



EBCOG
European Board & College of
Obstetrics and Gynaecology



**EBCOG Master's Programme in Sexual
and Reproductive Health (SRH)**

Faculty

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In cooperation with



United Nations Population Fund
Regional Office for Eastern Europe and Central Asia

Introduction

The Master's Programme on Sexual and Reproductive Health (SRH) has been developed by the European Board & College of Obstetrics and Gynaecology (EBCOG) at the request of UNFPA's Regional Office. This training programme, tailored to the needs of the countries of Eastern Europe and Central Asia, will be delivered on a regional basis, to strengthen national institutional capacities of the countries to develop and implement national programmes, aimed at universal access to SRH services.

The European Board & College of Obstetrics and Gynaecology (EBCOG) is the representative body of 37 countries of Europe. EBCOG's aim is to improve the health of women, unborn and newborn babies, firstly by promoting high-quality standards of post-graduate specialist and sub-specialist training across all of its member countries and secondly by supporting the delivery of high quality and equitable clinical care through the implementation of Europe wide standards of care.

EBCOG and the UNFPA Regional Office for Eastern Europe and Central Asia cooperate since 2014 to advance SRH policies and standards to reduce the burden of unintended pregnancies and of related maternal morbidity and mortality.

The course has been developed by EBCOG based on new WHO guidance, European standards and guidelines, and the best evidence available in the SRH field.

Target Audience

The three day Master's Programme course is intended for policy advisors, senior clinicians, healthcare planners, the students of the Public health schools and officials at Ministries of Health. The goal is to guide national experts on how to develop and implement evidence-based, cost-effective national strategies in sexual and reproductive health at the country level. This teaching programme will ensure that standards of care and human rights are fully embedded in national strategies frameworks and day-to-day clinical practices in all EECA countries.

Participants will gain knowledge and develop skills in the methodology of implementation of evidence-based international standards and guidelines in SRH - as well as the required skills to plan and deliver high-quality SRH services to meet national needs. The programme will also teach tools to implement strategies to assure the quality of local services, introduce new tools to address the unmet needs

of the community and reduce the burden of unintended pregnancies.

Programme Goals:

This Programme is intended to:

- Define SRH;
- Map the factors affecting the SRH of a country's population;
- Identify the global challenges of SRH and its long-term impact;
- Define the indicators of unmet SRH needs;
- Enable participants to develop the knowledge and skills to deliver high-quality clinical services; and
- Guide healthcare planners and clinicians on how to develop and quality assure national strategies in sexual and reproductive health at country level

The Faculty

Professor Johannes Bitzer MD, PhD, is a member of the Executive Board of EBCOG. He is the past president of the European Society of Contraception and Reproductive Health Care (ESC), former president of the International Society of Psychosomatic Obstetrics and Gynaecology (ISPOG), EBCOG representative on the Multidisciplinary Joint Committee of Sexual Medicine, a member of the Board of Trustees of the International Society of Menopause, and a member of the Executive Committee of the European Society of Gynaecology.

Dr. Bitzer is Editor-in-Chief of the *European Journal of Contraception and Reproductive Health Care* and Associate Editor of the *Journal of Sexual Medicine*.

He is the Chair of the Education Committee of ESC, Lecturer at the ESSM School for Sexual Medicine, and Director of the Postgraduate Diploma of Advanced Studies in Sexual Medicine at the University of Basel and Co-director of the Basel Institute of Psychosomatic Medicine. Previously, he was Chairman of the Department of Obstetrics and Gynaecology of the University Hospital Basel and Head of the Division of Gynaecological Social and Psychosomatic Medicine. For many years, he

was responsible for undergraduate and resident training in general obstetrics and gynaecology, contraception, menopause, and sexual medicine.

Professor Jacky Nizard MD, PhD, is President-Elect of EBCOG and Head of Obstetrics at the Department of Obstetrics and Gynaecology, Groupe Hospitalier Pitié-Salpêtrière, Université Pierre et Marie Curie, Paris, France. He has a PhD in Robotics, a Master's in Surgical Science, and is a specialist in Obstetrics & Gynaecology.

