

DMPA-SC

A Training Presentation for Providers

June 2018



PATH/Patrick McKern



Introduction



Welcome

- Introductions
- About this training
- “Getting to know you” activity

Training objectives

- Describe the different types of injectable contraceptives.
- Explain how DMPA-IM (Depo) and DMPA-SC (Sayana Press®) are similar and how they are different.
- List counseling messages about injectable contraceptives and DMPA-SC.
- Demonstrate how to screen clients for eligibility for DMPA-SC reinjection.
- Show how to handle sharps safely, including DMPA-SC.
- Show how to give an injection with DMPA-SC.
- Demonstrate how to counsel clients on self-injection.

Acknowledgements and Copyright

The content in these materials were originally developed by FHI 360 and PATH and made possible through the generous support of the American people through the United States Agency for International Development (USAID) under the Advancing Partners & Communities (APC) cooperative agreement number AID-OAA-A-12-00047, funded September 28, 2013, and implemented by JSI Research and Training Institute, Inc., in partnership with FHI 360 and under the terms of HealthTech Cooperative Agreement #GPH-A-00-01-00005-00. The information provided is not official US Government information and does not represent the views or positions of USAID or the US Government.

The Federal Ministry of Health is adapting these materials for the training of providers in collaboration with other implementing partners in Nigeria

Copyright © 2016, PATH. All rights reserved.

The material in this document may be freely used for educational or noncommercial purposes, provided that the material is accompanied by an acknowledgement line.

What is DMPA?



Learning objectives

- Explain what injectable contraceptives are.
- Explain what the acronym DMPA stands for and what kind of injectable contraceptive DMPA is.
- Describe how DMPA works.
- List the different names of DMPA.

What are injectable contraceptives?

- Very effective, long-lasting, reversible method of contraception.
- Are like a natural hormone made by a woman's body.
- Injected with a syringe in the muscle (IM) or in the fatty tissue (subcutaneous or SC)
- Released slowly into the blood from the injection site.

Two types of injectable contraceptives

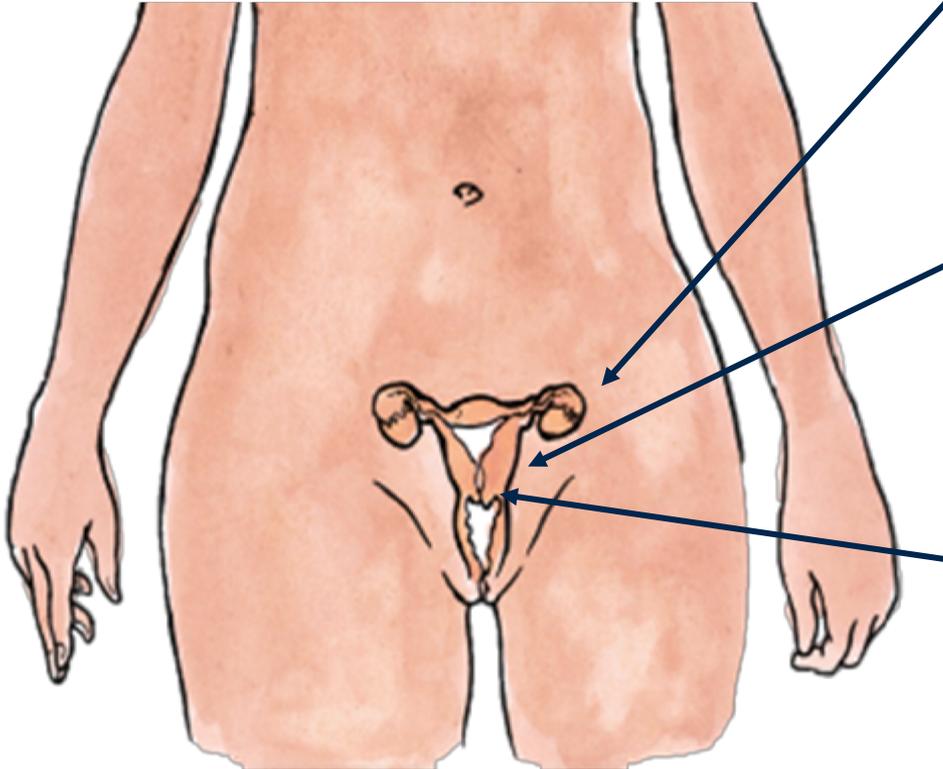
Combined injectables.

- Made with estrogen and progestin combined. They will not be covered in this training.

Progestin-only injectables.

- Made with progestin.
- There are two kinds: norethisterone ethanate (NET-EN) and DMPA.

How do progestin-only injectables work?



- They prevent ovulation (the release of eggs from the ovaries).
- They prevent implantation of an egg by keeping the walls of the womb thin.
- They prevent sperm from entering the womb by thickening the mucus at the opening of the womb.

What is DMPA?

- DMPA is the most common progestin-only injectable.
- DMPA is reinjected every 3 months (13 weeks).
- DMPA can be given in muscles (upper arm and buttocks) or under the skin (abdomen and thigh)
- DMPA can have different brand names or names that show how it is injected (IM or subcutaneous). Some of these names are:
 - **Depo-Provera[®]**
 - **Depo-IM**
 - **Sayana[®] Press**

Why women might like DMPA

- Safe and effective
- Easy to use and long lasting
- Cheaper compared to other contraceptives
- Can be discontinued without a provider's help
- Does not interfere with sex
- Can be used privately and reversible
- Can be used by breastfeeding women
- Eventually most women stop their monthly

Why women might not like DMPA

- Like other drugs, it has side effects, mainly menstrual changes.
- Action cannot be stopped immediately.
- Might take more time to become pregnant after stopping.
- Provides no protection against STIs/HIV.

Practice talking about DMPA

Instructions:

- Review the “DMPA Fact Sheet.”
- Find a partner.
- Pretend you are a new client interested in DMPA and ask your partner questions.
- Use the fact sheet to tell if your partner answers correctly or give him/her feedback as needed.
- Switch places with your partner when the facilitator signals.

What have you learned about DMPA?

1. What are injectable contraceptives?
2. What type of injectable contraceptive is DMPA?
3. How does DMPA work?
4. What are some different names for DMPA?
5. What are some reasons women may like DMPA?
6. What are some reasons women may dislike DMPA?

What is Uniject™?



Learning objectives

- Explain what Uniject is and how it works.
- Name the parts of a Uniject.
- Explain the expected benefits of Uniject.

What is Uniject?

