



The Health Provider

Editorial

This edition of the Health Provider newsletter is the second installment to cover the female condom. We took the decision to promote the female condom as recently the National Family Planning Board (NFPB) started distributing female condoms to the island’s public health clinics. Additionally, training of health care workers in the correct technique for insertion and removal of the method was prioritized.

A neat, relatively inexpensive, portable little device has been introduced to the organization—the O-Cube – that has allowed personnel to demon-

strate the insertion and removal of the female condom. More details on the O-cube are included in this newsletter.

Recognising the barriers that are faced in relationships when it comes to convincing a partner to use a condom, an article has been included to assist you in the conversations with clients.

The important place of the female condom in dual method protection is highlighted for readers. We as a reproductive health body that comes in contact with individuals requiring counselling and other services support the

efforts through the provision and promotion of condoms. We also provide accessible and non-judgemental services and promote wholeheartedly empowerment and responsible behaviour.

In closing, remember that Safer Sex Week is fast approaching and as you plan activities do not forget to introduce persons to the female condom and its tremendous possibilities.

‘Til next time enjoy this edition of the Health Provider .

Introducing the O-Cube

The latest Female Condom Demonstration Model to be introduced to the local programme is the O-Cube. Designed in Germany the O-Cube is transparent in appearance, and is made from inflatable PVC and is lightweight.

Suitable for conducting demonstrations, the model is gaining in popularity worldwide as it is compact and easy to use. Unlike the anatomical pelvic models that may prove unsettling or even upsetting to the sensibilities of some members of the

public, the O-Cube is more acceptable to wider audiences. Remember to pack the O-Cube when next you are invited to address an audience.

The O-Cube is available from Things for Good UG, Hoch Str. 7B, 13357 Berlin, Germany.

Safer Sex Week 2020: February 9-15.



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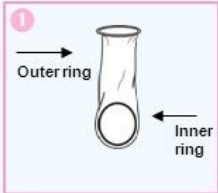
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Female Condom

How to Use a Female Condom



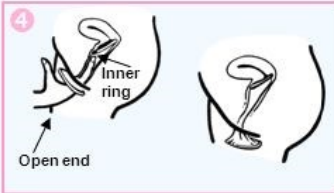
- Open package carefully
- Make sure the condom is well-lubricated inside



- Choose a comfortable position—squat, raise one leg, sit or lie down



- Squeeze the inner ring at the closed end



- Gently insert the inner ring into the vagina
- Place the index finger inside condom, and push the inner ring up as far as it will go
- Make sure the outer ring is outside the vagina and the condom is not twisted
- **Be sure that the penis enters inside the condom and stays in it during intercourse**



- To remove, twist the outer ring and gently pull
- Throw away condom properly

Source:slideplayer.com

Session II, Slide #2

Addressing Negative Sexual Behaviours

Day-to-day interactions with clients reveal a lot about their sexual behaviours. As health providers you are particularly adept in identifying those among them who participate in behaviours that increase their risk of infection with STIs/HIV. Chief among these behaviours is blood transfusions,

risky unprotected sex, and drug users who utilise syringes (intravenous blood users).

Conversations around reducing risk as well as contraceptive methods best suited for their needs, including dual method protection, should be commonplace..

But at the same time our understanding of the influencers of the behaviours must be sound?

Among those that have been identified are environmental (home or office situation for example) , gender, genetics, financial situation, religious beliefs , community values and culture.

Admittedly, some clients will listen and adopt some degree of behaviour change while others will remain unmoved or hesitant in their response. Some will ignore your best efforts simply because they do not have the in-built motivation or a support group to help them out

Addressing Negative Sexual Behaviours (Continued)

of their situation; others do not believe that they have enough information. In addition, the effective communicating of information can make the difference. See the October to December 2019 edition of the *Health Provider* newsletter for a more expansive article on the importance of effective communication between client and provider.

Remember that counselling clients involves information gathering about the clients sexual behaviour, and educating them on how best to protect themselves from unplanned pregnancy/STIs/HIV and getting them to the point of adopting positive practices. An open and honest exchange can yield a lot. It is not unusual for clients to be hesitant

when you pose questions. They may be embarrassed or feel that what you are asking about really doesn't need to be divulged. Making them feel relaxed in the session opens the doors for information exchange. Having bridged the gap you cannot afford to appear to be rushing the client. This is where effective listening and triaging can help you along.

As health providers we must be sure to cover the kinds of STIs, their transmission, identifying risk as well as signs of STIs; and practical steps to protect themselves and their partner(s), including using contraceptives.

FC2 and Dual Protection

The FC2 has come along providing women with yet another contraceptive device, a barrier method, that rivals the male condom. Before its advent women mostly relied on their male partners to provide condoms in the relationship. Strangely women who were seen to supply their own condoms in years gone by were unflatteringly labelled. But the female condom carrying woman is now celebrated as an empowered woman. She is taking control of her sexual and reproductive health to ensure no unplanned pregnancy, STIs or HIV.