Mr Sambit Mukhopadhyay, MD, FRCOG, MMED is a Consultant Gynaecologist and Honorary Senior Lecturer at Norfolk and Norwich University Hospital NHS Trust in the United Kingdom. Mr. Mukhopadhyay is a member of EBCOG's Examination Board.

Previously, he was the academic lead for reproductive module of undergraduate course at Norwich Medical School and Clerkship Director and Professor at St. George's University School of Medicine in Grenada. He served on various committees at the Royal College of Obstetricians and Gynaecologists. He has a Master's in Medical Education and is the Faculty Advisor for the RCOG.

Accreditation

The participants in the Master's Programme will receive a certificate of attendance at the end of the course.

EBCOG-UNFPA Joint Initiative Master's Programme for SEXUAL & REPRODUCTIVE HEALTH Agenda

DAY 1 – 09h00

Module 1: Setting the Scene

09h00 - Breaking the Ice: Introductions and Expectations

Lectures: Professor J Bitzer

09h30 - What is Sexual and Reproductive Health (SRH)?

09h50 - Mapping the factors affecting the SRH of a population

10h10 - Global challenges of SRH and its long-term health and economic impact

10h30 - Defining indicators of unmet SRH needs

10h50 - Discussion

11h20 - Coffee break

Module 2: Strategy Overview / Analysis of Existing Unmet Needs

Lectures: UNFPA Experts

11h35 - UNFPA expert: Regional SRH AP and national strategies & Action Plans

11h45 - National expert/s: Overview of existing national SRH strategic framework/s

12h05 - Discussion

12h45 - LUNCH

13h45 - Introduction to small group work

Participants should access different data sources to find data for their country. Delegates will work in groups of four to six and will have online access to various types of data (national databases, WHO, World Bank, UNFPA, etc.) to identify what type of data is available in/for their own country. Then they will apply that information against indicators identified in the lectures as listed below. The participants will be expected to triangulate these data points as described to them in the morning lectures to set out a future national SRH strategy against national priorities discussed in the group.

Indicators to be explored in this exercise are:

- Unintended pregnancy rates
- Adolescent pregnancy rates, trends and outcomes
- Use of contraception by age group and by region
- Prevalence of contraceptive use and different types
- Sterilisation and vasectomy rates
- Post-partum contraception rates
- Abortion rates in different age groups
- Maternal mortality ratio and maternal morbidity
- Postpartum haemorrhage rates
- Neonatal morbidity and mortality rates
- Prevalence of sexually transmitted infections (STIs) in men and women
- Sexual violence and abuse

Data about service provision in individual countries:

- National family planning services/institutions;
- STI screening programmes;
- Abortion services
- Cervical screening services

15h00 - Feedback from group work

15h30 - Coffee break

Module 3: Assessment of Current Service Provision / Health Economics – Value for Money

Lectures: Professor J Bitzer & Mr. S Mukhopadhyay

15h45 - How to undertake a helicopter view of your national SRH services?

- Providers - What do they provide?
- Profiling of service providers and of current workforce

16h05 - Contraception, STI screening and in-school sexuality education

16h45 - Integrated SRH Healthcare and societal benefits

17h05 - Discussion

17h30 - END OF DAY 1

DAY 2 – 09h00

09h00 - Recap of Day 1

09h30 - Introduction to Group Work 2

09h45 - Group Work 2

Delegates will work in groups of four to six to undertake a helicopter view of their national SRH service provision. In this exercise, they will build upon the information already gathered in the first small group exercise. They will then map their service provision against the best models of care to help them undertake a gap analysis that measures unmet needs against the national strategy and agreed outcome indicators.

They will then apply international indicators outlined in the lectures to identify gaps in the current service provision.

Finally, they will suggest how added societal and economic benefits can be achieved by proposing a more comprehensive integrated SRH strategy and service provision.