An injection system that is:

- Single-dose
- Prefilled
- Easy to use
- Not reusable
- Small in size



Parts of Uniject

Reservoir

Will be 3/4 full
Large air bubble is normal

Valve

Prevents re-use

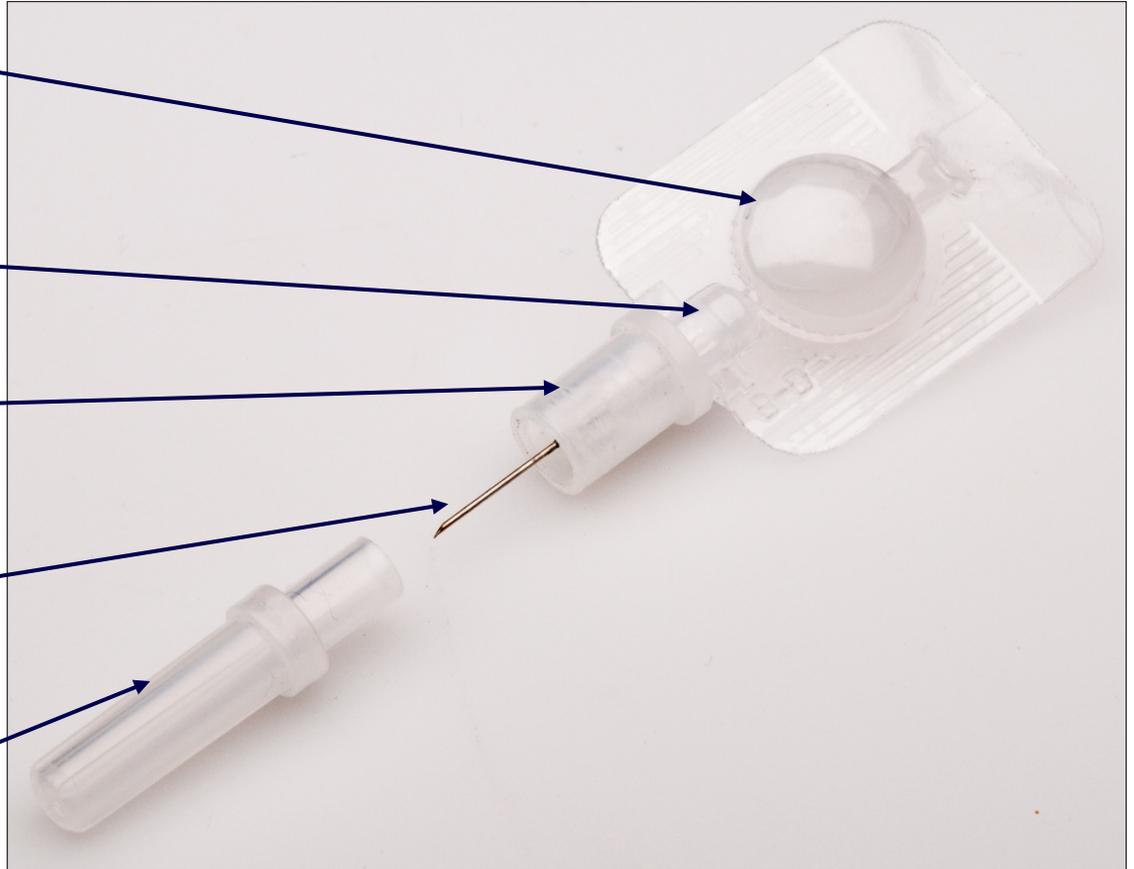
Port

Hold Uniject here to prepare
and inject

Needle

9.5 mm for DMPA-SC

Needle shield



Expected benefits of Uniject

- Allows more women to receive injectable contraceptives:
 - Easier and quicker to use.
 - Less waste to dispose of
 - Community-based providers can reach women in the community.
- Helps the injection to be safe:
 - Prefilled with correct dose.
 - Assures sterile injection.
- Clients may prefer the smaller needle.

QUIZ

What have you learned about Uniject?

1. Where should you hold the Uniject while you are preparing it and injecting it?
2. Is it normal to see a large air bubble in the Uniject reservoir?
3. How is the length of the Uniject needle for DMPA-SC different from a needle for DMPA-IM?
4. What are some of the expected benefits of Uniject?

DMPA-IM and DMPA-SC: Two presentations of the same formula



Learning objectives

- Describe the key features of DMPA-SC.
- Describe how DMPA-IM and DMPA-SC are similar and how they are different

What is DMPA-SC?

- A new presentation of DMPA.
- Lower dose than DMPA-IM.
- Injected into the fatty tissue under the skin.
- Only available in Uniject in most countries.

How DMPA-IM and DMPA-SC are similar

Both DMPA-IM and DMPA-SC:

- Are progestin-only injectable contraceptives.
- Are made with the same drug, DMPA.
- Are delivered every 3 months (13 weeks).
- Have a similar reinjection grace period.
- Are equally effective.
- Have the same side effects, except that DMPA-SC might cause temporary irritation at the injection site.

How DMPA-IM and DMPA-SC are different

Feature	DMPA-IM	DMPA-SC
Mg/dose	150 mg	104 mg
Package	Vial and syringe	Prefilled Uniject syringe
Type of injection	Intramuscular (deep into the muscle)	Subcutaneous (in the fatty tissue under the skin)
Where to inject	<ul style="list-style-type: none">• Arm (deltoid muscle)• Hip• Buttocks	<ul style="list-style-type: none">• Anterior thigh (front of thigh)• Abdomen• Back of arm
Skin irritation	Skin irritation at injection site is not likely	Skin may be a little irritated at injection site

QUIZ

What have you learned about DMPA-IM and DMPA-SC?

1. How often do you give a DMPA-SC injection?
2. How are DMPA-IM and DMPA-SC injection sites different?
3. What extra side effect might a woman experience with DMPA-SC compared to DMPA-IM?
4. How else is DMPA-SC different from DMPA-IM?

Screening clients who wish to continue using DMPA



Learning objectives

- Describe who can and cannot continue using DMPA.
- Demonstrate how to make sure the client is on time for her injection.
- Demonstrate how to find the client's next injection date.
- Explain what to do if the client is late for reinjection.

Who can use DMPA

Any woman of reproductive age who desires an effective, reversible, and long-lasting method, including a woman who:

- is breastfeeding a baby who is at least 6 weeks old.
- has or has not had children.
- cannot or does not want to use other methods (i.e., those containing estrogen).
- has a sexually transmitted infection including HIV (DMPA may be used, but male or female condoms must also be used if a woman or her partner are at risk).
- is taking medicines, including ARVs to treat AIDS.



