

## ***Curriculum on Selected Issues in Family Planning for Anglophone Africa***

### **Introductory Information**

#### **History of the Curriculum**

This curriculum was initially created for a training of east African midwifery tutors, held in Dar es Salaam, Tanzania in April 2008. The workshop was presented by the East, Central and Southern Africa Health Community (ECSA-HC), with support from the United States Agency for International Development Bureau for Africa (USAID/AFR) through the Capacity Project and the Africa's Health in 2010 Project. Most of the materials used were adapted from existing materials created by a variety of colleague organizations. Because the workshop was very successful, it was felt that it would be beneficial if the materials could be made available for others in the region to use and adapt. Therefore, the materials were reworked and packaged into this curriculum so that it could be freely disseminated to others.

#### **Who Can Use the Curriculum**

This curriculum was created to train healthcare providers in need of basic family planning information or updates of their existing knowledge. Possible audiences include nurses, midwives, doctors, program managers and other health providers involved in the provision of family planning services. In addition, the materials are appropriate for use by those involved in pre-service training in family planning. The curriculum modules may also be presented individually for specialized audiences, such as using the *Contraception for Women and Couples Living with HIV* for providers involved in HIV/AIDS services. While the curriculum has been developed primarily for use in Anglophone Africa, it could also be appropriate for those in other regions with small adaptations such as replacement of African data with local figures.

#### **Curriculum Goals and Objectives**

The goal of the curriculum is to provide up-to-date family planning (FP) training materials that utilize proven adult learning methodologies and can be used and adapted for Anglophone African audiences. Further, the curriculum includes handouts, reference documents, and links to additional resources that can be used more widely. While originally targeted for pre-service tutors, the curriculum and/or its individual sessions can be used to train others with low to moderate knowledge of FP methods and related issues.

At the end of a 5-day workshop using this curriculum, it is expected that the FP knowledge of the participants will be strengthened. More specifically, participants will be able to:

- Describe the difference between gender and sex and discuss the ways in which gender influences reproductive health and FP service provision
- Discuss the problem of unmet need in FP and ways to maximize access to, and quality of, FP services
- Explain the rationale behind the WHO Medical Eligibility Criteria for Contraceptives, how they are used and why they are important
- Discuss the latest scientific information related to common contraceptive methods, including their characteristics, effectiveness, advantages and disadvantages, mechanisms of action, eligibility criteria, etc.
- Discuss the concept of healthy timing and spacing of pregnancy (HTSP) as well as FP in the context of special populations, including HIV-positive, postpartum, and postabortion women and those in need of emergency contraception
- Describe and utilize the use of key FP service delivery tools such as checklists and method comparison charts
- Utilize the process of quality improvement in family planning services, including assessment of performance gaps, analysis of root causes of the gaps, and development of action plans to address and monitor progress in gap reduction
- Discuss ways in which the information gained in the workshop can benefit their worksites and list specific instances where their work performance will be enhanced as a result.

### **What This Curriculum Does Not Include**

Because this curriculum is based on one used at the workshop held in east Africa early in 2008, it was developed with the needs of that particular audience in mind. Therefore, some information that would normally be included in an FP update is not found here. For instance, the curriculum does not include sessions on oral contraceptives, injectable contraceptives or FP counseling. In addition, since this audience was comprised of pre-service tutors rather than providers, a skills-building clinical practicum was not included. Rather, a two-hour session with a local clinician demonstrating insertion and removal of IUDs and Implanon was held. While this observation session provided important new information to the participants, it did not provide them with the skills necessary to perform these procedures. If the curriculum is to be used with participants who will then be providing such clinical skills, a corresponding clinical practica will need to supplement this course.

This curriculum has also been revised to remove country-specific data and information. It is now appropriate for use anywhere in Anglophone Africa. It is recommended, however, that local data related to the location and situation of the participants of specific workshops be added to increase the relevance and understanding of the issues.

## About the Curriculum Creators

**ECSA-HC**, the East, Central and Southern African Health Community, based in Arusha, Tanzania. Created in 1974, ECSA-HC fosters and encourages cooperation in health in the region. During its years of existence, ECSA-HC has evolved into a strong regional organization that provides its 14 member countries with a unique framework for addressing health problems that require joint action. As an inter-governmental organization, ECSA-HC enjoys direct links with regional health policy-makers who include Health Ministers and Permanent/Principal Secretaries as well as an extensive network of regional health institutions. ECSA-HC also maintains strong linkages with international development agencies based in the region and in other parts of the world. ECSA-HC contributes to improving health in the region by undertaking activities that aim to promote and encourage efficiency and relevance in the provision of health services. Most of its activities have been in the areas of capacity building, policy and advocacy, research and evaluation, and information sharing.

<http://www.ecsa.or.tz>

**ECSACON**: The East, Central and Southern African College of Nursing (ECSACON) is a regional professional body that serves as a technical advisory group to ECSA-HC. The ECSA Community is made up of 14 member states. As former British colonies, these countries have a common past, common heritage and common purpose. The foundations of ECSACON are rooted in the ideals of the main Commonwealth organization while its conception, birth and development are based on the acquisition of Commonwealth status by countries on the African continent.

<http://www.ecsacon.org>

**The Capacity Project** is a USAID-funded project led by IntraHealth International in Chapel Hill, North Carolina, USA. An innovative global initiative, the Project is designed to help developing countries build and sustain their health care workforces so they can respond systemically to the challenges of implementing and sustaining quality health programs. The Project improves quality, accessibility and use of priority healthcare service through improving workforce policies and planning; developing better education and training programs for the workforce; and strengthening systems to support workforce performance. In addition to IntraHealth International, Capacity Project partners include IMA World Health, JHPIEGO, Liverpool Associates in Tropical Health (LATH), Management Sciences for Health (MSH), Program for Appropriate Technology in Health (PATH), and Training Resources Group (TRG).

<http://www.capacityproject.org>

**Africa's Health in 2010** is also a USAID-funded project, led by the Academy for Educational Development (AED) in WashingtonDC. It is a five-year successor to the Support for Analysis and Research in Africa (SARA) projects I and II, supported by USAID's Bureau for Africa, Office of Sustainable Development (AFR/SD) and operated by AED. AED's core partners include: Abt Associates, Heartlands International

Ltd., Population Reference Bureau, and Tulane University's School of Public Health and Tropical Medicine. The purpose of the Africa's Health in 2010 project is to provide strategic, analytical, communications and advocacy, and monitoring and evaluation technical assistance to African public and private institutions and networks to improve the health status of Africans.

<http://africahealth2010.aed.org/>

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**SheillahMatinhure**, Senior Program Officer, ECSACON