



## Training for the introduction of the female condom

**Overview** Three separate training workshops for the introduction of the female condom have been developed to respond to the differential needs of three target audiences: service providers; programme managers; and clients. All three workshops have similar content and use the same overall format, but each has slightly different objectives.

The two-day **Service Provider Workshop** includes nine modules that focus on the need for the female condom and the role that it might play in HIV/STD and pregnancy prevention. The first day reviews HIV and other sexually transmitted infections, sexual and gender values, the pros and cons of the male condom, and an introduction and explanation of the female condom. The second day focuses on how service providers can provide the education and counselling needed to ensure effective use of the female condom by their clients. It includes an introduction to the concept of Dual Protection and the client education needed for it. It also includes a review of programme implementation issues that are likely to emerge when they begin to provide the female condom.

The one-day **Programme Managers' Workshop** summarises the overall content of the Service Provider Workshop but expands the module on female condom introduction and implementation issues. It will allow the participants to address – in their own programme setting – the need to plan for commodity supplies, a pricing policy, service delivery adjustments needed, training, management information system needs, IEC materials, and evaluation and monitoring.

The **Client Workshop** is planned for 1.5 hours. It could be held at a clinic either during the day or at a special meeting for new female condom clients at the end of the day. It includes a brief overview of HIV/STD issues and a unit on sexual and gender values, but focuses mainly on how to use the female condom, reviewing potential user problems, and includes a practice insertion by the client. The workshop concludes by discussing and role-playing how to integrate female condom use into the clients' sexual practices and how to negotiate its use with the clients' partners. A follow-up 1.5 hours workshop that addresses problem-solving around issues raised by clients is recommended.

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## Two-day workshop for service providers

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**Overall goal** The overall goal of this workshop is to prepare health care and other human service providers to incorporate the female condom into reproductive health programmes and ultimately improve quality of care as well as to expand people's choices for protection. The female condom is one of the few contraceptive methods that provides **dual protection** – the simultaneous prevention of both HIV/STDs and unintended pregnancy.

The introduction of the female condom into the method mix is likely to require some readjustment to the service delivery system. This may also lead to improve the quality of reproductive health services. Providers will need to help clients with female condom motivational strategies that they can use with their partners. Need to strike a balance between providing encouragement and

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**Rationale** In more and more communities, HIV/AIDS has reached epidemic proportions, with over 25% of adults infected with HIV in several East and Southern African nations. Sexual transmission among both married couples and unrelated adults accounts for most cases of HIV/AIDS. The use of the male condom, the only major contraceptive to be effective in preventing the spread of AIDS, has become a key component in prevention programmes. However, there are many impediments to its widespread use, especially among women, who also are more susceptible to HIV infection. Thus, the female condom, recently introduced in dozens of countries throughout the world, has a unique role to play and needs to be added to the contraceptive mix provided in reproductive health services. It is used by the woman, not the man, may be more acceptable than the male condom for many men, and is effective against both pregnancy and STDs. However, for some women, it may not be easy to use initially. Thus, clients will need education and counselling to use it effectively as well as become able to negotiate its use with their male partners. Given that such counselling and negotiation involves discussion of sensitive sexual practices and sexual and gender values, service providers who wish to provide and promote the female condom will greatly benefit from a training that provides them with the understanding and practical skills that will be needed.

Thus, a two-day training programme has been designed that recaps HIV/AIDS and STD issues, introduces the female condom and its proper use, emphasises an understanding of sexual and gender values and ways of motivating women and their partners to use the female condom, and reviews the issues and problems likely to be involved in incorporating the female condom into the reproductive health setting.

Training is a way to enlist and build stakeholder support. Competency-based training is used to facilitate acquisition of knowledge and skills needed for successful integration of the female condom in reproductive health care delivery systems. Role plays serve as a primary strategy to help providers acquire new skills through practice before trying them out with clients. Experiential training that gives participants first-hand experience with the method is one means to accomplish this. In FP and STD clinic

settings, the female condom will most likely be incorporated into routine counselling. Therefore, it is important to review counselling principles and approaches into female condom training programmes.

The curriculum is written in nine modules to enable each programme to customise the training for their target audience.

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**Workshop objectives** The training will achieve the following objectives:

- Increase trainees' knowledge of STD/HIV issues, prevention methods that women can use, and reproductive issues for HIV-infected women.
- Explore trainees' personal feelings, values, and biases about women's sexual practices and appropriate family planning methods.
- Broaden trainees' knowledge in HIV sexual risk assessment and how providers need to talk to clients about sexual practices in order to strengthen their clients' condom negotiation and decision-making skills.
- Strengthen trainees' skills in client-centred counselling
- Increase trainees' knowledge about the female condom and its use.
- Increase trainees' technical competence and comfort with the female condom.
- Enable trainees to develop strategies to involve males in the promotion of female condom use.
- Assist trainees to develop implementation plans to enable them to introduce the female condom effectively into their reproductive health settings.