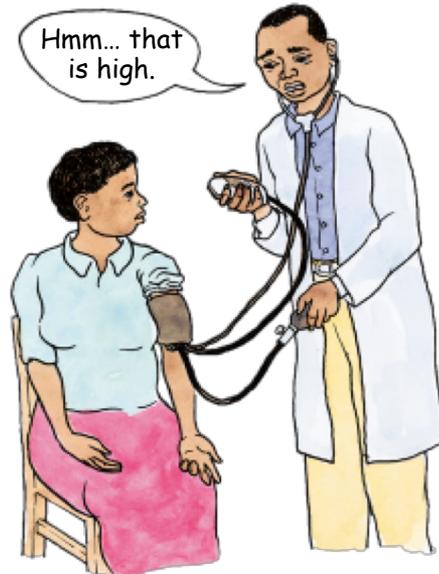
Who should not continue using DMPA (part 1)

Your client must stop using DMPA if she:



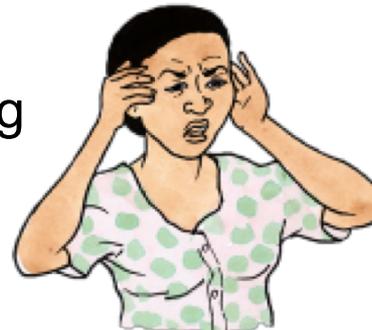
becomes pregnant

develops very high blood pressure



is told she has breast cancer

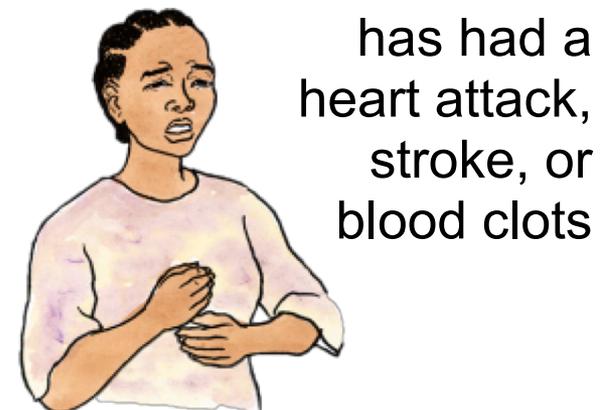
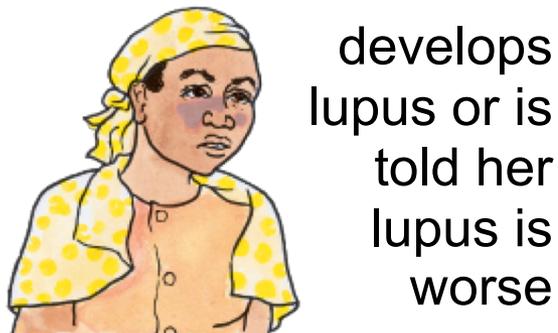
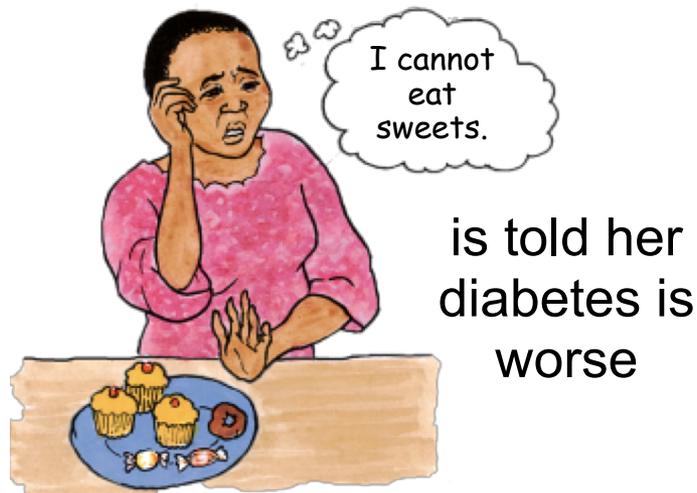
starts having very bad headaches



Source: WHO, 2010.

Who should not continue using DMPA (part 2)

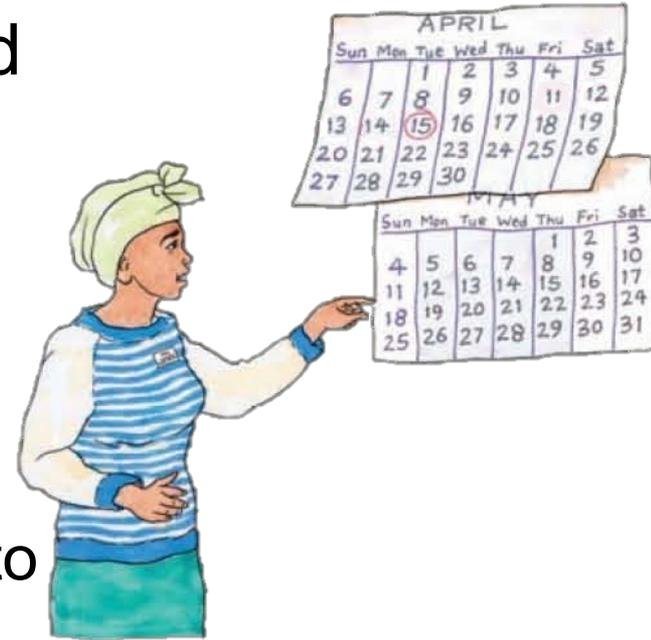
Your client must stop using DMPA if she:



Source: WHO, 2004; updated 2008.

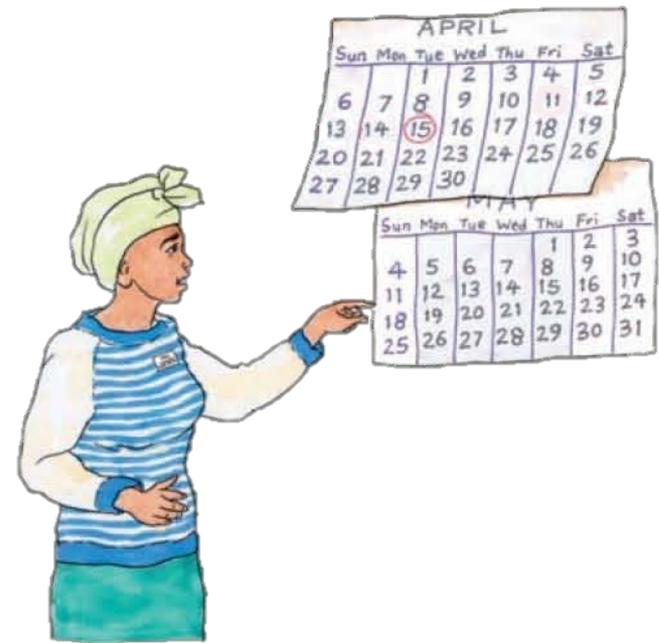
Check that your client is on time for reinjection

- Find out when your client received her last DMPA injection.
- Count 13 weeks from her last injection to find her reinjection date.
 - If today is her reinjection date, she can get the injection.
 - If she is up to 2 weeks early or up to 4 weeks late, she can get the injection.
 - If she is more than 4 weeks late, follow late reinjection procedure.