Dual protection can be at play here and involves:

- correct and con-

sistent use of the male or female condom, never both at the same time;'

- the use of a condom with another form of contraceptive method;
- avoidance of any and all forms of penetrative sex;
- sex with one faithful uninfected partner (that is use of contraceptive in a mutually monogamous relationship); or
- abstinence.

Couples, including adolescents, need to be encouraged to embrace dual protection when they are in a relationship that has one

or both partners participating in risky sex. Likewise, the presence of a STI or HIV is reason enough to ensure dual protection.

As promoters of dual protection equal attention needs to be given to adolescents, men and women as they consider their SRH needs. Helping them by way of counselling to assess their pregnancy/STI/HIV risk and decide on appropriate contraceptives, with the condom as a secondary method, to provide dual protection is important.

Condoms when used correctly and consistently have been proven to provide highly effective protection against unplanned pregnancy/STIs/HIV. With

reaches all audiences – adolescents, women and men - in various settings, inside of the clinic and at outreach activities.

A constant supply of the female condom will ensure the needs of acceptors are met and assure adherence. So providing both male and female condoms to clients gives them options.

Clarifying your own values and setting aside biases associated with the efficacy rate of condoms versus other methods for pregnancy prevention are necessary so that clients will use condoms for STI/HIV prevention. Research has pointed to the risk of acquisition of some STIs

FC2 and Dual Protection

as being several times more probable than the risk of pregnancy.

The National Family Planning Board (NFPB) is counting on you to help us promote the positive behaviour of dual protection; and the incorporation of the female condom. Adopting positive behaviours such as being able to identify myths and dispelling them, promoting abstinence and consequently a later

sexual debut, couple communication, limiting the number of partners, and increased condom use will all lead to healthier outcomes..

All the very best!



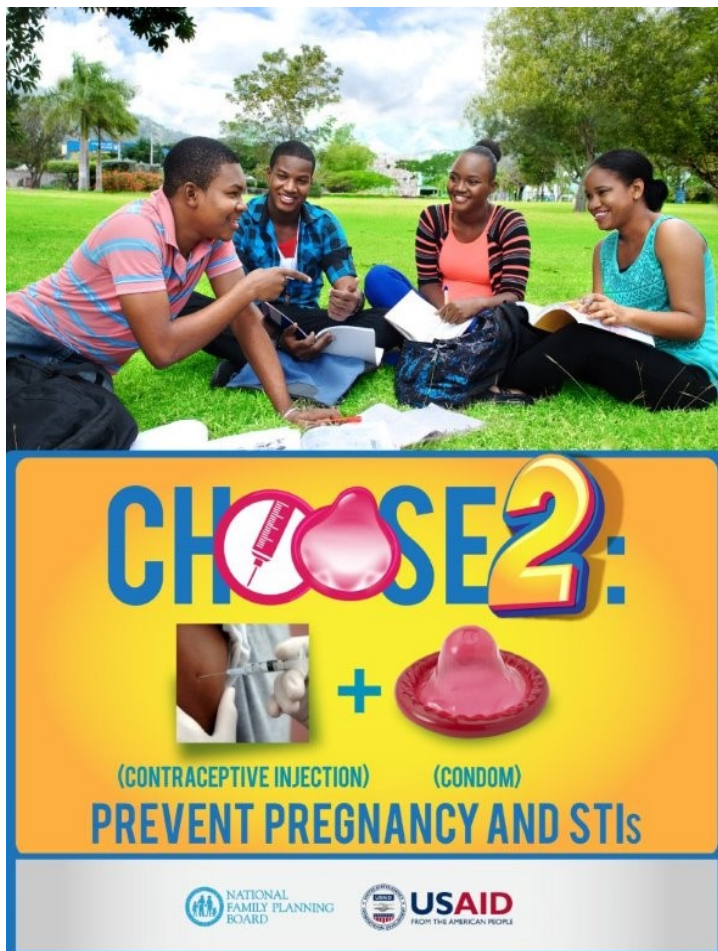
MAKING HEALTH SERVICES ADOLESCENT-FRIENDLY

WHAT HEALTH WORKERS CAN DO

Make adolescents feel welcome and safe at your health centre

- Be "adolescent competent" - get trained in adolescent health
- Communicate clearly and encourage adolescents to talk openly
- Respect their privacy and confidentiality
- Empower young people to make decisions about their care

WHO/UNAIDS set global standards to improve the quality of health services for all adolescents.



CHOOSE 2!

(CONTRACEPTIVE INJECTION) (CONDOM)

PREVENT PREGNANCY AND STIs

NATIONAL FAMILY PLANNING BOARD USAID FROM THE AMERICAN PEOPLE



Communications Unit
National Family Planning Board
5 Sylvan Avenue,
Kingston 5

Phone: (876)96-1632-3
Fax: (876)968-1626
E-mail:
jnfpb.org@gmail.com