## Overview of Two-Day Training Workshop For Service Providers

Module	Content	Time
<b>FIRST DAY</b>		
1. Introduction	<ul style="list-style-type: none"> <li>● Ice Breaker/Warm-Up</li> <li>● Workshop Expectations</li> <li>● Social Context of HIV &amp; Other STDs Within Country</li> <li>● The Need for Dual Protection</li> <li>● The Female Condom's Role in Dual Protection</li> <li>● Overview of Workshop: How to Promote &amp; Provide the Female Condom in Reproductive Health Settings</li> </ul>	 1.5 hrs
2. HIV & Other Sexually Transmitted Infections	<ul style="list-style-type: none"> <li>● Myths about STDs in My Community</li> <li>● Factors Affecting HIV/STD Sexual Transmission</li> <li>● HIV/STD Risk Behaviours</li> <li>● Burden and Complications of STDs on Women</li> <li>● Association between STDs and HIV</li> <li>● Syndromic vs. Etiologic Approach to STD Management</li> <li>● HIV/AIDS, Treatment, &amp; Prevention</li> </ul>	 2 hrs
3. Understanding & Clarifying Sexual & Gender Values	<ul style="list-style-type: none"> <li>● Values Clarification re : HIV/AIDS, Sex, &amp; Contraceptive Methods</li> <li>● Gender Roles &amp; Reproductive Health</li> </ul>	 1.5 hrs
4. Male Condoms: Pros & Cons	<ul style="list-style-type: none"> <li>● Advantages &amp; Disadvantages of Male Condoms</li> <li>● How To Use Male Condoms Properly</li> <li>● How Women Can Promote the Male Condom: Integration into Sex Play</li> </ul>	 1 hr
5. How to Use the Female Condom	<ul style="list-style-type: none"> <li>● Female Condom Introduction &amp; Background</li> <li>● Demonstration</li> </ul>	 1 hr
<b>SECOND DAY</b>		
6. Female Condom Practice & Discussion	<ul style="list-style-type: none"> <li>● Personal Experiences in Female Condom Use</li> <li>● Identifying Potential User Problems</li> </ul>	 1 hr
7. Enhancing Communication Skills	<ul style="list-style-type: none"> <li>● Talking about Sex--Using Appropriate Sexual Language</li> <li>● Assessment of Clients' HIV/STD Risks</li> <li>● Client-Centred Counselling: FIPP Guidelines</li> </ul>	 2 hrs
8. Motivating & Assisting Clients to Use the Female Condom	<ul style="list-style-type: none"> <li>● Strategies for Motivating Clients to Use Female Condoms</li> <li>● How to Overcome User Problems</li> </ul>	 2 hrs
9. Programme Implementation & Clinic Issues	<ul style="list-style-type: none"> <li>● Incorporating the Female Condom into the Method Mix                             <ul style="list-style-type: none"> <li>● Logistics, Storage</li> <li>● Pricing Policy/Subsidy</li> <li>● Client Records/Reporting</li> <li>● Dual Method Reporting</li> <li>● Privacy for Counselling</li> <li>● Additional Education &amp; Counselling Time for New &amp; Continuing Clients</li> <li>● Group Education</li> <li>● IEC Materials, Models</li> <li>● Client Follow-Up</li> <li>● Partner Counselling</li> <li>● Staff Training</li> <li>● Community IEC</li> </ul> </li> <li>● Distributing the Female Condom Outside of Clinics</li> <li>● Developing an Implementation Plan</li> </ul>	 2 hrs

# One-day workshop for family planning/aids/std programme managers

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**Rationale** In more and more communities, HIV/AIDS has reached epidemic proportions, with over 25% of adults infected with HIV in several East and Southern African nations. Sexual transmission among both married couples and unrelated adults accounts for most cases of HIV/AIDS. The use of the male condom, the only major contraceptive to be effective in preventing the spread of AIDS, has become a key component in prevention programs. However, there are many impediments to its widespread use, especially among females, who also are more susceptible to HIV infection. Thus, the female condom, recently introduced in dozens of countries throughout the world, has a unique role to play and needs to be added to the contraceptive mix provided in reproductive health services. It is used by the woman, not the man, may be more acceptable than the male condom among many men, and is effective against both pregnancy and STDs. However, for some women, it may not be easy to use initially. Thus, clients will need education and counselling to use it effectively as well as become able to negotiate its use with their male partners. Given that such counselling and negotiation involves discussion of sensitive sexual practices and sexual and gender values, reproductive health programme managers who wish to provide and promote the female condom will greatly benefit from a training that provides them with the understanding and practical skills that will be needed. Thus, a one-day training programme has been designed that recaps HIV/AIDS and STD issues, introduces the female

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**Overall goal** The overall goal of this workshop is to prepare reproductive health care programme managers to incorporate the female condom into their reproductive health programmes and ultimately improve quality of care as well as to expand people's choices for protection. The female condom is one of the few contraceptive methods that provides dual protection – the simultaneous prevention of both HIV/STDs and unintended pregnancy.