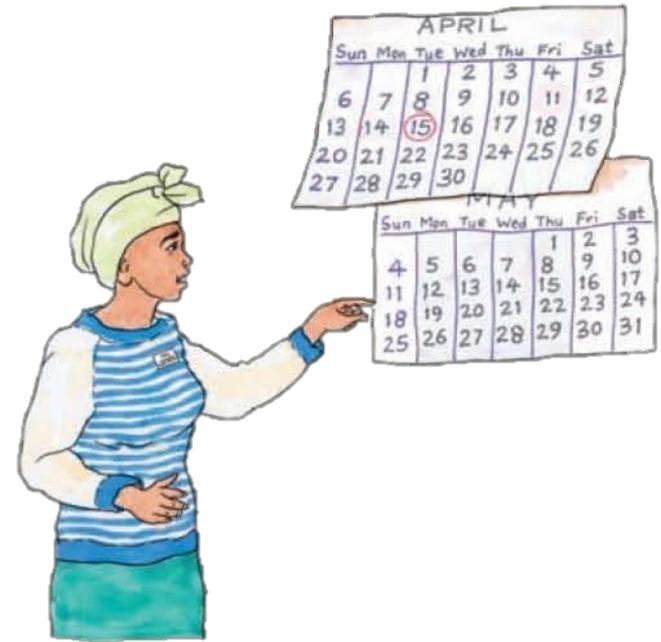
What if my client is more than 4 weeks late for reinjection?

- If your client is more than 4 weeks late for reinjection, you must rule out pregnancy before giving the injection.
- If you rule out pregnancy and give the injection, the client must use a back-up method (e.g. male and female condoms) for 7 days.
- After 7 days, the client will be protected by the DMPA.



What if my client is more than 4 weeks late and pregnancy cannot be ruled out?

- Tell her that she might be pregnant and what she must do next to find out if she is pregnant.
- If she does not get the injection, tell her that she must use condoms or not have sex until she can get another injection.



Check that your client is on time for reinjection

- Use the practice calendars with a partner to calculate the reinjection window if your client received her last injection on the following dates:

DMPA-SC given	Reinjection date	Last day to inject without ruling out pregnancy
10 December 2018		
9 January 2019		
12 March 2019		
4 July 2019		

- What should you do if your client received her last injection on 12 March 2019 and arrives for reinjection on 13 July 2019?

2018

January						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2019

January						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

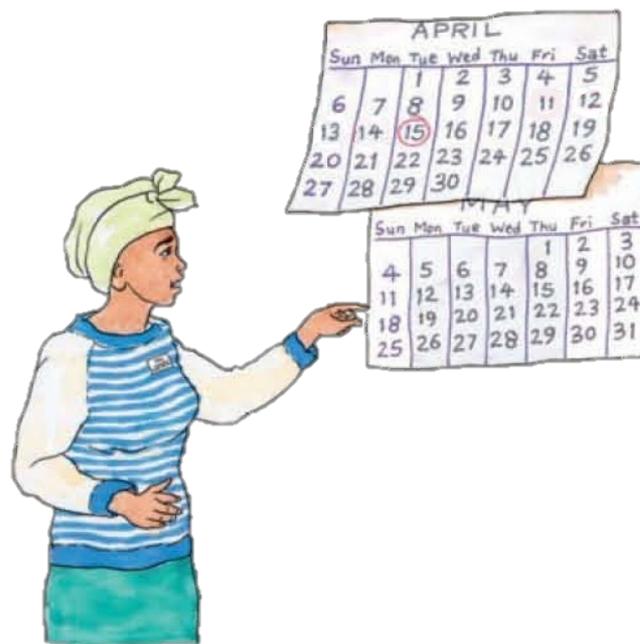
October						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Decide the next injection date

- Use a calendar to count 13 weeks from today. This is the reinjection date.
- Write the reinjection date, and the type of injection you have just given (DMPA-SC), on the client's reminder card.
- Tell her if she is late for her next injection, she should use condoms or not have sex until she gets another injection.



Decide the next injection date

- Use the practice calendar with a partner to calculate the next injection date if you give your client DMPA-SC on each of the following dates:

Injection date	Next injection date
21 November 2018	
7 February 2019	
16 June 2019	
10 September 2019	

- How will you help your client remember when to get her next DMPA-SC injection?
- What should your client do if she will be late for reinjection?

2018

January						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

February						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

April						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

August						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2019

January						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

What have you learned about screening clients?

1. What are some examples of women who can use DMPA?
2. What are some examples of women who should stop using DMPA?
3. What should you do if your client has one of the health problems that make her ineligible for DMPA?
4. What should you do if your client is 3 weeks late for reinjection?
5. What should you do if your client is 5 weeks late for reinjection?

Safe storage of DMPA-SC and safe handling of sharps



Learning objectives

- Explain how to safely store and transport DMPA-SC.
- List the ways of handling needles safely.
- Describe how to protect yourself and your clients from infection and needle stick injury.

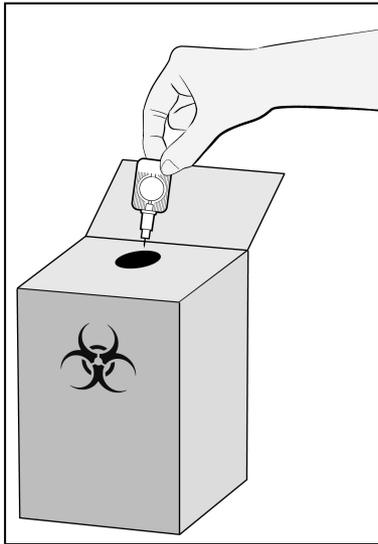
Safe storage and transport of DMPA-SC

DMPA-SC is stored and transported in the same way as DMPA-IM in a vial:

- Store at room temperature (do not refrigerate).
- Store and transport away from direct sunlight and heat.
- Store out of reach of children and animals.

Safe handling of needles

Discard the needle immediately.



