Family Planning: An Online Evidence-based Course

Organizers
Geneva Foundation for Medical Education and Research (GFMER) in collaboration with the World Health Organization’s (WHO) Department of Sexual and Reproductive Health & Research, World Health Organization (Geneva)

Course Duration
14 June - 11 July 2021 (4 weeks)

Contact
The Administrative Office
Geneva Foundation for Medical Education and Research (GFMER)
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Introduction

In response to the real need and a high demand for continuing training in family planning, the Geneva Foundation for Medical Education and Research, in partnership with the Department of Sexual and Reproductive Health and Research of the World Health Organization, offers an online upgraded training course in family planning ""Family Planning": An Online Evidence-based Course".

This training course is designed for health professionals of different levels of knowledge and education (Doctors, nurses, midwives, managers, social workers etc.) who are involved in the provision of sexual and reproductive health services worldwide, especially in the developing and least developed countries.

The goal of this course is to promote the provision of evidence-based informed reproductive choices and access to family planning services among health service providers in different countries.

Expected outcomes/Aims

⚫ All students are able to comprehend the fundamentals of evidence-based information and knowledge about family planning methods.
⚫ Enable students 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).
⚫ An effective and functional network is created for the continuing exchange of knowledge and experience among institutions and health care providers in and amongst countries and regions.
⚫ Ensure the delivery of cost effective and pragmatic approaches to optimize the dissemination of evidence-based practices among health care providers in different countries.

Learning Objectives

On completion of this course students will be able:

⚫ To describe the Frameworks for family planning programmes
⚫ To define basic indicators related to population and family planning and their use in decision making
⚫ To explain the basic steps of counselling for family planning and informed decision-making process on contraceptive choice
⚫ To characterize the following contraceptive methods based on mechanism of action, indicators of effectiveness, side effects, non-contraceptive benefits, eligibility criteria and interventions for certain problems during use.
⚫ To apply the principles of reproductive rights and gender issues related to family planning.
⚫ To analyze and use the WHO guidance documents and tools, training material in family planning for counselling or programming in countries.
⚫ To develop the skills and confidence to consult with patients about their sexual and reproductive healthcare needs in relation to family planning and be able to recommend an appropriate method of contraception as per individual/couple needs.
Basic content of the course

1. Family Planning Frameworks and Indicators, Reproductive Rights, and Gender
2. Contraceptive Methods (for each contraceptive method, the online presentation will include the following topics: mechanism of action, indicators of effectiveness, side effects, non-contraceptive benefits, eligibility criteria and interventions for certain problems during use)
3. How to Use FP Guidelines and Tools
4. Principles of Integration of Family Planning and Counselling, Introduction to Informed Choice, Resources and Financing, Telemedicine

Major topics

Family Planning Frameworks and Indicators, Reproductive Rights, and Gender

1. Frameworks for family planning programmes
   - UHC, SDG, RH Strategy, UNSG Strategy
2. Indicators on family planning
   - Contraceptive Prevalence
   - Unmet need for FP
   - Others
3. Special target populations groups
4. Concepts of reproductive rights
5. Gender issues and relations

Contraceptive Methods

1. Hormonal
   - Progestogen-only contraceptives
   - Progestogen-only pills (POPs)
   - Progestogen-only injectable contraceptives (POIs)
   - Progestogen-only implants
   - Progesterone-Releasing Vaginal Ring
   - Combined hormonal contraceptives
   - Combined oral contraceptives (COCs)
   - Combined contraceptive patch
   - Combined contraceptive vaginal ring (CVR)
   - Combined injectable contraceptives (CICs)
2. Emergency contraception (EC) or postcoital contraception
   - Copper-bearing IUDs (Cu-IUD) for EC
   - Emergency contraceptive pills (ECPs)
3. Intrauterine devices (IUDs)
   - Copper-bearing IUDs (Cu-IUD)
   - Levonorgestrel-releasing IUDs (LNG-IUD)
4. Permanent methods
   - Female sterilization (tubal ligation)
   - Male sterilization (vasectomy)
5. Barrier methods
   - Male and female condoms
   - Other barrier methods
6. Spermicides
7. Fertility awareness methods
   - Standard Days Method (SDM)
   - Others
8. Lactational amenorrhea method

