

Session 1: Opening Session

Objectives

- To name the five elements of postabortion care (PAC)
- To understand the workshop goals and objectives
- To share expectations of the workshop

Training Methods

- Presentation
- Small-group work
- Large-group discussion

Materials

- Flipchart paper, easel, markers, and tape
- Paper and pens (for the participants to take notes with)
- Handout 1-A: Workshop Goals and Objectives (page 21)
- Handout 1-B: Workshop Schedule (page 22)

Advance Preparation

1. Send invitations to guests and arrange for speakers.
2. Provide speakers with the workshop goals, objectives, and schedule, so they have some context for their remarks.
3. Prepare a flipchart listing the objectives of this session.
4. Prepare a flipchart listing the three questions about the participants' expectations for the workshop (see below).

Participants' Expectations for the Workshop

1. What is postabortion counseling?
2. How does postabortion counseling relate to your work?
3. What do you expect to learn from this workshop?

5. Review all handouts and make one copy for each participant, guest, and speaker.
6. Arrange the room for a formal presentation, and arrange for refreshments, if appropriate.



Session Time (total): 1 hour, 20 minutes, to 1 hour, 30 minutes

SESSION 1 TRAINING STEPS

Part A *Opening Ceremony*



Time: 30 minutes

Activity: Presentation (30 minutes)

1. Welcome and introduce the participants, guests, and speaker(s).
2. Invite the speaker(s) to offer opening remarks.
3. Lead an icebreaker exercise.
4. Conduct the opening ceremony in a manner appropriate to local customs and observant of all necessary protocol. Include refreshments, if appropriate.



TRAINING TIP ○○○

If there are speakers, meet with them before the workshop to provide them with a context for their remarks. The speakers should emphasize the importance of the workshop and remind the participants of the official support of the Ministry of Health (or other key stakeholders) for the program.

In the opening ceremony, either the speaker or the trainer should give a *brief* overview of the five essential elements of the updated expanded model for Comprehensive PAC (*maximum, 10 minutes*):

- Community and service-provider partnerships—to prevent unwanted pregnancy and unsafe abortion, and to mobilize resources so women will receive appropriate and timely care for abortion complications
- Comprehensive counseling—to identify and respond to women's emotional, physical, and family planning needs and concerns
- Treatment—of incomplete abortion and potentially life-threatening complications
- Contraceptive and family planning services—to help women prevent unwanted pregnancies or practice birth spacing
- Linkages from abortion treatment services—to reproductive health and other services, preferably provided on-site or via referrals to other accessible facilities in the provider's network

Since only 30 minutes are allotted for the opening ceremony, limit the number of speakers to only a few, and remind them that time is short. Additional guests and speakers can be invited for the closing ceremony.

Optional 10-minute break as guests depart.

Part B Workshop Introduction



Time: 50 minutes

Activity 1: Presentation (15 minutes)

1. Distribute Handout 1-A: Workshop Goals and Objectives, and briefly review the goals and objectives of the workshop.
2. Distribute Handout 1-B: Workshop Schedule, and briefly review the daily schedule, including breaks and lunch.
3. Negotiate the schedule and ground rules with the participants.
4. Discuss other logistical issues, such as lodging, per diem, and transport.

Activity 2: Small-group work and large-group discussion (35 minutes)

1. Divide the participants into small groups of three or four each.
2. Display the flipchart “Participants’ Expectations for the Workshop.”
3. Ask each group to briefly discuss and answer each question. One participant in each group should take notes and list responses on a flipchart. *(15 minutes)*
4. Ask the note-takers to report back to the full group on the groups’ discussion of the first question. Repeat for the second and third questions. *(10 minutes total for responses)*



TRAINING TIP ○○○

All of the groups must answer and share responses to *all three* of the questions on the flipchart.