Return the used safety box when it is 3/4 full to your supervisor or the health care facility.



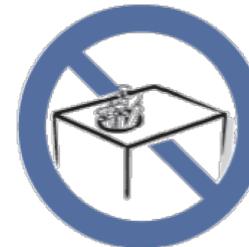
Do not touch the needle.



Do not recap the needle.



Do not dispose of used needles in anything other than a safety box.



Do not overfill the safety box.

Preventing infection

- Wash hands with soap and running water before and after giving an injection.
- Handle sharps carefully to reduce needle stick injuries.
- Always use a safety box.

Caring for a needlestick injury

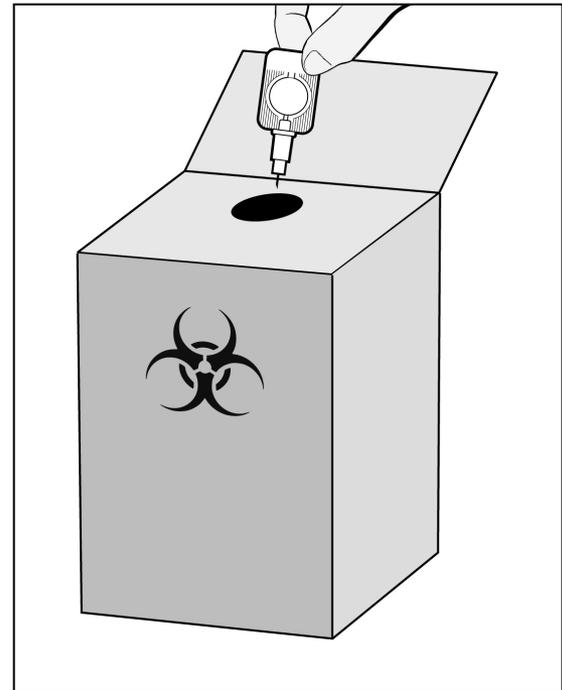
- Immediately, wash the site with soap and running water only.
- Do not put anything else on the site after washing.
- Report needlestick injuries immediately to your supervisor.

GROUP ACTIVITY

Practice assembling a safety box

Instructions:

- Put a safety box together following the instructions on the box.



QUIZ

What have you learned about safe storage of DMPA-SC and safe handling of sharps?

1. How should DMPA-SC be stored and transported?
2. What are the ways to handle needles safely?
3. What can you do to help prevent infection from a needlestick injury?
4. What should you do in case of a needlestick injury?

How to give DMPA-SC injection



Learning objectives

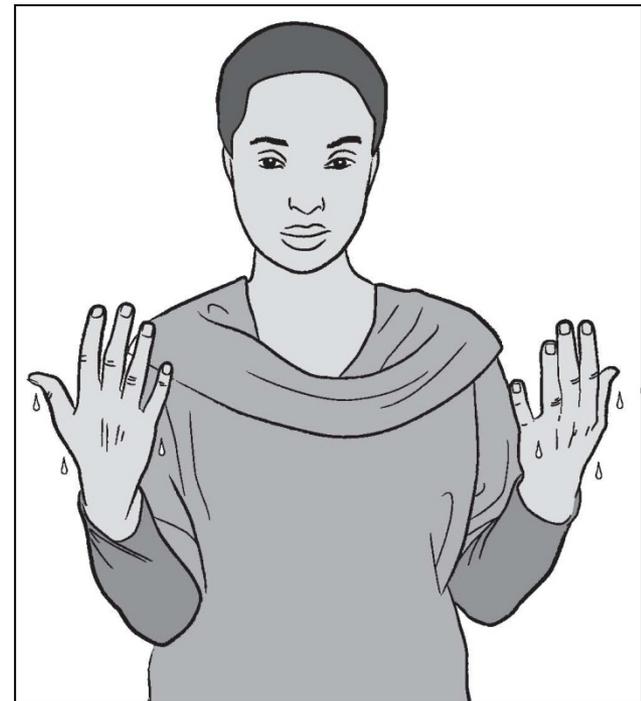
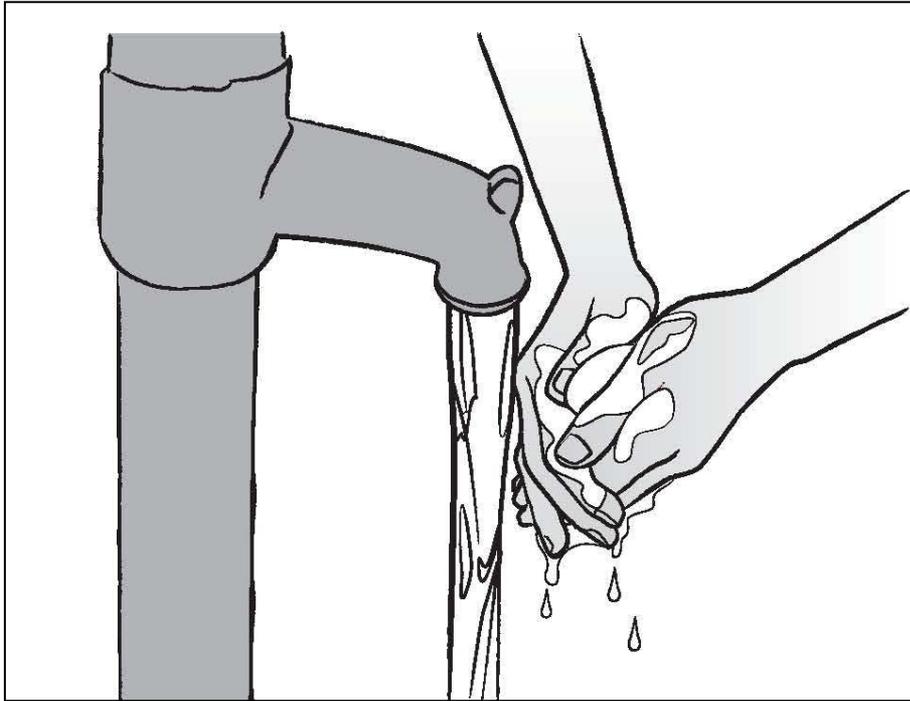
- Prepare the Uniject for injection.
- Identify the three appropriate injection site areas.
- Give an injection with DMPA-SC in the correct way.
- Follow safe disposal methods.

Prepare the supplies needed for injection

Make sure that you have all the supplies and equipment you need.



