Combined Oral Contraceptives (COCs): Training Schedule

Total Time: Approximately 9 hours of instruction time

DAY 1			
Time	**Topic**	**Method**	**Resources**
8:00-8:15am	**Welcome and Introduction**	Discussion	Basic Slide Set: Session I, Slide 2
8:15-8:45am	**Pre-test**	Test	Evaluation Tool: The Combined Oral Contraceptives (COCs) Pre-Test
8:45-10:00am	**Session I: Characteristics of COCs** (2 hrs., 30 min)		
	COCs Key Points for Providers and Clients	Discussion	Basic Slide Set: Session 1, Slide 3
	Traits and Types Of COCs	Discussion	Basic Slide Set: Session I, Slide 4
	Effectiveness	Lecturette	Basic Slide Set: Session I, Slides 5-6 and Optional Advanced Slide 2
	Method Effectiveness	Role play	Handouts #1 and #2
	Explaining How COCs Work	Brainstorming	Basic Slide Set: Session I, Slide 7
	Characteristics of COCs	Work Group Activity	Basic Slide Set: Session I, Slide 8
	Why Some Women Say They Like COCs	Discussion	
10:00-10:15am	**Tea Break**		
10:15-11:45am	**Session I, continued**		
	Menstrual-related Health Benefits	Discussion	Basic Slide Set: Session I, Slide 9
	Other Health Benefits	Discussion	Basic Slide Set: Session I, Slide 10 and Optional Advanced Slide 3
	No Overall Increase in Breast Cancer Risk for COC Users	Lecturette	Basic Slide Set: Session I, Slide 11 and Optional Advanced Slides 4-7
	COCs and Cervical Cancer	Lecturette	Basic Slide Set: Session I, Slide 12
	Risk of Blood Clot is Limited	Lecturette	Basic Slide Set: Session I, Slide 13 and Optional Advanced Slides 8-9
	Talking with Clients about Blood Clot and Cancer Risk	Group Activity	
	Side Effects of COCs	Lecturette	Basic Slide Set: Session I, Slide 14
	COCs Fact Sheet	Brainstorming	Handout #3
12:00-1:00pm	**Lunch**		

DAY 1, continued			
Time	**Topic**	**Method**	**Resources**
1:00-2:35pm	**Session II: Who Can and Cannot Use COCs (1 hr, 35 mins)**		
	COCs are Safe for Nearly All Women	Lecturette	Basic Slide Set: Session II, Slide 2
	Who Can and Cannot Use the Pill	Lecturette	Basic Slide Set: Session II, Slides 3-5
	Medical Eligibility Criteria (MEC); Categories 1-4	Brainstorming	Basic Slide Set: Session II, Slides 6-11 and Handouts #4-5
	COC Use By Women With HIV	Discussion	Basic Slide Set: Session II, Slide 12
	COC Use by Postpartum Women	Lecturette	Basic Slide Set: Session II, Slide 13
	Understanding the Checklist For COC Screening	Experiential Learning Exercise	Basic Slide Set: Session II, Slide 14 and Handouts #5-6
	COC Eligibility Checklist	Brainstorming	Handouts #5-6
	COC Eligibility Checklist (2)	Brainstorming	Handouts #5-6
	COC Eligibility Checklist (3)	Brainstorming	Handouts #5-6
3:00-3:15pm	**Tea Break**		
3:15-4:15pm	**Session III: Providing COCs (4 hrs, 10 mins)**		
	When to Start COCs (part 1)	Discussion	Basic Slide Set: Session III, Slide 2 and Handout #6
	When to Start COCs (part 2)	Discussion	Basic Slide Set: Session III, Slide 3 and Handout #6
	When to Start COCs (part 3)	Discussion	Basic Slide Set: Session III, Slide 4 and Handout #6
	Starting COCs	Group Activity	Handout #6
	How to take COCs: Schedule	Discussion	Basic Slide Set: Session III, Slides 5-6

DAY 2			
Time	**Topic**	**Method**	**Resources**
8:00-10:15am	**Session III, continued**		
	How to take COCs: Missed Pills Instructions	Lecturette	Basic Slide Set: Session III, Slide 7-8
	Explaining How to Use COCs	Discussion	
	Key Counseling Topics for COC Users	Discussion/Role play	Basic Slide Set: Session III, Slide 9 and Handout #7
	Correcting Rumors and Misconceptions about COCs	Brainstorming	Basic Slide Set: Session III, Slide 10 and Handout #8
	Follow-up for COCs	Lecturette	Basic Slide Set: Session III, Slides 11-13
	Supporting Method Continuation: Questions to Considers	Brainstorming	
	Coping with COC Side Effects	Discussion	
	Management of COC Side Effects	Discussion	Basic Slide Set: Session III, Slide 14
	Management of COC Side Effects: Bleeding Changes	Lecturette	Basic Slide Set: Session III, Slide 15
10:15-10:30am	**Tea Break**		
10:30am-12:00pm	Warning Signs of Rare COC Complications	Lecturette	Basic Slide Set: Session III, Slide 16
	Problems that May Require Stopping or Switching to Another Method	Lecturette	Basic Slide Set: Session III, Slides 17-18
	COC Side Effect or Health Risk?	Brainstorming	
	Role Plays		Handouts #9-10
	Case Studies		Handouts #11-12
12:00-1:00pm	**Lunch**		
1:00-1:45pm	Summary Post-test, Applied Learning Case Studies and Course Evaluation		Basic Slide Set: Session III, Slide 19 and Evaluation Tools: The COCs Post-Test, Applied Learning Case Studies, and the COCs Course Evaluation