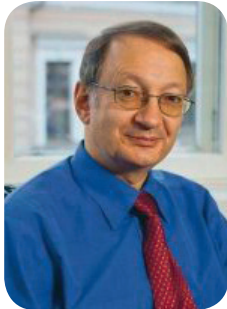


# ESC NEWSLETTER - Volume 8 - Number 2 - 2011

Newsletter from The European Society of Contraception and Reproductive Health

## Editorial



Dear colleagues and friends,

Within the aims of the European Society of Contraception and Reproductive Health to 'improve and facilitate knowledge and use of contraception and reproductive health care' and to 'carry out epidemiological and sociological studies and other types of research in this field', many applications for projects and courses were received during the second half of 2010.

The ESC decided to support three out of ten courses:

1. The Abortion Tourism of Polish Women (Polish Federation for Women and Family Planning)
2. Family Planning and Reproductive Health (Obstetrics and Gynecology Department №2, Kemerovo State Medical Academy, Russia)
3. Later Abortion in Europe: Building Community, Improving Knowledge, Strengthening Services (bpas, UK)

From 41 applications for projects, the ESC decided to support the following ones:

1. Evidence-based advocacy strategies and tools to promote the effective use of contraceptives in Eastern Europe (East European Alliance for Reproductive Choice (EEARC), Ukraine)
2. Routine follow-up versus self-assessment of complete abortion following medical abortion, effect on its success and acceptability: a randomized controlled trial (Multicentre trial - principal investigator: K. Gemzell Danielsson, Karolinska University Hospital, Sweden)
3. Women, men and abortion pill: An anthropological approach of reproductive health issues in Cambodia (Th. Delvaux, HIV/STI Epidemiology and Control Unit, Institute of Tropical Medicine, Antwerp, Belgium)

The ESC will continue to encourage educational and scientific work in the field of contraception and reproductive health, and we warmly encourage you to submit projects and courses which would help you to realise your ideas.

Sincerely,  
Dan Apter, ESC Vice-President

## Consortium for emergency contraception

### Consortium for Emergency Contraception

The virtual forum "Emergency Contraception: How far have we come? What's new? What's next?" on the current global emergency contraception (EC) access situation, including barriers as well as innovative strategies to expand access, hosted by the International Consortium for Emergency Contraception (ICEC), in collaboration with WHO/RHR and the Implementing Best Practices (IBP), and under auspices of the International Federation of Gynecology and Obstetrics (FIGO) was conducted from 2nd to 16th March 2011.

ICEC and its member organisations have played a key role in introducing EC in a wide range of settings. Now women in over 140 countries can buy emergency contraception - sometimes known as the morning after pill - and in 60 countries, EC is readily available over the counter. Still, women's access to EC is far from assured, and the mission of ICEC remains critical: to expand access to EC worldwide, with a focus on developing countries

The statement "How do Levonorgestrel-only emergency contraceptive pills (LNG ECPs) work to prevent pregnancy?" has been updated by ICEC, in collaboration with FIGO. The revised statement is based on an extensive review of the recent literature, and concludes that inhibition or delay of ovulation is LNG ECPs principal

and possibly only mechanism of action. Review of the evidence suggests that LNG ECPs cannot prevent implantation of a fertilized egg. The fact that LNG ECPs have no demonstrated effect on implantation explains why they are not 100% effective in preventing pregnancy, and are less effective the later they are taken. Women should be given a clear message that LNG ECPs are more effective the sooner they are taken. LNG ECPs do not interrupt a pregnancy (by any definition of the beginning of pregnancy). However, LNG ECPs can prevent abortions by reducing unwanted pregnancies.

If you are interested, read more on the website:  
<http://www.eschr.eu/about-esc/news/how-do-levonorgestrel>

### Let's talk about sex



### Workshop on sexuality education: Let's talk about sex Sunday, 25 September 2011, Kaunas, Lithuania

The Expert Group on Sexual and Reproductive Health and Education has done a needs assessment among respondents from East and South Europe to see whether such a workshop would be useful. Information was obtained from 15 countries. Overwhelmingly the need for such a workshop was endorsed. We developed a workshop based on the answers in the needs assessment.

