Family Planning Devices and Counselling

Experiment 4 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To identify contraceptive devices and counsel within an informed-choice role play.

Principle

Contraception options differ in mechanism, duration, user action, suitability and protection against sexually transmitted infections.

Key Points

- Identify condoms, oral-method packaging, intrauterine devices and implant models.
- Condoms also help reduce STI transmission; most other contraceptives do not.
- Eligibility and insertion of clinical devices require qualified assessment.

Activity Procedure

1. Identify

Inspect dummy devices and state route, duration category and user responsibility.

2. Compare

Explain reversible options, typical-use considerations and STI protection.

3. Role play

Ask about preferences and answer respectfully without pressuring a choice.

4. Refer

Direct suitability or procedure questions to the qualified service.

Record and Observations

Field	Activity record
Device / method	_____
Mechanism / user action	_____
Suitability question	_____
Counselling / referral	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use teaching models and respect privacy.
- Do not practise invasive procedures during these role plays.

Viva Questions and Answers

1. Why use plain language?

It helps the learner understand and act on the advice.

2. Why use teach-back?

It checks understanding through the learner's explanation or demonstration.

3. What should be recorded?

Observed performance, agreed actions and any referral concern.

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