

1. Programme

Sunday, 4th November 2018

Time	Topic	Speaker	Abbreviation
08:00	Welcome, distribution materials...		
08:30	Overview of the Medical Eligibility Criteria (2015), and the Selected Practices Recommendations for contraceptive use (2016), and the Family Planning Training Resource Package	Mario Festin	WHO Guides
09:20	Combined hormonal contraceptives	Gabriele Merki	CHC I
09:45	Combined hormonal contraceptives	Gabriele Merki	CHC II
10:35	Combined hormonal contraceptives	Gabriele Merki	CHC III
10:55	Coffee break		
11:15	MEC WHO questions	Mario Festin	WHO Guides Part 2
11:35	Combined vaginal ring, combined transdermal patch	Frans Roumen	CHC IV: CVR,CTP
12:10	Workshop 1 Case 1: CHC history risks Case 2 : CHC history	All teachers	WS 1
12:50	Medical condition: Mental disabilities Eating disorders	Teresa Bombas	MC Mental disorders
13:10	Lunch		
14:00	Progestin only contraceptives overview	Iñaki Lete Lasa	POC Overview
14:30	Progestin only pill with desogestrel and Depot medroxyprogesterone acetate (DMPA)	Teresa Bombas	POP and DMPA
15:10	Etonogestrel-releasing implant	Iñaki Lete Lasa	POC Implant
15:30	Coffee break		
16:00	Medical condition: Obesity and family history for VTE	Iñaki Lete Lasa	MC Obesity, family history and VTE
16:25	Workshop 2 Case 1 : breastfeeding and obesity Case 2 : POC and bleeding	All teachers	WS 2
17:00	Medical condition: 1.Contraception in women with HIV infection 2.Hormonal contraceptives and drug interactions	Katarina Sedlecky	MC Women with HIV CHC and Drug interactions
17:35 18:00	Complete evaluation form day 1; Discussion	All teachers	

Monday, 5th November 2018

Time	Topic	Speaker	Abbreviation
08:30	Intrauterine devices overview	Iñaki Lete Lasa	IUD Overview
09:00	Copper-IUDs	Iñaki Lete Lasa	Copper-IUDs
09:20	Levonorgestrel releasing intrauterine system	Katarina Sedlecky	LNG-IUS
09:45	Coffee break		
10:10	Medical condition: Migraine and depression	Gabriele Merki	MC Migraine and depression
10:35	Female and male sterilisation	Frans Roumen	Female and male sterilisation
11:10	Workshop 3 Case 1: Permanent methods Case 2 : LNG-IUS – abortion-dysmenorrhoea	All teachers	WS 3
11:50	IUDs in special situations	Katarina Sedlecky	IUDs in special situations
12:20	Medical Condition: Hormonal contraception and Breast and ovarian Cancer BRCA1/BRCA2 carriers	Gabriele Merki	MC CHC breast and ovarian cancer
12:45	Lunch		
13:35	Workshop 4 Case 1: Non-oral CHCs (15 min) Case 2: POC-Breastfeeding-EC (15 min) Case 3: STD and IUD (30 min) Implanon insertion	All teachers	WS 4
14:35	Counselling role play	Mario Festin	
15:15	Country training plans	Gabriele Merki Frans Roumen	
15:45	Short coffee break		
16:00	Kahoot quiz / discussion of responses	Katarina Sedlecky	
16:40 17:00	Course evaluation Open discussion		

2. Content

CHC I

- Clinical relevant metabolic effects of ethinylestradiol (EE)
- The variations in individual steroid plasma levels and potential clinical consequences
- The difference between the mostly used progestins in CHCs
- Typical properties of progestins
- Types and dosages of CHCs
- Clinical effects of a lower EE dosage
- Difference between pills with estradiol /estradiolvalerate and EE

CHC II

- How to take a history before contraceptive counseling
- Special risk screening for use of CHCs (higher risks/ lower risks and WHO MEC category 4 criteria criteria)
- There are two types of risks one affecting the arterial system and one the venous system
- VTE risk in healthy young women without contraception and in pregnancy
 - EMAS recommendation: VTE risk according to progestin type and method of application
 - VTE risk according to estrogen dose and type of estrogen
 - Understand what is meant by a positive family history and what it means for risk counselling
 - VTE risk in women with thrombophilia
 - Overview risk for VTE in numbers and multiplication of risks
 - VTE risk with age, obesity and duration of CHC use
- Arterial risk: stroke and myocardial infarction in numbers, in relation to age and obesity
- Balancing risks against other contraceptive options and benefits during counselling

CHC III

- Contraceptive health benefits of CHCs
- Minor harmless side effects
- Treatment of side effects
- Major side effects / reasons to stop pill immediately
- VTE risk in newstarters and counselling for symptoms associated with DVT and PE
- Pill return visit
- Measurement of blood pressure

CHC IV: CVR,CTP

- Description and formulation; Application
- Pharmacokinetics; Regimen of use
- Similarities ring, patch and pill; Advantages ring and patch > pill
- Contraceptive failure rates
- Dosing errors; Extended use
- Concurrent use
- Cycle control; Acceptability; Compliance; Side effects compared with pill
- Device-related problems; Acceptability ring vs patch
- Venous and arterial thromboembolism
- Counselling