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**Workshop objectives** The training will achieve the following objectives:

- Increase trainees' knowledge of STD/HIV issues, HIV prevention methods that women can use and reproductive issues for HIV-infected women.
- Explore trainees' personal feelings, values, and biases about women's sexual practices and appropriate family planning methods.
- Broaden trainees' knowledge in HIV sexual risk assessment and how providers need to talk to clients about sexual practices in order to strengthen their clients' condom negotiation and decision-making skills.
- Increase trainees' knowledge about the female condom and its use.
- Enable trainees to develop strategies to involve males in the promotion of female condom use.
- Assist trainees to develop implementation plans to enable them to introduce the female condom effectively into their reproductive health settings.

Overview of One-Day Programme Managers Workshop		
Module	Content	Time
1. Introduction	<ul style="list-style-type: none"> <li>● Ice Breaker/Warm-Up</li> <li>● Workshop Expectations</li> <li>● Social Context of HIV &amp; Other STDs Within Country</li> <li>● The Need for Dual Protection</li> <li>● The Female Condom's Role in Dual Protection</li> <li>● Overview of Workshop: How to Promote &amp; Provide the Female Condom in Reproductive Health Settings</li> </ul>	 45 mins
2. HIV & Other Sexually Transmitted Infections	<ul style="list-style-type: none"> <li>● Myths about STDs in My Community</li> <li>● Factors Affecting HIV/STD Sexual Transmission</li> <li>● HIV/STD Risk Behaviours</li> <li>● Burden and Complications of STDs on Women</li> <li>● Association between STDs and HIV</li> <li>● Syndromic vs. Etiologic Approach to STD Management</li> <li>● HIV/AIDS, Treatment, &amp; Prevention</li> </ul>	 1 hr
3. Understanding & Clarifying Sexual & Gender Values	<ul style="list-style-type: none"> <li>● Values Clarification re : HIV/AIDS, Sex, &amp; Contraceptive Methods</li> <li>● Gender Roles &amp; Reproductive Health</li> </ul>	 45 mins
4. Male Condoms: Pros & Cons	<ul style="list-style-type: none"> <li>● Advantages &amp; Disadvantages of Male Condoms</li> <li>● How To Use Male Condoms Properly</li> <li>● How Women Can Promote the Male Condom: Integration into Sex Play</li> </ul>	 1/2 hr
5. How to Use the Female Condom	<ul style="list-style-type: none"> <li>● Female Condom Introduction &amp; Background</li> <li>● Demonstration</li> </ul>	 1/2 hr
6. Female Condom Practice & Discussion	<ul style="list-style-type: none"> <li>● Personal Experiences in Female Condom Use</li> <li>● Identifying Potential User Problems</li> </ul>	 1/2 hr
7. Enhancing Communication Skills	<ul style="list-style-type: none"> <li>● Talking about Sex--Using Appropriate Sexual Language</li> <li>● Assessment of Clients' HIV/STD Risks</li> <li>● Client-Centred Counselling: FIPP Guidelines</li> </ul>	 1/2 hr
8. Motivating & Assisting Clients to Use the Female Condom	<ul style="list-style-type: none"> <li>● Strategies for Motivating Clients to Use Female Condoms</li> <li>● How to Overcome User Problems</li> </ul>	 1/2 hr
9. Programme Implementation & Clinic Issues	<ul style="list-style-type: none"> <li>● Incorporating the Female Condom into the Method Mix <ul style="list-style-type: none"> <li>● Logistics, Storage <ul style="list-style-type: none"> <li>● Pricing Policy/Subsidy</li> <li>● Client Records/Reporting</li> <li>● Dual Method Reporting</li> <li>● Privacy for Counselling</li> </ul> </li> <li>● Additional Education &amp; Counselling Time for New &amp; Continuing Clients <ul style="list-style-type: none"> <li>● Group Education</li> <li>● IEC Materials, Models</li> <li>● Client Follow-Up</li> <li>● Partner Counselling</li> <li>● Staff Training</li> <li>● Community IEC</li> </ul> </li> </ul> </li> <li>● Distributing the Female Condom Outside of Clinics</li> <li>● Developing an Implementation Plan</li> </ul>	 3 hrs