Handwashing

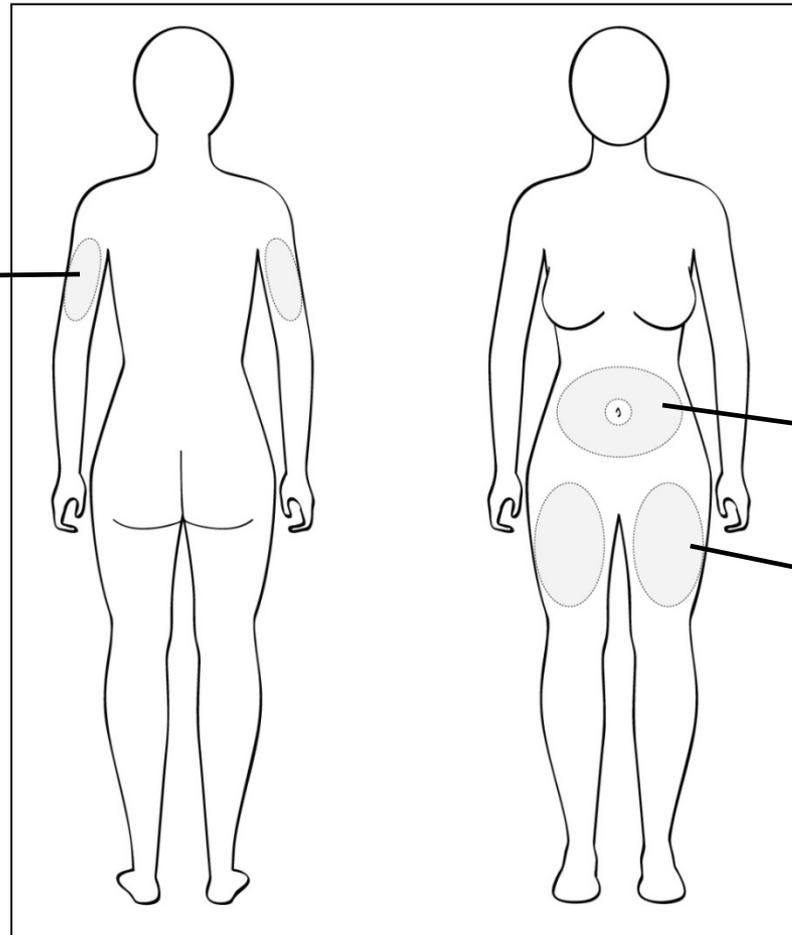


- Wash your hands after you have set out your supplies and before you give the injection. This helps prevent infection.
- Wash your hands well with soap and running water.
- Let your hands air dry.

Choose an injection site

Ask your client which site she prefers:

in the
back of the
upper arm



in the abdomen
(not at the navel)

on the front of
the thigh

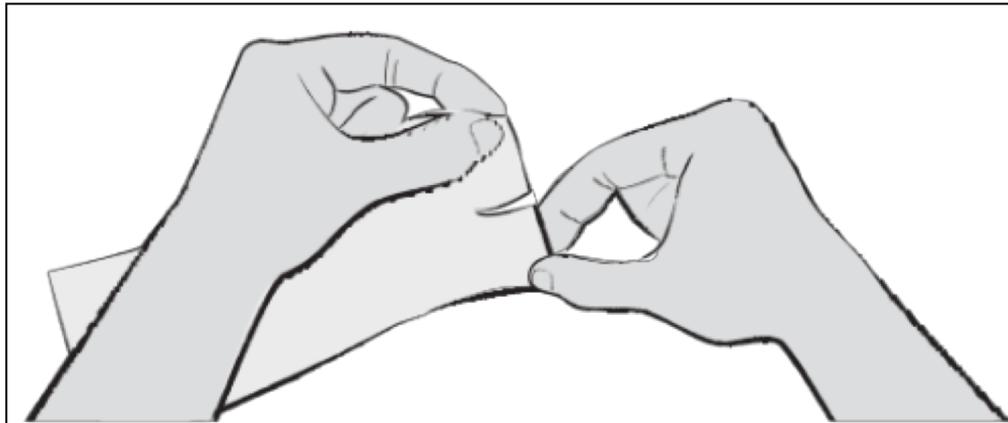
Clean the injection site if needed



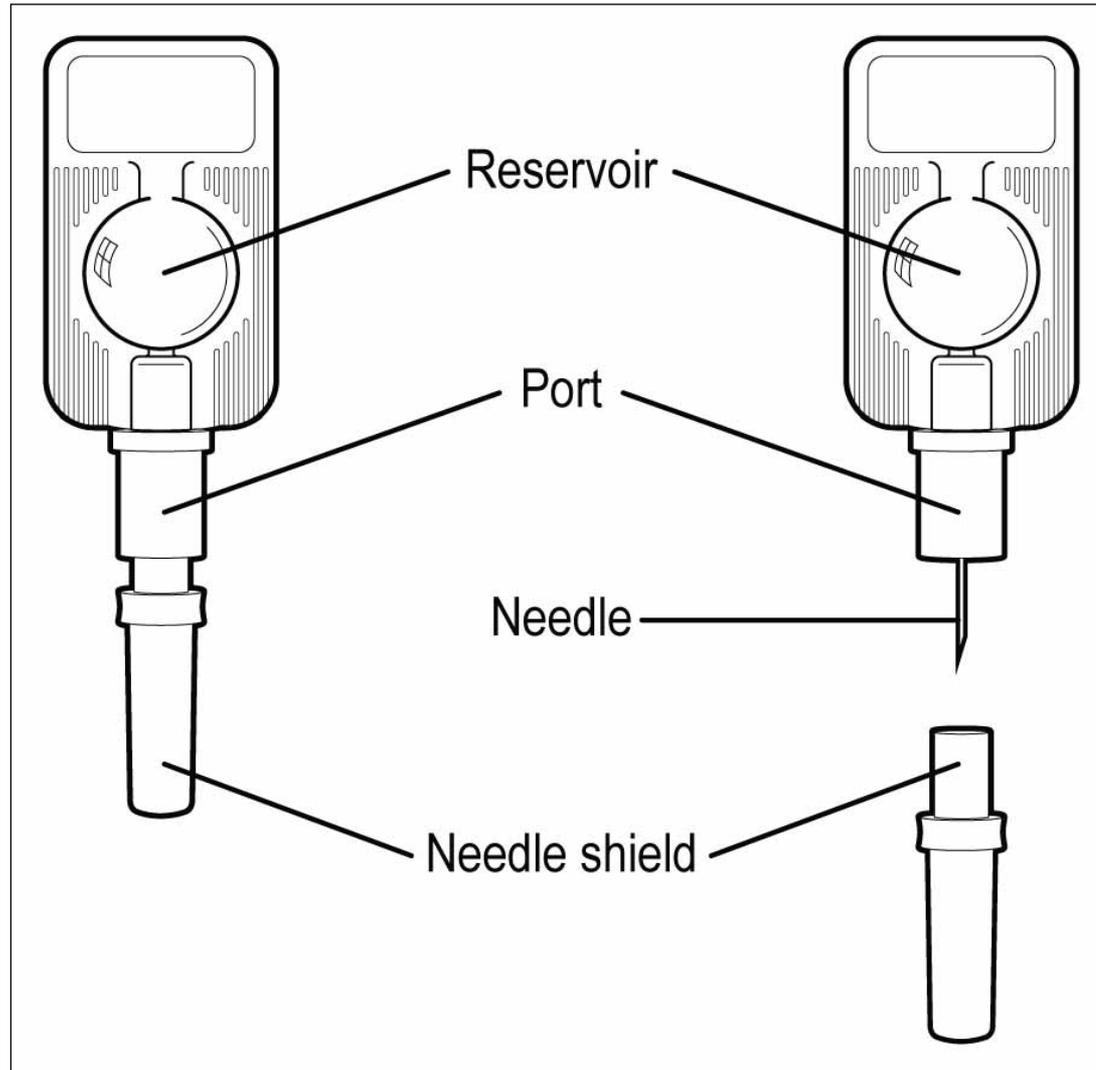
If the skin where you will give the injection is dirty, clean it with a cotton ball soaked in clean water.