MC Mental disorders

- General considerations
- Feeding and eating disorders
- Psychotic disorders
- Some aspects of contraception in disabled women

POC Overview

- Progestin types
- Working mechanism
- Contraceptive efficacy and safety of POC
- Use in women with medical conditions
- Health benefits
- Adverse events: bleeding, breast tenderness, weight, acne, BMD

POP and DMPA

POP

- General characteristics of the desogestrel 75 µg POP
- Mechanism of action
- Contraceptive efficacy
- Health benefits, migraine
- Side effects, bleeding
- Emergency contraception
- Breastfeeding
- Summary

DMPA

- General characteristics of DMPA
- Contraceptive efficacy and duration of use
- Mechanism of action
- Contraindications
- Health benefits
- Safety
- Side effects and treatment
- Reasons for discontinuation
- Summary

POC Implant

- General characteristics of the ENG-releasing implant
- Mechanism of action
- Contraceptive efficacy
- Health benefits
- Contraindications
- Side effects and treatment, continuation
- Summary

MC Obesity, family history and VTE

Obesity

- Definition of obesity
- Obesity and VTE risk
- Which contraceptives are efficient in obese women
- Contraception after bariatric surgery

Family history and VTE

- Contraception after VTE
- Definition of positive family history for VTE
- Efficient and safe contraception if FH is positive
- VTE risk in women with positive FH

MC Women with HIV CHC and Drug interactions

HIV

- Main characteristics of HIV infection, classification and clinical stages of HIV infection
- Concerns regarding contraception:
 - Drug interaction
 - Possible impact on progression of HIV infection
 - Impact on HIV transmission and acquisition
 - Potential risks related to HIV infection/AIDS

Hormonal contraceptives and drug interactions

- Overview of the metabolism of the contraceptive steroids
- Pharmacokinetic drug interaction
- Interactions of CHC and POC with:
 - anti-epileptic drugs
 - psychotropic drugs
 - herbal remedies
 - antimicrobial therapy

IUD Overview

- Types of IUD
- Efficacy of IUDs and duration of use
- IUDs and PID risk, screening for STIs prior to insertion
- Need for antibiotic prophylaxis during insertion
- Pain management during IUD insertion
- When to insert (include after abortion and pregnancy), switching from another method
- Risk factors, frequency of expulsion and dislocation, reinsertion after expulsion
- Post-insertion visit

Copper-IUDs

- Mechanism of action
- Efficacy, duration of use
- Side effects: harmless, harmful, frequency
- Treatment of side effect
- Contraindications
- Misconceptions
- Counseling
- Risk of ectopic pregnancy
- Copper ball and expulsion

LNG-IUS

- What is the hormone-releasing intrauterine system (IUS) and why was it developed
- General characteristics of the LNG-IUS
- Mechanism of action
- Contraceptive efficacy and duration of use
- Side effects: harmless and harmful, treatment
- Reasons for discontinuation
- Medical indications for LNG-IUS use

MC Migraine and depression

Migraine

- Sex differences in epidemiology of migraine
- Prevalence of migraine
- Background of hormonal triggers for migraine
- Basics on diagnostic criteria for migraine
- WHO recommendation for CHC use in migraineurs
- The strength of the association between migraine and stroke
- When to stop CHCs in migraineurs
- Benefits and risks of non-hormonal contraceptive options for migraineurs

Depression

- Definition of depression
- Prevalence in Europe
- How not to miss depression in taking a history
- Potential effects of contraceptive methods on the course of depression in women with depression as a pre-existing condition
- Which contraceptives may cause depressed mood

Female and male sterilisation

Female sterilisation

- Introduction
- Surgical planning
- Postpartum sterilisation
- Interval sterilisation
- Laparoscopic sterilisation
- Hysteroscopic sterilisation Essure
- Preoperative counselling
- Contraceptive failure rates
- Causes of failed sterilisation
- Potential post-sterilisation effects
- Risk of regret
- Opportunistic bilateral salpingectomy

Male sterilisation

- Introduction
- Procedures and techniques
- Postoperative care
- Confirmation of sterility
- Contraceptive failure rates
- Contraindications
- Complications
- Associated morbidity concerns
- Counselling
- Vasectomy reversal

IUDs in special situations

- Adolescents
- Risk of cervical cancer risk (LSIL and HSIL)
- Women after STI or at increased risk of STI
- IUDs and cardiovascular disease
- Women with HIV
- Women with immunosuppression

MC CHC breast and ovarian cancer

- Effect of CHC on breast cancer risk
- Effect of CHC on ovarian cancer risk
- CHC and breast cancer risk in women with hereditary breast cancer
- CHC and ovarian cancer risk in carriers of *BRCA1/BRCA2* mutations
- CHC and breast cancer risk in carriers of *BRCA1/BRCA2* mutations
- Contraceptive options for women after breast cancer

Counselling role play

- A short lecture on the role of counselling in FP
- Two scenarios will be presented
- There will be volunteers to enact the role play
- There will be two reactors

Country training plans

- Discussion on how countries will be able to use and incorporate the WHO FP TRP and the ESC training modules in their country training.
- A commitment to give feedback to WHO and the ESC regarding the modules, for continuing improvement and for monitoring