5. Summarize the participants’ responses and address differences between the participants’ expectations and what the workshop will actually cover.
6. Explain that any participant whose expectations still do not match the goals and objectives of the workshop should see one of the trainers before the end of the day, to clarify the participant’s purpose in attending the training and to ensure that the workshop is appropriate for him or her. *(10 minutes)*

Session 1

Handouts

Handout 1-A

Workshop Goals and Objectives

Goals

This training will enable PAC providers to use communication and counseling skills to:

- Assess and acknowledge the client's needs
- Listen to her concerns
- Answer her questions
- Give her information about the procedure, what to expect during her visit, post-procedure care, and warning signs of complications
- Help her make decisions about family planning, prevention of sexually transmitted infections (STIs), and any other needed reproductive health services

Objectives

Attitudes

This training will enable participants to demonstrate:

- Respect for all clients, regardless of their values, social status, or personal situation
- Acknowledgment and respect for a client's need for confidentiality, privacy, and dignity
- Acceptance that a client may have very strong feelings about her situation and openness to discussing those feelings, including those related to sexuality and gender
- Openness to encouraging and answering a client's questions
- Respect for a client's right to informed choice in the use of contraceptives

Skills

This training will enable participants to:

- Assess the client's readiness to discuss her concerns and feelings
- Create a comfortable environment for openly discussing the client's feelings and needs
- Ask open-ended questions
- Listen effectively to the client's reply
- Encourage clients to ask questions and express opinions and feelings
- Use simple language and visual aids to explain basic information about the reproductive system, fertilization, abortion, the medical procedure, contraception, and STIs
- Support the client during the procedure through verbal and nonverbal communication
- Assess the client's need for contraception, her risk for contracting an STI, and her need for other reproductive health services

Knowledge

This training will enable participants to:

- Explain the clients' range of concerns and the different needs of women with spontaneous abortion vs. those with complications from induced abortion
- Provide preoperative information, including information on the client's condition and the medical procedure itself
- Offer postoperative instructions, including how the client should take care of herself after the procedure, common side effects, signs of complications and what to do if these occur, return to fertility, and referral sources for nonmedical problems or concerns
- Present basic information about reproductive tract infections (RTIs) and STIs
- Explain basic information about contraceptive methods, particularly those that can be used immediately postabortion

Handout 1-B

Workshop Schedule

Session	Participants	Time
1. Opening Session		Morning, Day 1
A. Opening Ceremony	All	
B. Workshop Introduction	All	
2. Values and Attitudes Related to Postabortion Care	All	Afternoon, Day 1
3. Understanding the Client's Perspective		
A. Developing Case Studies of Postabortion Clients	Nonphysicians	
B. Confidentiality, Privacy, and Dignity	All	
C. Addressing the Postabortion Client's Feelings	All	
D. Gender Issues	Nonphysicians	Morning, Day 2
E. Sexuality Issues	Nonphysicians	
4. Interpersonal Communication		
A. Two-Way Communication	Nonphysicians	
B. Verbal and Nonverbal Communication	Nonphysicians	
C. Effective Listening	Nonphysicians	
D. Asking Open-Ended Questions	Nonphysicians	
E. Using Simple Language and Visual Aids	Nonphysicians	Afternoon, Day 2
5. Family Planning Information and Counseling for the Postabortion Client		
A. Rationale	Nonphysicians	
B. Informed Choice	Nonphysicians	
C. Individual Factors	Nonphysicians	Morning, Day 3
6. Related Reproductive Health Needs and Other Issues		
A. RTI/STI Information for the Postabortion Client	Nonphysicians	
B. Referring Clients for Other Services	Nonphysicians	
C. Threatened Abortion	Nonphysicians	Afternoon, Day 3
7. Postabortion Counseling		
A. Overview of Postabortion Counseling	Nonphysicians	
B. Preprocedure Counseling	Nonphysicians	
C. Being Supportive during the Procedure	All	Morning, Day 4
D. Counseling after the Procedure	Nonphysicians	
8. Clinical Practicum	All	Afternoon, Day 4
9. Workshop Wrap-Up	All	

*Doctors should attend this session if they hold primary responsibility for providing family planning to postabortion clients.