



Adolescent Sexual and Reproductive Health and Comprehensive Sexual Education (CSE) - Module 2

Presented by the Faculty of Health Sciences, University of Pretoria

The short course in **Adolescent Sexual and Reproductive Health and Comprehensive Sexual Education (CSE)** is a component of the South African Comprehensive Sexual Reproductive Health and Rights (SRHR) Training Course. It can be taken as a standalone short course or as part of the Comprehensive SRHR Training Course. As a standalone, the participant is required to be competent in all the components of Comprehensive SRHR Module 1 before commencing this module.

The content of this module is mainly derived from South African National Contraception Clinical Guidelines 2019 which are guided by national frameworks and policies, as outlined in the National Integrated Sexual and Reproductive Health and Rights Policy and National Contraception Clinical Guidelines (2019). Participants in this module should be familiar with all policies and the guidelines (listed on page 1 of National Contraception Guidelines 2019) that underpin integrated quality health services within the SA context. Together with guidance by principles, policy frameworks, and guidelines, provision of contraception requires sound clinical judgement and high-quality care. The purpose of this module is to promote sound clinical judgment, mixed contraceptive method providing, informed choice, and high quality and safer reproductive health care through a rights-based approach.

NEXT PAGE 

Shifting knowledge to insight



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Course content

1. Recap and application of cross-cutting components of SRHR
2. Important clinical issues in contraception service provision
3. Method provision
4. Postpartum, post miscarriage, post abortion contraception
5. Clients requiring special consideration
6. Common chronic medical disorders

Learning outcomes

After successfully completing the course, delegates will:

- understand the provision of contraception services within the legal framework and integrated service delivery model within the context of South African service delivery platforms using a right-based approach.
- be able to do a comprehensive clinical assessment and be able to utilise the WHO MEC to determine eligibility for respective methods.
- be able to describe the characteristics of contraceptive methods in a manner that clients can understand, including:
 - What methods are available, how they are taken or given to the client and how they work (mechanism of action).
 - Effectiveness and return to fertility.
 - TLD algorithm for ART clients.
 - Side effects.
 - Non-contraceptive health benefits.
 - Other characteristics (STI/HIV protection, ease of use, return to fertility).
 - Possible health risks (complications).
 - Address common concerns, misconceptions, and myths.
 - Explain when to return to the clinic.
 - Identify clients in need of referral.
- describe when to initiate and the best-recommended method (postpartum, switching from another method).
- understand reasons that may require a client to switch to another method or to temporarily stop a contraceptive method.
- demonstrate ability to record all client-related information correctly (identifiers, services provided, adverse events etc.)

Who should enrol?

This course is ideal for you if you;

- completed Module 1 of the SRHR course.
- are a trainee at a nursing/ medical school or have at minimum a nurse's level of clinical training.
- are a Community Health Worker (CHW) who has basic literacy skills and will be guided by your mentor to focus on content that aligns with the scope of work of CHW.

Course fees

R1 150.00 per delegate (VAT incl.)

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za

Accreditation and certification

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Registration and enquiries

Client Information Centre

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Comprehensive content breakdown

| Learning Session | Topic | Training Support | Evidence/ Assessment | Competency |
|------------------|--|---|---|---|
| 1 | Recap and application of cross-cutting components of SRHR | Online/web-based session | Q & A session | Theoretical knowledge |
| 2 | Important clinical issues in contraception service provision | Online/web-based session | Case studies and scenarios, practical knowledge | Theoretical knowledge and clinical knowledge |
| 3 | Method provision | - Online/web-based session and facility practicals - Workplace learning/ mentoring | Portfolio of evidence | Theoretical knowledge and clinical competency |
| 4 | Postpartum, post miscarriage, post abortion contraception | - Online/web-based session and facility practicals - Workplace learning/ mentoring | Portfolio of evidence | Theoretical knowledge and clinical competency |
| 5 | Clients requiring special consideration | - Online/web-based session and facility practicals - Workplace learning/ mentoring | Q & A session, scenarios and case studies | Theoretical knowledge and clinical competency |
| 6 | Common chronic medical disorders | Online/web-based session | Q & A session, scenarios and case studies | Theoretical knowledge and clinical competency |

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