completion.**
- ❑ **The top ten participants will receive an additional certificate of commendation.**

# Organizing team:

## Names, designations & contact details

- ❑ **Raqibat Idris, GFMER Course Manager**  
[raqibat.idris@gfmer.org](mailto:raqibat.idris@gfmer.org)
- ❑ **Fionna Poon, GFMER Course Administrator**  
[fionna.poon@gfmer.org](mailto:fionna.poon@gfmer.org)
- ❑ **James Kiarie, Contraception and fertility care (CFC)**  
**Department of Sexual and Reproductive Health and Research, WHO**  
[kiariej@who.int](mailto:kiariej@who.int)
- ❑ **Rita Kabra, Contraception and fertility care (CFC)**  
**Department of Sexual and Reproductive Health and Research, WHO**  
[kabrar@who.int](mailto:kabrar@who.int)

**Welcome to the course**

**“Family Planning”: An Online  
Evidence-based Course 2021  
(in partnership with WHO)**