

Implementing contraceptive method mix: Kampala Site experience thus far

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Outline

- Introduction
- Preparatory Activities
- Training
- Implementation
- Outcomes
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- Conclusion/Recommendations



Introduction

- Contraceptive method mix – Increase uptake of other contraceptive methods not readily available by ensuring availability, accessibility & utilization.
- Purpose of Method mix is to enable populations have access to a range of contraceptive methods.

Preparatory Activities

- Site selected a nurse and a doctor to join the Contraceptive Action Team (CAT).
- On 7-8 June 12, Dr. Betty and I together with the steering committee member (Dr.Clemensia) attended the MTN contraceptives Action meeeting in Johannesburg
- After the meeting the nurse and doctor were declared the contraceptive experts



Preparatory Activities cont'd

- Procurement of instruments
- Guidance from Mulago hospital family planning clinic



Training

- Report and action plan approved by site leaders
- On 14 Jun 12, refresher training on all contraceptive methods by the Mulago FP expert
- 05 to 06 Jul 12 counselors had refresher training on counseling messages



Training cont'd

- Training of key staff
- Weekly rotations by the study staff (nurses and doctors) for practical sessions at the family planning clinic



Implementation

- Obtaining F/P supplies from the Mulago F/P unit
- Site is now providing all methods in real time except surgical sterilization.
- Counseling involves going through all the methods even if participant is already on a method with emphasis on dual contraception

Counseling session



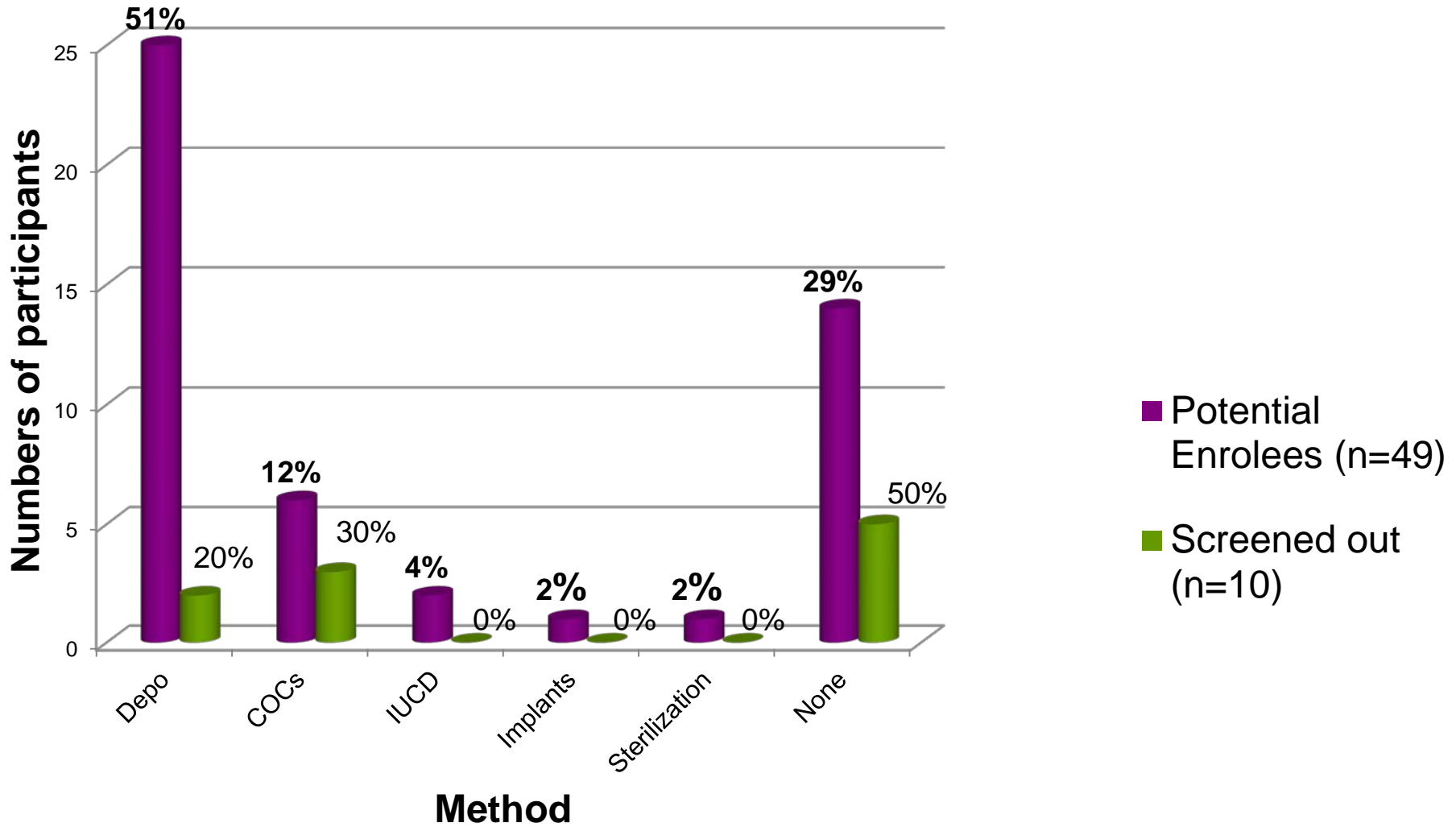


Implementation cont'd

- One of the agenda items at weekly study meetings
- Attend contraceptive conference calls where sites exchange ideas, experiences, challenges

