

Appendix D: Answer Keys for Progestin-Only Pills (POPs) Module Pre- and Post-test

Participant Name _____

Instructions: Circle the letter(s) for the correct answer. Follow specific directions for each section. There is a total of 50 points.

Scoring: Score each correct answer by 1. Multiply total correct answers by 2 to get total percentage. Use whatever passing score is usually used in your country. A commonly used passing score is 80%.

1. What are the primary ways that POPs prevent pregnancy?
 - a. Damaging sperm
 - b. **Thickening cervical mucus to block sperm and preventing the release of eggs from the ovaries**
 - c. Preventing a fertilized egg from embedding in the uterine lining
 - d. Stopping sperm from entering the woman's body
2. A woman comes to you for POPs but you cannot rule out pregnancy. What should you do?
 - a. Have her come back when she gets her next menstrual cycle
 - b. Have her start POPs today anyway
 - c. **Give her POPs today and tell her to begin taking them when her next monthly bleeding begins**
3. If 100 breastfeeding women used POPs as commonly used for one year, typically how many would become pregnant?
 - a. **<1**
 - b. 1
 - c. 2
 - d. 3-10
4. What information should you give a woman with HIV who wants to start POPs?
 - a. **POPs do not protect against sexually transmitted infections, so you still must use condoms**
 - b. POPs are not safe for women with HIV
 - c. POPs are not an effective method for women taking HIV medication

5. Which woman should not use POPs?
 - a. a nulliparous women
 - b. a breastfeeding woman (6 weeks or less)
 - c. **a woman with liver disease (Cirrhosis)**
 - d. a woman age 35 or older
 - e. a woman taking antibiotics for a urinary tract infection
 - f. a woman with high blood pressure
 - g. a woman with HIV
6. Which is not a common side effect of POPs?
 - a. Mild abdominal pain
 - b. nausea
 - c. breast tenderness
 - d. **Weight gain**
 - e. headaches
7. A fully breastfeeding woman comes to see you she is 5 weeks after childbirth and wants to start POPs. What do you do? Tell her to come back to get them in one week when she is 6 weeks after childbirth
 - a. **Give her the POPs to start today**
 - b. Tell her to come back to get them after her monthly bleeding returns
 - c. Give her the POPs today and tell her start taking them in one week when she is 6 weeks after giving birth
8. When a client finishes a packet of 28 pills, she should start the next packet:
 - a. after 5 days
 - b. after 7 days
 - c. **the next day**
 - d. when her menstrual bleeding stops
9. Most side effects women have from POPs are mild and resolve within:
 - a. A week
 - b. **3 months**
 - c. 6 months
 - d. 1 year
10. Which woman would need to use a backup method or abstain from sex when starting POPs?
 - a. A woman who has regular period and whose period began 3 days ago
 - b. A fully-breastfeeding woman with a 5 week old baby
 - c. **A woman who is 6 weeks postpartum and not breastfeeding**
 - d. A woman who had a miscarriage 4 days ago

True or False

Check off either "True" (T) or "False" (F) in the space provided.

11. All the pills in the POP package contain the hormone that prevents pregnancy. T x F
12. As commonly used, POPs are less effective than other hormonal methods for women not breastfeeding T x F
13. POPs must be taken every day at the same time, whether or not a woman has sex that day. T x F
14. POPs can be used by women who are breastfeeding immediately postpartum. T x F
15. POPs not affect the quantity or quality of breastmilk a breastfeeding mother produces. T x F
16. POPs provide protection from STIs. T F x
17. Women do not need a pelvic exam before starting POPs. T x F
18. It's okay for a woman to wait a few days to start a new pack of pills once she finishes the last pack. T F x
19. POPs may be prescribed for women who can't take estrogen. T x F
20. For breastfeeding women who use POPs, monthly bleeding may return faster than breastfeeding women who do not use POPs. T F x

Fill in the Blank

Complete the following sentences with one of these words. (Words may be used more than once.)

Rifampicin	Cannot use methods with estrogen	Migraines with aura	Progestin	daily activity
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21. Linking pill use with a daily activity may help women remember to take their pills.
22. If a woman starts getting migraines with aura after she starts POPs, she may need to switch methods.
23. Most medications can be used safely and effectively with POPs, but women who are taking rifampicin should usually use another method.

24. Unlike COCs, POPs are appropriate for women who cannot use methods with estrogen.

25. POPs contain the hormone progestin.