

Appendix D: Male Condom Case Study

Case Study 1

Adam is a 17-year-old unmarried adolescent who has a new girlfriend. He does not want her to become pregnant, and wants to talk about using condoms.

Question Set A:

You ask Adam what he knows about condoms. Adam says he has not used male condoms before, but he heard a community outreach worker talk about condoms and wants to know more.

1. How well do condoms work to prevent pregnancy?
2. How well do condoms work to prevent STIs, including HIV? Will using male condoms keep me from getting any kind of STI?
3. What are some advantages of male condoms?
4. What are the limitations of male condoms?

Question Set B:

Earlier in the counseling session, you answered Adam's questions and assessed his risk for STI/HIV infection. He has one girlfriend now but sometimes has more than one. You counsel him on dual protection and HIV risk reduction and advise consistent condom use. Adam says he has heard some things about condoms that concern him. How do you respond to each of these concerns?

1. I think using a condom means I don't love or trust my girlfriend.
2. If I use condoms, people will think I have HIV/AIDS.
3. Condoms make sex less enjoyable and make it difficult to keep an erection.
4. I feel too embarrassed to buy condoms.

Question Set C:

After you address Adam's fears and concerns, he decides he will use condoms with his current girlfriend and any other sexual partners.

1. How will you screen Adam for eligibility to use male condoms?
2. What issues or topics should you cover when counseling a client who has not previously used condoms?
3. What are the steps of correct condom use?
4. What practices should Adam avoid?

Question Set D:

Adam has been using male condoms for the past two months. He returns to the clinic for more condoms, and reports that he has been having some problems using condoms.

1. How will you advise him about each of the problems he reports?
 - He has had difficulty maintaining an erection.
 - A few times the condom has slipped off during sex.
 - He has had some itching and a red rash on his penis after condom use.
2. What else should you say or do during the session?

Case Study 1—Answer Key

Knowledge and Skills Objectives Addressed by Condoms Case Study 1

6. Describe the characteristics of male condoms in a manner that clients can understand
7. Demonstrate the ability to counsel clients on the following:
 - a. How to put on a male condom
 - b. Practices to avoid
 - c. Problems with condom use and how to address them
 - d. Common concerns, misconceptions, myths, and fears
 - e. Negotiating condom use with a partner
8. Demonstrate the ability to conduct routine follow-up for clients in a way that enhances continuing satisfaction and acceptance
9. Demonstrate how to correctly put on a male condom, using a penis model

Answers to Question Set A:

1. How well do male condoms work to prevent pregnancy?

When condoms are used correctly and consistently, they are also highly effective in preventing pregnancy. Among couples using male condoms correctly and consistently, only two pregnancies occur per 100 couples using condoms in the first year. However, as male condoms are commonly used, 18 pregnancies occur per 100 couples.

2. How well do condoms work to prevent HIV? Will using male condoms keep me from getting any kind of STI?

Condoms significantly reduce the risk of HIV infection. Condoms prevent 80-95 percent of HIV infections that would have occurred without the use of condoms. For example, there have been a number of scientific studies of couples in which one person is HIV-positive and the other person is not. These studies demonstrated that, with consistent, correct condom use, the HIV infection rate among uninfected partners was less than one out of 100 per year.

Condoms are highly effective in preventing STIs that are transmitted through bodily fluids, such as HIV, gonorrhea, and chlamydia. Condoms are less effective against STIs that are transmitted through skin-to-skin contact, such as genital herpes and warts, because the condom may not cover the entire affected area.

3. What are some advantages of male condoms?

- Safe and easy to use
- Widely available
- Effective when used consistently and correctly
- Provide dual protection
- No hormonal side effects
- Can help with premature ejaculation
- Do not require provider's assistance
- Can be used as temporary backup method of contraception
- Protect from conditions caused by STIs: PID, cervical cancer, infertility

4. What are the limitations of male condoms?

- As typically used, less effective at preventing pregnancy than many other methods
- Require partner communication and cooperation
- Can be damaged by oil-based lubricants, heat, humidity or light
- May reduce sensation
- Can interrupt sex

Answers to Question Set B:

1. I think using a condom means I don't love or trust my girlfriend.

If you are truly concerned about your girlfriend (partner), you will help protect her health by using condoms.

2. If I use condoms, people will think I have HIV/AIDS.

Most people who use condoms don't have HIV or AIDS, and it's because they use condoms to protect themselves.

3. Condoms make sex less enjoyable.

Both partners can still have an orgasm when using a condom. In fact, condoms increase sexual pleasure for some couples by delaying ejaculation. To increase your sexual pleasure, you can try putting the condom on as part of foreplay. You can also use more lubrication to increase sensation. There are also varieties of condoms that are designed to enhance pleasure, such as ribbed, flavored or colored condoms. Remember, if you are worried about HIV and other STIs, you won't be able to enjoy sex anyway.

4. I feel too embarrassed to buy condoms.

Sales clerks are used to handling condoms and don't think twice about it. Go with a friend the first time if it makes you feel more comfortable. You also can get condoms from vending machines, or return to the clinic for more.

Answers to Question Set C:

1. How will you screen Adam for eligibility to use condoms?

There are no medical eligibility requirements for condoms. All men and women can use male condoms, except those with severe allergy to latex.

2. What issues or topics should you cover when counseling a client who has not previously used condoms?

- How to use (with demonstration)
- Importance of correct and consistent use
- Common problems; practices to avoid
- Lubricants
- How many they will need and where to get more
- Use of emergency contraception, if condom breaks or slips, or was not used
- How to talk with partner about using condoms

3. What are the steps of correct condom use?

1. Use a new condom for each act of sex. Check package for date and damage. Tear open package carefully.
2. Place condom on tip of penis with rolled side out.
3. Unroll condom all the way to the base of the penis.
4. After ejaculation, hold rim in place and withdraw penis while it is still erect. Slide condom off, avoid spilling semen.
5. Dispose of condom safely.

2. What practices should Adam avoid?

- Unrolling the condom before putting it on
- Using oil-based lubricants
- Using condoms that may be old or damaged (dried out, brittle, sticky)
- Reusing condoms
- Practicing dry sex

Answers to Question Set D:

1. How will you advise Adam about each of the problems he reports?

- **He has had difficulty maintaining an erection.**
Condoms can make it more difficult for some men to maintain a full erection. Often this is due to embarrassment, which goes away with experience. Making condom use more enjoyable, by integrating it into foreplay, using more lubrication, or using condoms which provide more stimulation (e.g. ribbed condoms) also helps.
- **A few times the condom has slipped off during sex.**
This may be due to using too much lubricant inside the condom. Just a drop is helpful for increasing sensation, but too much can make the condom slip. How long does he wait before withdrawing? Waiting too long to withdraw, when the erection begins to subside, can make it more likely that the condom will slip off.
- **He has had some itching and a red rash on his penis after condom use.**
Suggest that he try a different brand of condom; some men are more sensitive to certain brands or certain lubricants. He may have a mild latex allergy. He may try plastic condoms, if available.

2. What else should you say or do during the session?

Review correct condom use and practices to avoid; ask Adam to describe how he opens a condom package and demonstrate on a model how he puts it on. Correct any errors. Remind Adam about the importance of using condoms with every act of sex. Regarding HIV infection, inconsistent condom use is as risky as not using condoms at all. Ask Adam how many condoms he needs and provide condoms.

Note: The recommendations provided in the Answer Key comply with the guidance in *Family Planning: A Global Handbook for Providers (2018 update)*. If national guidelines are available and provide guidance on these topics, participants should follow the recommendations in the national guidelines.