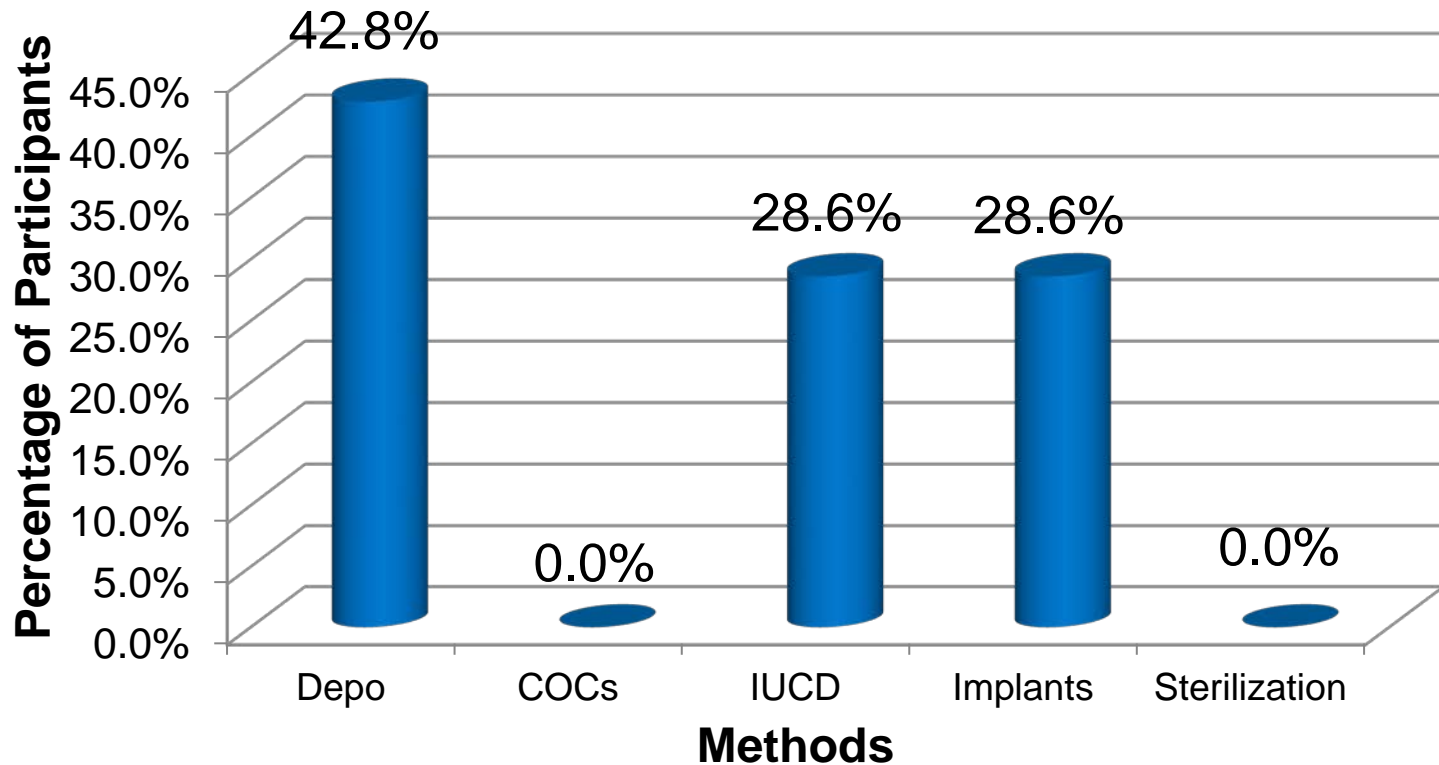
Contraceptive use at screening for ASPIRE (n=59)

(Data from 27 Jul 12 to 20 Sep 12)



Outcomes

Contraceptive Uptake for those on none at baseline (n=14)





Outcomes cont'd

- Switches in contraceptive methods
 - Depo to implants: 2
 - COCs to Depo: 2
 - COCs to Implant: 2
 - COCs to IUCD: 1



Outcomes cont'd

- Most participants had not received adequate counseling on these methods from their providers
- Some were using the methods they were using due to fewer options at their clinics
- Some participants are comfortable with their current methods
- Some had stopped using methods due to side effects and good number were not using any method



Challenges

- Myths and misconceptions affecting decision making
- Fear of procedures i.e. IUCD and implant insertion



Conclusions /Recommendations

- For successful implementation of contraceptive method mix;
- Liaising with already existing and functional f/planning clinics is crucial
- Trainings/refresher trainings for staff are needed
- Regular evaluations of activities is needed
- Need to minimize on delays

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