For each contraceptive method, the online presentation will include the following topics: mechanism of action, indicators of effectiveness, side effects, non-contraceptive benefits, eligibility criteria and interventions for certain problems during use.
How to Use FP Guidelines and Tools

1. Medical eligibility criteria
2. Selected practices recommendation including recommendations on HIV and Selfcare DMPA-SC.
3. Decision making tool
4. Handbook for family planning
5. Task sharing
6. Quality of care in FP services
7. Other tools

Principles of Integration of Family Planning and Counselling, Introduction to Informed Choice, Resources and Financing, Telemedicine

1. Principles of integration of family planning and counselling
2. Postpartum FP
3. Resources and financing on reproductive health and family planning
4. COVID-19 and FP, Telemedicine/ Digital medicine
Course Coordinator

Rita Kabra
Department of Sexual and Reproductive Health and Research, World Health Organization (Geneva)

Eligible Candidates

Health professionals, paramedical staff, project planners and managers in health-related areas, advocates, government officials and social scientists from WHO EMRO countries.

Teaching language

The teaching language of the course is English.
Our Country Coordinators / Coaches

Afghanistan - Homa Kabiri
Bangladesh - Ashim Roy
Bangladesh - Ashim Roy
Bolivia - Carlos Encinas
Bahrain - Maryam Alaradi
Brazil - Mariana Felisbino-Mendes
Burkina Faso - Bruno Ki
Cameroon - Gregory Edie Halle-Ekane
Egypt - Nana Abuelsoud
Ethiopia - Melaku Samuel Hottessa
Ethiopia - Ambaw Damtew Belete
Georgia - Lela Shengelia
Gulf Cooperation Council - Khadija Ahmed Matrook
India - Rathnamala M. Desai
Iran - Shayesteh Hajizadeh
Iraq - Hamdia Mirkhan Ahmed
Kenya - Ameyo Bonventure Masakhwe
Lebanon - Ayah Al Bizri
Malawi - Tazirwa Chipeta
MENA Region - Amr Awad
Mexico - Atziri Ramirez-Negrin
Mozambique - Chadreque Muluana
Nepal - Anil Thapa
Nigeria - Aishatu Abubakar-Sadiq
Pakistan - Anjum Ara Saeed
Palestine - Shoroq Abuhamad
Sudan - Khalifa Elmusharaf
South Sudan - Joyce Acok Donato
Uganda - Morris Okwir
Zambia - Namakau Nyambe

In alphabetical order by country
Learning Methods

On each of the topic, the following items will be posted:

1. A set of slides with accompanying talking points
2. Reference documents
3. Other audio-visual materials
4. An assignment (individual or group) and/or multiple-choice questions (MCQs)

What is required of you?

For each module, participants must:

- Study the video presentations and slide sets.
- Read all accompanying documents.
- Answer to the MCQs and complete the short assignment, after going through the slide set and documents.
- Review the feedback provided by the coach.

A personal coach will be assigned to each participant, whose role is to facilitate the learning process and serve as tutor.

Course validation and certificate

In order to obtain the certificate:

- Participants are required to have completed the short assignments that are part of each module.
- Participants are required to complete and submit the end of course survey.

The successful participants will receive a certificate signed by the World Health Organization’s Department of Sexual and Reproductive Health and Research/Human Reproduction Programme and the Geneva Foundation for Medical Education and Research.
Admission Procedures

1. Submit the online application form:

   https://docs.google.com/forms/d/e/1FAIpQLScjytMp8sRRC7qpfAUFHVYM28AbkGO1BT2-Ebb1VEDA4Bb6_Q/viewform

2. Submit the following documents that are required to process admission via email (familyplanning@gfmer.org):

   - A curriculum vitae, including sections on current and previous positions.
   - A letter of motivation stating clearly your interests and reasons for applying to the Course (1 page maximum).

3. Wait for the acceptance notice from the administrative office.

4. If your application is accepted, settle the course fee before the course commences.

Contact

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1211 Geneva 2, Switzerland.
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