11h00 - Coffee break

11h15 - Feedback from group work

Module 4: Developing an Action Plan

Lectures: Professor J Bitzer & M. S Mukhopadhyay

11h45 - Key factors influencing national planning

- *Human rights-based, gender-responsive and culturally sensitive, effective and affordable, technically and organisationally feasible programmes.*
- *What contribution all stakeholders will make to deliver the above action plan, recapping what works best*

12h15 - Standards of care and indicators

12h30 - Discussion

12h45 - LUNCH

13h45 – Best service delivery models

14h15 – Group work 3

The delegates continue their work in groups of four to six to develop a national strategy plan based on local economic and situational analysis.

Each group will analyse an existing national strategy against their newly proposed action plan and describe how gap analysis has been addressed.

15h15 - Feedback from group work

15h45 - Coffee break

Module 5: Capacity Building

16h00 - Principles of adult learning

16h20 - Role of providers at different levels of care

16h40 - Implementing training strategies:

- General practitioners/community gynaecologists (Bachelor Programme);
- Specialists (Masters Programme)

17h00 - Continuing Professional Development

17h20 – Discussion

17h30 – END OF DAY 2

DAY 3 – 09h00

09h00 - Recap Day 2

09h30 - Group work 4: Capacity-building and key audiences

The delegates will work in groups of four to six and apply the key skills acquired in the previous modules to define national capacity-building plans for the future. They will consider the current workforce, institutional facilities, operational, infrastructure, supply chains and continuing development strategy.

The groups will also identify key audiences and their position towards family planning, including governmental policy regarding reproductive and gender-based rights. The groups will discuss governmental communication policy, social media/internal and external media relationships, community-based information, school education, behaviour change communication, engaging through opinion leaders and champions (film stars, sports personalities etc.), engaging with opposition to family planning, and advocacy policy.

10h45 - Group work feedback

11h15 – Coffee break

Module 6: Maternal-Child Healthcare

Lecture: Professor J Nizard

11h30 - Key indicators of MCH and key audiences

Module 7: Monitoring

Lectures: Professor J Bitzer, Mr S Mukhopadhyay, Professor J Nizard

11h50 - Monitoring framework

What needs to be collected? How and with which tools? How to analyse and how to interpret to drive service change?

12h10 - Multi-agency working /task-sharing

Sharing data to redefine strategy/work plan, including and integrating other providers' input into the action plan to address service provision.

12h30 - Discussion

12h45 - LUNCH

13h45 - Continuous improvement process

14h15 - Group work 5

The delegates will work in groups of four to six to explore the underlying causes of adverse outcomes as described in the scenario below, by using the supply chain algorithm discussed on Day 1. Each group will be asked to develop a protocol for audit and service improvement.

Scenario: A recent report about SRH services in your region has demonstrated a high abortion rate among teenagers, an increased admission rate with complications after unsafe abortions, and six maternal deaths among women under the age of 20.