The workshop is targeted at professionals involved or interested in sexuality education.

#### Programme

*Morning session:* Sexuality Education and Communication

- 1- Welcome and introduction to workshop
- 2- Definition of 'sexuality'
- 3- Principles and aims of Sexuality Education
- 4- Talking about sexuality skills
- 5- Exercise: leading group work on sensitive topics

*Afternoon session:* the whole group will be divided into small groups for different workshops. Each participant can choose two workshops:

- Contraception & STIs, myths and facts
- Doctor Patient communication—attitudes
- Methodical and didactic work with children and young people— Tools
- 'Hot bottom issues': controversial topics

We will provide a certificate of attendance to the participants.

More information:  
<http://www.eschr.eu/events/esc-events/workshop-sexuality-education>

*Olga Loeber*  
 Coordinator Expert Group of Sexual and Reproductive Health and Education

### Abstracts 12th ESC Congress



### Prepare your abstract for the 12th ESC Congress now!

Dear colleagues and friends,

We warmly invite you to Athens for the 12th Congress of the European Society of Contraception and Reproductive Health (20-23 June 2012). The title of the congress is "Myths and misconceptions versus evidence on contraception".

The Organising and Scientific Committee invite all those involved in any aspect of contraception, sexual and reproductive health care to actively participate by submitting abstracts, either for oral or poster presentation. All abstracts will be evaluated and those accepted will be published in a Supplement of the European Journal of Contraception and Reproductive Health Care. As only a limited number of oral communications can be accepted, authors are asked to indicate on their form whether they wish their abstract to be considered ONLY for oral or poster presentation or for either option.

Full instructions:  
<http://www.eschr.eu/events/esc-events/12th-esc-congress/call-abstracts>

### Training the Trainers in Yerevan, Armenia

The ESC Executive Committee agreed to support the WHO in delivering a 'Training the Trainers' course in Yerevan initiated by the Ministry of Health (MoH) in Armenia from 16th to 20th May 2011.

Based on the 'National Strategy, Program and Actions Timeframe on Reproductive Health Improvement 2007-2015' approved by the Armenian Government in 2007, the long term aim is to increase contraceptive prevalence and choices. Currently only 20% of women use a modern method of contraception, which includes condoms (8.1%) and IUD (9.4%) mainly with only small use of hormonal methods, even though they are available free in health facilities and can be purchased in pharmacies with no prescription. Training providers, especially those in primary care who currently only very rarely prescribe contraception, is felt to be one of the means to achieve this aim.

Armenia is a country with a long history and was the first country to adopt Christianity as the state religion in 301 AD. A third of the 3 million inhabitants live in Yerevan and they have a unique alphabet since the very early 5th century. All children learn three alphabets, Armenian, Cyrillic and Latin.

The course was held in the Institute of Perinatology, Obstetrics and Gynaecology in Yerevan and attended by 20 clinicians including gynaecologists, family physicians and midwives. Most were in active clinical practice though some had a mostly educational role within the university. The Senior Specialist from the Department of Maternal and Child Health at the MoH also attended and took active part. It was supported by the IPPF Member Association 'For Family and Health'.

Gunta Lazdane, Programme Manager for Sexual and Reproductive Health, WHO Europe, co-ordinated the course contents and the local WHO office did all the practical arrangements which worked very efficiently. The ESC was represented by Olga Loeber and Anne Webb. Between the three of them they prepared 18 lectures, 10 group work sessions including role play, two sessions of hands on practice, as well as introduction of a self assessment tool and a presentation to the group by each of the participants in the first four days. Whereas Gunta spoke in Russian, Olga and Anne communicated via sequential translators, although some of the participants spoke some or good English.