Open the pouch

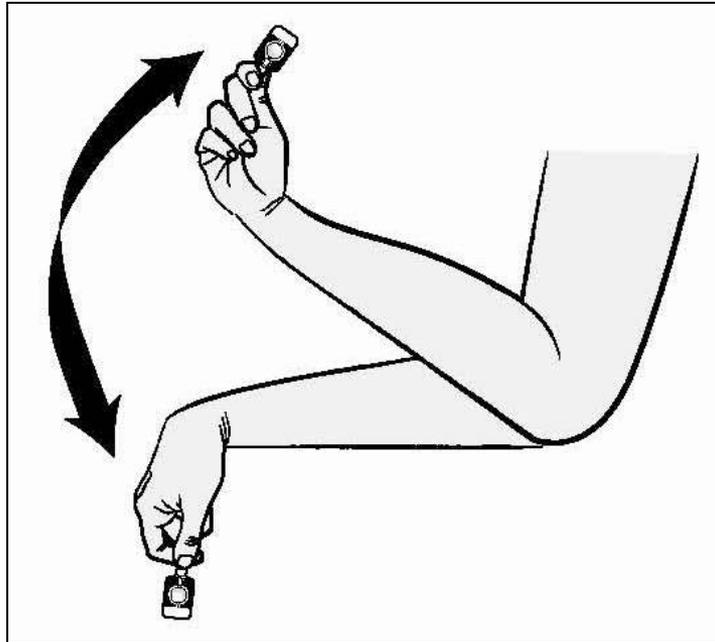
- Check the expiration date on the pouch.
- Open the foil pouch and remove the Uniject.
- Make sure it is at room temperature.



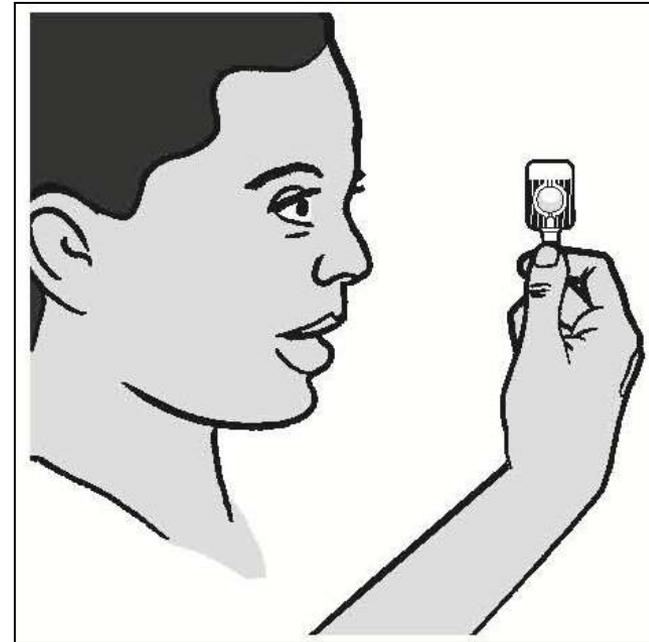
Review of the parts of Uniject



Mix the solution

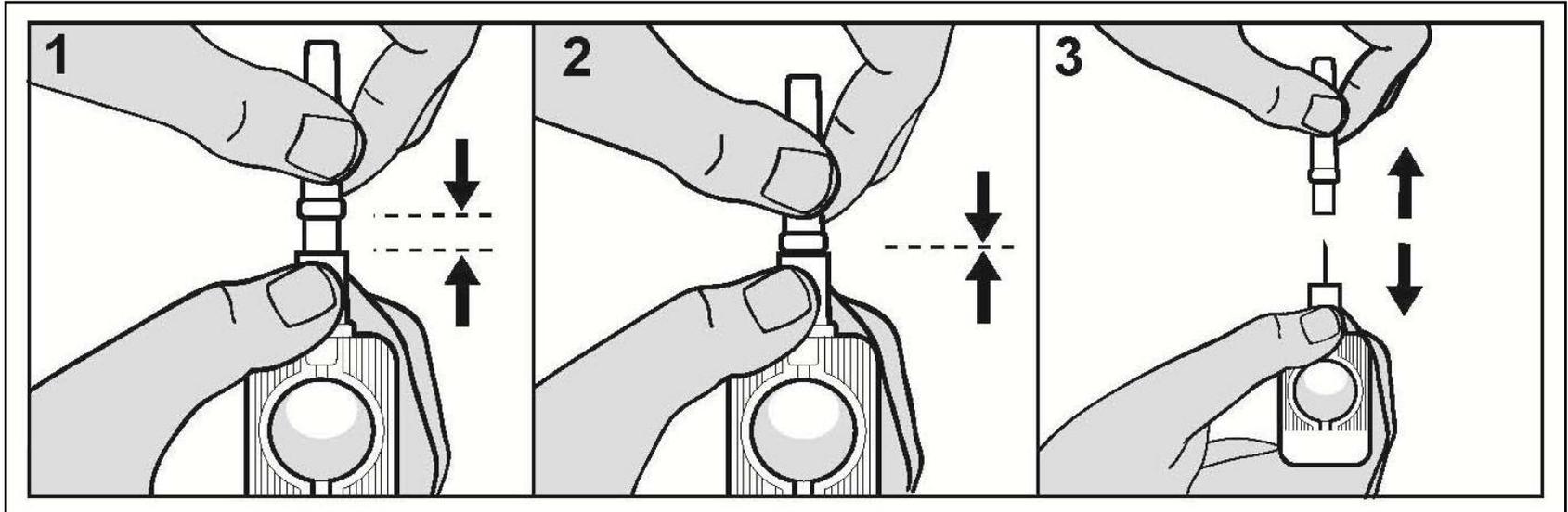


- Hold the Uniject by the port.
- Shake it vigorously for 30 seconds.