15h45 - Coffee break

16h00 - Feedback from group work

17h00 - General discussion

17h30 - Conclusions

17h40 – END OF THE COURSE

COURSE MATERIAL

- 1- *Action Plan for Sexual and Reproductive Health: Towards Achieving the 2030 Agenda for Sustainable Development in Europe - Leaving No One Behind*. Copenhagen: WHO Regional Office for Europe, 2016.
- 2- *Family Planning - A Global Handbook for Providers*, 2011 update (www.fptraining.org)
- 3- <http://www.cdc.gov/std/training/onlinetraining.htm>
- 4- *Clinical Indicators for Sexual Health in Scotland*, 2011 (<http://www.isdscotland.org/Health-Topics/Sexual-Health/Key-Clinical-Indicators/>)
- 5- *Transforming Our World: The 2030 Agenda for Sustainable Development*. A/RES/70/1. New York: United Nations, 2015
- 6- *Towards a Roadmap to Implement the 2030 Agenda for Sustainable Development in the WHO European Region*. Copenhagen: WHO Regional Office for Europe, 2016
- 7- *Adding it up - The costs and Benefits of Investing in Sexual and Reproductive Health*. New York: Guttmacher Institute, 2014.
- 8- McCarthy O, Carswell K, Murray E, et al. 'What Young People Want from a Sexual Health Website: Design and development of Sexunzipped'. *J Med Internet Res* 2012 Oct 12; 14(5): e 127.
- 9- Beaumont K, Maguire M. *Policies for Sexuality Education in the European Union*. Brussels: European Parliament, 2013 (<http://globalstrategy.everywomaneverychild.org>)
- 10- Raffaella Dattler. 'Not Without Us: Civil society's role in implementing the Sustainable Development Goals'. *Entre Nous*, 2016: 84;18-21
- 11- Barclay H, Dattler R, Lau K, et al. *Sustainable Development Goals: A SRHR CSO Guide for National Implementation*. London: IPPF, 2015 (http://www.ippf.org/sites/default/files/sdg_a-srhr_guide_to_national_implementation_english_web.pdf)
- 12- *Reproductive, Maternal, New-born and Child Health and Human Rights: A Toolbox for Examining Laws, Regulations and Policies*, WHO, 2014 (http://www.who.int/reproductivehealth/publications/gender_rights/rmnch-human-rights/en/)
- 13- WHO. *Ensuring Human Rights in the Provision of Contraceptives Information and Services: Guidance and Recommendations*, 2013: Geneva

(http://futuresgroup.com/files/publications/temp_file_Voluntry_Rights-Based_FP_Conceptual_Framework_Paper_Final1.pdf)

- 14- United Nations Population Fund. *Choices Not Chance: UNFPA Family Planning Strategy 2012-2020*. New York, 2012
(http://unfpa.org/webdav/site/global/shared/documents/publications/2014/UNFPA%20Choices%20NOT_CHANCE_final.pdf)
- 15- John Snow, Inc. *Technical Capacity Assessment: Family Planning*. 2014, Washington DC
(http://www.jsi.com/JSInternet/Inc/Common?download_pub.cmf?id=14176&lid=3)
- 16- United Nations Population Fund. Resource Mobilisation Toolkit
(http://www.myunfpa.org/Apps/RMBToolkit/app/index.cfm?url_t=0)
- 17- UNFPA communications guidelines and resources
(<http://portal.myinfpa.org/web/onevoice/toolkit>)
- 18- Family Planning and Reproductive Health Indicators database, Measure Evaluation
(http://www.cpc.unc.edu/measure/prh/rh_indicators)
- 19- RCOG. *Clinical Governance Advice No 5: Understanding Audit*. RCOG Press, London, 2003 (<https://www.rcog.org.uk/globalassets/documents/guidelines/clinical-governance-advice/clingov5understandingaudit2003.pdf>)
- 20- NHS England. Clinical Audit 2016
(<https://www.england.nhs.uk/ourwork/qual-clin-lead/clinaudit/>)
- 21- Public Health England. *Health Promotion for Sexual and Reproductive Health and HIV, Strategic Action Plan, 2016–2019*
(https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/488090/SRHandHIVStrategicPlan_211215.pdf)
- 22- Faculty of Sexual and Reproductive Health (FSRH) Standards and Guidance
www.fsrh.org
- 23- *Barometer of Women's Access to Modern Contraceptive Choice in 16 European Countries: Key Findings and Policy Recommendations*
<http://www.ippfen.org/sites/ippfen/files/2016-12/Barometer%20of%20Women's%20Access%20to%20Modern%20contraceptive%20Choice%20in%20Finland.pdf>
- 24- Bruce J. 'Fundamental Elements of the Quality of Care: A Simple Framework'. *Stud Fam Plan* 1990;21:61–91 ...
- 25- Piotrow PT, Kincaid DL, Rimon JC, Rinehart W. *Health Communication: Lessons from Family Planning and Reproductive Health*. Westport, CT: Praeger; 1997

