

Adaptation and Translation:

The modules in the **Training Course in Women's Health** are **prototypes**. They have been developed as models of instructional manuals which address general health training needs in many countries. Each module contains basic, core medical information. For this training to be effective, however, the information must be adapted to address the needs, interests, working conditions, culture, and language of the trainees.

The Institute for Development Training, which developed the prototype curriculum, has also developed an intensive workshop to facilitate the adaptation and translation process. The workshop—which is held in-country with local health professionals as participants—is designed to be a cooperative project with a local health organization. The workshop enables trainers to tailor the curriculum to address their specific audience of trainees and to support the specific training objectives of their training program.

How to Order the Training Course in Women's Health:

Use the enclosed order form to order individual modules or the complete curriculum. Most modules are available in English, French, and Arabic. Modules are available at no charge to health trainers and decision makers in developing countries. Others are asked to pay a charge to cover the costs of printing and mailing.

The **Training Course in Women's Health** is a special project of the Institute for Development Training. IDT is a non-profit organization which was formed to improve health care in developing countries through relevant training programs.



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A Training Course in Women's Health



Institute for Development Training

Introduction:

The **Training Course in Women's Health** is a core curriculum which teaches basic health care for women, including family planning. The curriculum consists of a series of **prototype** modules, each of which addresses a different topic related to women's health care. Trainers can choose to use selected, individual modules or the entire curriculum depending on their training needs and objectives. This brochure describes the topics currently available. Additional topics are being developed.

Training Uses:

Individual Training: The **Training Course in Women's Health** is written in a self-instructional format and can be used effectively and efficiently to train individual trainees. Using the self-instructional method, trainees can learn on their own and at their own pace. This training method saves time and the expense of group training sessions which take health workers away from their daily work.

Group Training: The curriculum can also be used by trainers in large group training. Each module contains well-organized, carefully structured basic medical information. This organization can help trainers structure their training sessions. A trainer's guide and prototype resource materials are available to assist trainers in using the curriculum to develop a training plan for group training.

Core or Supplementary Materials: The curriculum teaches basic information and skills and can be used in pre-service, in-service, or refresher training depending on the needs of the training program. The curriculum can be used as supplementary materials in an existing training program or as the core for developing a new training program.

Current Topics in the Training Course in Women's Health:

Module One: The Female Reproductive System describes the anatomy of the female reproductive system and how it functions. The reproductive process including menstruation, fertilization, and implantation are explained.

Module Two: The Female Urinary System describes the anatomy and function of the urinary system. Also described are the causes and recommended treatments for major urinary and kidney disorders.

Module Three: Gynecological Examinations describes the basic procedures for examining the female external and internal reproductive organs. Included are the external exam, the speculum and bi-manual exams, exams of the abdomen and the breasts, and the Pap test.

Module Four: Vaginal Infections and Sexually Transmitted Diseases lists and describes five common vaginal infections and ten other types of sexually transmitted diseases or infections. Causes, signs and symptoms, diagnostic procedures, and recommended treatments are given for each.

Module Five: Health Effects of Female Circumcision describes the different types of operations performed on women and girls in the traditional practice, female circumcision. Also described are the immediate and long term health consequences of this practice. Suggestions are given for community education and patient counseling.

Module Six: Methods of Birth Control describes eight methods of birth control including the effectiveness, side effects, and contraindications of each method. Medical procedures for inserting an IUD and fitting a diaphragm are included.

Module Seven: Treatment of Complications of Early Spontaneous Abortion describes how to identify the signs and symptoms of septic abortion and how to treat the possible complications associated with early, non-septic abortion.

Module Eight: Female Voluntary Sterilization describes the procedures for performing laparoscopic and minilaparotomy tubal ligation from preparation through aftercare. This module also teaches the content and process for effective patient counseling. (*Available only from AVSC, 122 E. 42nd Street, New York, N.Y. 10168*)

Module Nine: Measuring the Prevalence of Contraceptive Use: A Family Planning Program Guide teaches a simple evaluation method for measuring the success of and setting goals for a family planning program. A do-it-yourself evaluation worksheet applicable to all program levels is included.

Module Ten: A Guide to Infection Control in Health Clinics describes in simple terms the common ways in which infection can be transmitted in the health clinic. Five procedures for the health worker to follow to prevent the transmission of infection are described: (1) basic handwashing technique; (2) how to sterilize instruments; (3) how to sterilize linens; (4) how to prepare a sterile tray of instruments; and (5) sterile techniques for administering injections.

Module Eleven: The Day-to-Day Nursing Management of Health Units: Parts One and Two describe the practical approaches for nurses to manage health units on a daily basis. Included are how to coordinate clinic services and staff skills, how to organize the flow of patients, how to keep records and write reports, how to manage inventory of supplies and equipment, and how to use clinic space effectively.