The emphasis was in providing experience and tools to use when the participants cascaded the training. This included not only information on current evidence based good practice but also principles of good communication with trainees and feedback especially when working in small groups or role play.

Quite a lot of time was spent in sharing the WHO 'Medical Eligibility Criteria' and 'Selected Practice Recommendations for Contraceptive Use' and applying them to real clinical situations. They were mostly a novel idea but very much appreciated and, once their evidence base was understood, there was great keenness to reduce barriers due to unnecessary testing and non evidence based contraindications.

The group was very active in discussions which allowed us to explore the effective working of groups, both large and small. There was initially the usual resistance to change but even the most truculent gradually warmed to the idea of learning new facts and teaching techniques and by the final game/test which involved practical demonstration of both diaphragm and condom use there was universal enthusiasm. It was clear that virtually none of them had ever demonstrated how to put on a condom before. They all gave a short presentation on a variety of subjects. The final day was not attended by the three main speakers as the aim was for the group, led by the MoH, to work out the practicalities of how to cascade the training and how to assess its impact both short and long term. Anonymous feedback from 16/20 participants was very positive and showed that all areas discussed had had an impact and been well received.

More information: <http://www.eschr.eu/about-esc/news/armenia-one-step-closer-achieving-universal-access-reproductive-health>

Anne Webb



**Membership**

**Highlight of the new ESC website: Membership**



The membership chapter of our new website <http://www.esrch.eu/membership> is completed.

In this chapter you will find information about the upcoming General Assembly to be held at the 12th Congress in Athens, detailed information about becoming a member and the possibility of affiliation, as well as the current status and number of members in your country.

2011 will be an important year for your country representation in the Board. For the first time, the reference point to count the number of paid up members will be the end of the year (31 December 2011) and thus no longer the day before the General Assembly during the Congress in 2012.

The number of paid up members from your country on 31 December 2011 shall be used as a reference to determine the level of representation in the Board (1 representative for 10 paid-up members, and 2 representatives for 50 or more paid-up members).

The members only part, visible after signing in, provides a link to The European Journal of Contraception and Reproductive Health Care for free access to all volumes of our Journal starting at the first volume published in 1996!

Interested in the complete history of our society? You will find all details in the minutes of the General Assemblies and Board Meetings.

As paid up member you will find the online free registration form for the next seminar to be held in Kaunas from 23-24 September 2011.

Not yet a member: sign up for membership: <http://www.esrch.eu/user/register>

*Rob Beerthuisen, Webmaster*

**Royal Honours**

**Royal honours**

The EC congratulates Olga Loeber, former Secretary General to the EC for receiving royal honours, due to her distinguished service in the field of sexual and reproductive health, especially as an abortion provider.



**ESC Grant**

**Public Hearing : Abortion Tourism of the Polish Women**

This course was supported by an ESC grant

26 August 2010 at the Polish parliament a civil hearing on "Abortion Tourism of the Polish Women" took place. It was organized by the Federation for Women and Family Planning together with Marek Balicki, a member of parliament. During the first part of the hearing we listened to the speeches given by the guests from abroad: Dr Christian Fiala and Krystyna Waniek from Gynmed Clinic in Vienna, Austria, Dr Olga Loeber from Mildred Rutgers Huis in Arnhem, Holland, Dr Janusz Rudziński from Prenzlau Clinic in Germany and Ann Furedi from British organisation for reproductive health bpas. During the second part there was a panel discussion of the representatives of the academic and non government environments.

Full report: <http://www.esrch.eu/education/grants/courses/granted-courses>

All materials to be included in the ESC Newsletter should be submitted (electronically) to the: ESC Central Office, Nancy Habils, [newsletter@esrch.eu](mailto:newsletter@esrch.eu), Opalfeneweg 3, 1740 Ternat, Belgium, T. +32 2 582 08 52 - F. +32 2 582 55 15.  
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