- 26- Peipert JF, et al. 'Continuation and Satisfaction of Reversible Contraception'. *Obstet Gynecol* 2011; 117(5): 1105–1113
- 27- Weisman CS, Maccannon DS, Henderson JT, et al. 'Contraceptive Counselling in Managed Care: Preventing Unintended Pregnancy in Adults'. *Women's Health Issues* 2002; 12:79–95.
- 28- Dehlendorf C, Krajewski C, Borrero S. 'Contraceptive Counselling: Best Practices to Ensure Quality Communication and Enable Effective Contraceptive Use'. *Clin Obstet Gynecol* 2014 57(4): 659–673
- 29- Dehlendorf C, Levy K, Ruskin R, Steinauer J. 'Health Care Providers' Knowledge about Contraceptive Evidence: A Barrier to Quality Family Planning Care?' *Contraception* 2010; 81(4): 292–298
- 30- Donnelly KZ, Foster TC, Thompson R. 'What Matters Most? The Content and Concordance of Patients' and Providers' Information Priorities for Contraceptive Decision-making'. *Contraception* 2014; 90: 280–287
- 31- UK Medical Eligibility Criteria for Contraceptive Use. UKMEC 2009
- 32- *Medical Eligibility Criteria for Contraceptive Use: A WHO Family Planning Cornerstone*. World Health Organization. Fifth edition, 2015
- 33- Black A, Guilberth E, et al. 'Canadian Contraception Consensus (Part 1 of 4): SOGC Clinical Practice Guideline'. *J Obstet Gynaecol Can* 2015;37(10):936–938'
- 34- 'Providing Quality Family Planning Services. Recommendations of CDC and the U.S. Office of Population Affairs'. Centers for Disease Control and Prevention. US Department of Health and Human Services. *Morbidity and Mortality Weekly Report*. Recommendations and Reports / Vol. 63 / No. 4 April 25, 2014
- 35- Stern J, Larsson M, Kristiansson P, Tydén T. 'Introducing Reproductive Life Plan-based Information in Contraceptive Counselling: An RCT'. *Human Reproduction* 2013; 28(9): 2450–2461
- 36- Gipson JD, Koenig MA, Hindin MJ. 'The Effects of Unintended Pregnancy on Infant, Child, and Parental Health: A Review of the Literature'. *Studies in Family Planning* 2008; 39(1):18–38
- 37- Isaacs JN, Creinin MD. 'Miscommunication Between Healthcare Providers and Patients May Result in Unplanned Pregnancies'. *Contraception* 2003; 68: 373–376
- 38- Gemzell-Danielsson K, Cho SH, Inki P, Mansour D, Reid R, Bahamondes L. 'Use of Contraceptive Methods and Contraceptive Recommendations Among Healthcare Providers Actively Involved in Contraceptive Counselling – Results of an International Survey in 10 Countries'. *Contraception* 2012; 86: 631–638

- 39- 'Systematic Reviews of Mechanisms for Financing Family Planning: An International Collaboration'. *Studies in Family Planning*. Volume 47 Number 4, December 2016
- 40- Introduction to special supplement
<http://onlinelibrary.wiley.com/doi/10.1111/sifp.12010/epdf>
- 41- Systematic Reviews of Mechanisms for Financing Family Planning: Findings, Implications, and Future Agenda
<http://onlinelibrary.wiley.com/doi/10.1111/sifp.12008/epdf>
- 42- Paying for Performance to Improve the Delivery and Uptake of Family Planning in Low and Middle Income Countries: A Systematic Review
<http://onlinelibrary.wiley.com/doi/10.1111/sifp.12001/epdf>
- 43- Community-Based Financing of Family Planning in Developing Countries: A Systematic Review <http://onlinelibrary.wiley.com/doi/10.1111/sifp.12000/epdf>
- 44- How User Fees Influence Contraception in Low and Middle Income Countries: A Systematic Review <http://onlinelibrary.wiley.com/doi/10.1111/sifp.12005/epdf>
- 45- Family Planning Vouchers in Low and Middle Income Countries: A Systematic Review <http://onlinelibrary.wiley.com/doi/10.1111/sifp.12006/epdf>
- 46- Conditional and Unconditional Cash Transfers to Improve Use of Contraception in Low and Middle Income Countries: A Systematic Review
<http://onlinelibrary.wiley.com/doi/10.1111/sifp.12004/epdf>