

Appendix G: Female Condom: Answer Keys for Pre- and Post-Test and Applied Learning Case Studies

Name: _____ **Date:** _____

Instructions: Circle the letter(s) for all that apply. (Some questions may have more than one correct answer.) Follow specific directions for each section. There is a total of 20 points.

Scoring: Score each correct answer by 1. Multiply total correct answers by 2 to get total percentage. It is recommended that a passing score is 80% and above.

Multiple Choice

For each of the following questions, circle the letter(s) of the correct answer(s).

1. Which of the following are characteristics of female condoms?
 - A. **Most are made of synthetic rubber and some are made of natural latex.**
 - B. When used correctly with each act of sex, about 2 pregnancies occur per 100 women using the method in the first year.
 - C. Can help men with premature ejaculation.
 - D. **Conduct body heat well.**
2. What are some positive characteristics of the female condom:
 - A. **Female controlled.**
 - B. **Do not require provider's help.**
 - C. More available than male condoms.
 - D. Easy to insert.

True or False

Circle true or false for each statement.

- | | | |
|---|-------------|--------------|
| 3. Oil-based lubricants do not damage most female condoms. | True | False |
| 4. The most common type of female condom is made of natural latex rubber. | True | False |
| 5. Female condoms provide protection from STIs. | True | False |

Fill in the Blank

Complete the following sentences with one of these words.

vaginal infection	condom	rash	coughing	itching
diarrhea	eight	PID	chlamydia	rim
incorrect use	swelling	six	tip	four

6. The female condom may be inserted up to eight hours before sex.
7. When the woman is using topical treatment for vaginal infection, a couple who had been using male condoms should switch to using female condoms or plastic male condoms, or abstain from sex.
8. A primary cause of condoms breaking or slipping is incorrect use.

Appendix G: Applied Learning Case Studies Answer Key

***Note to the Facilitator:** This section should not be graded as part of the post-test. It is an extra section, which will give you an indication of whether the trainee is able to apply what he/she has learned.

Case 1

Read the case and answer the questions.

Nadia is a 24-year-old woman who is in a new relationship. She is worried that her boyfriend may have other relations while traveling for work and has not used condoms. She has asked him to use condoms, but he raised several objections. He had heard that condoms have holes that let HIV through and that they often break, burst or slip off during sex. He thinks that condoms cause serious health problems, like cancer and infertility. And he said that if people see him buying condoms, they will think he has HIV/AIDS. Nadia asks for your help in planning how to talk with her boyfriend about using condoms.

1a) What are some guidelines for negotiating condom use?

Have facts about condoms so you can clarify your partner's misconceptions and concerns. Other negotiation approaches include talking when both partners are relaxed and sober; talking about using condoms in advance, not when the couple is about to have sex; and focusing on caring, respect and coming to agreement.

1b) What are some possible responses to the beliefs and statements about condoms Nadia's boyfriend expressed?

- Condoms have holes that let HIV through.
Condoms have been tested in scientific labs, which found that HIV and other viruses do not pass through undamaged latex or plastic condoms.
- Condoms often break, burst or slip off during sex.
Condoms rarely break or slip if you use them properly and they are not old or damaged.
- Condoms cause serious health problems, like cancer and infertility.
On the contrary, condoms protect people from serious health problems associated with STIs, which include infertility for both men and women, and cervical cancer and pelvic inflammatory disease for women. Condoms can cause irritation or itching in some people; only a very few people have a severe allergy to latex.

1c) What other options can you offer Nadia?

- Suggest that she try female condoms and offer to show her how to use them. Her boyfriend might find them more acceptable.
- Offer her counseling and the opportunity to choose from among other contraceptive options, so she can ensure protection from pregnancy if her boyfriend continues to refuse to use condoms.
- Offer to counsel Nadia and her boyfriend together, if Nadia thinks it would be helpful.

Case 2

You have treated a male client, Adebayo, for chlamydia. He is at high risk for STI exposure, including HIV, and you counsel condom use. He reports that he has used condoms in the past, but doesn't like them because of the way they reduce sensation. He has also had occasional problems maintaining an erection while using a condom and while putting it on.

2a) How will you counsel Adebayo?

- Because Miriam is now having headaches with aura, she is no longer eligible to use progestin- Counsel him on his risk for STIs, including HIV, how these infections are transmitted, and that condoms are the only way to reduce that risk. Ask him to demonstrate how he puts the condom on and correct any errors.
- Explain that many men may experience a reduction in sensation from condom use, but there are ways to address this. Tell him that it is normal for men to experience problems with erections from time to time, and condoms may be one of the factors contributing to that.
- Suggest ways for increasing sensation during sex.
- Suggest that he invite his partner to come with him for counseling if he thinks that would be helpful.

2b) What could you Adebayo do to help increase sensation and pleasure while using condoms?

Put a drop of water-based or silicone-based lubricant inside the tip of the condom before putting on the condom. To increase enjoyment and reduce embarrassment, make putting on the condom part of sex. Ask his partner to put the condom on the penis while stimulating him. If his partner agrees, he may also try using female condoms. The looser fit may be more comfortable for him, and synthetic rubber female condoms conduct body heat better than latex male condoms, which makes the female condom feel more natural.