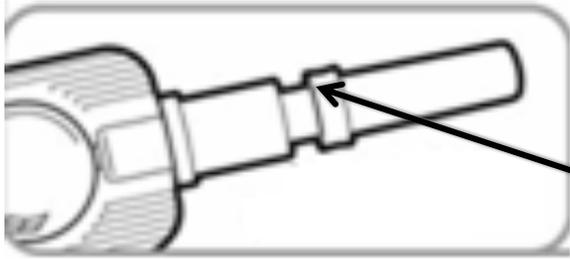
- Check to make sure the solution is mixed and there is no damage or leakage.

Activate the Uniject



- Hold the Uniject by the port.
- Keep the Uniject pointed upward during activation to prevent spilling the drug.
- Push the needle shield into the port.
- Continue to push firmly until the gap between the needle shield and port is closed.
- Remove the needle shield.

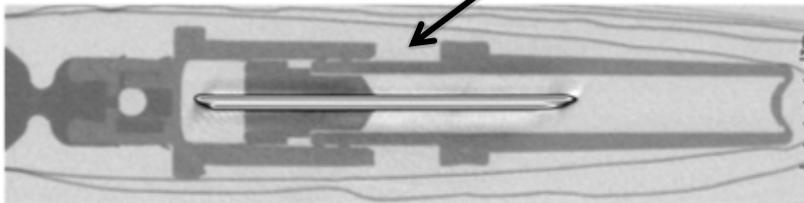
What is the gap?



Drawing



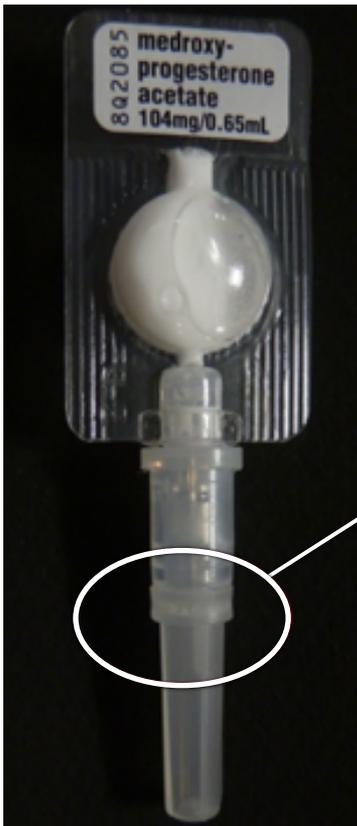
Photograph



Inside the Uniject (X-ray)

Gap

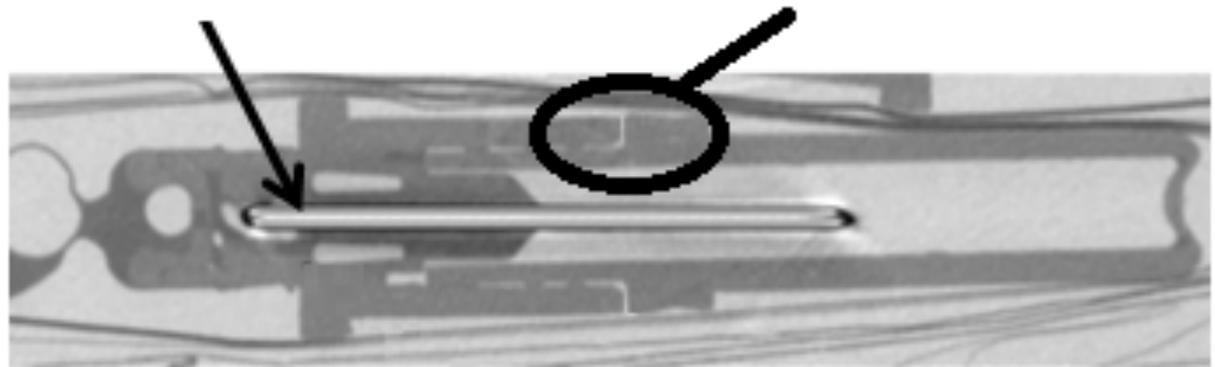
Why is it important to close the gap completely during activation?



Gap is closed

Photograph

- The needle is pushed through a barrier that holds the DMPA.
- The DMPA goes into the needle.
- **Then, the injection will work.**



Gap is closed

Inside the Uniject (X-ray)

What happens if the gap is not completely closed during activation?

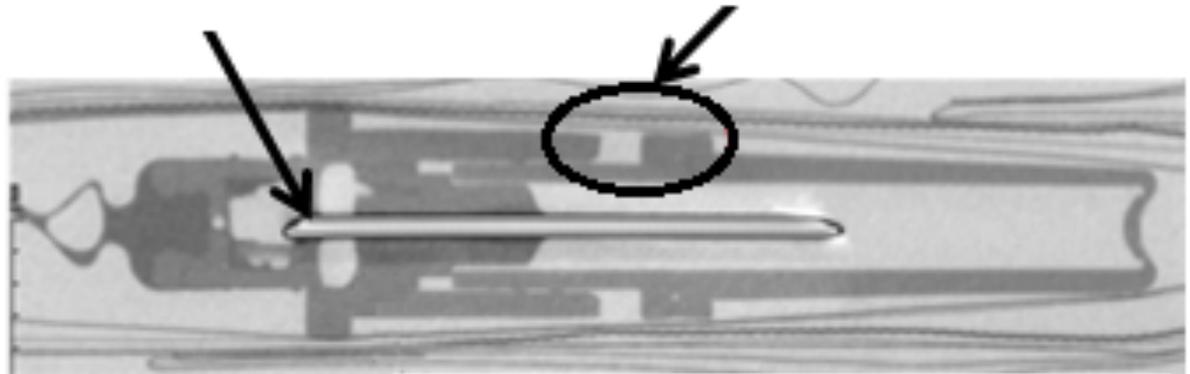


Gap is only partly closed

Photograph

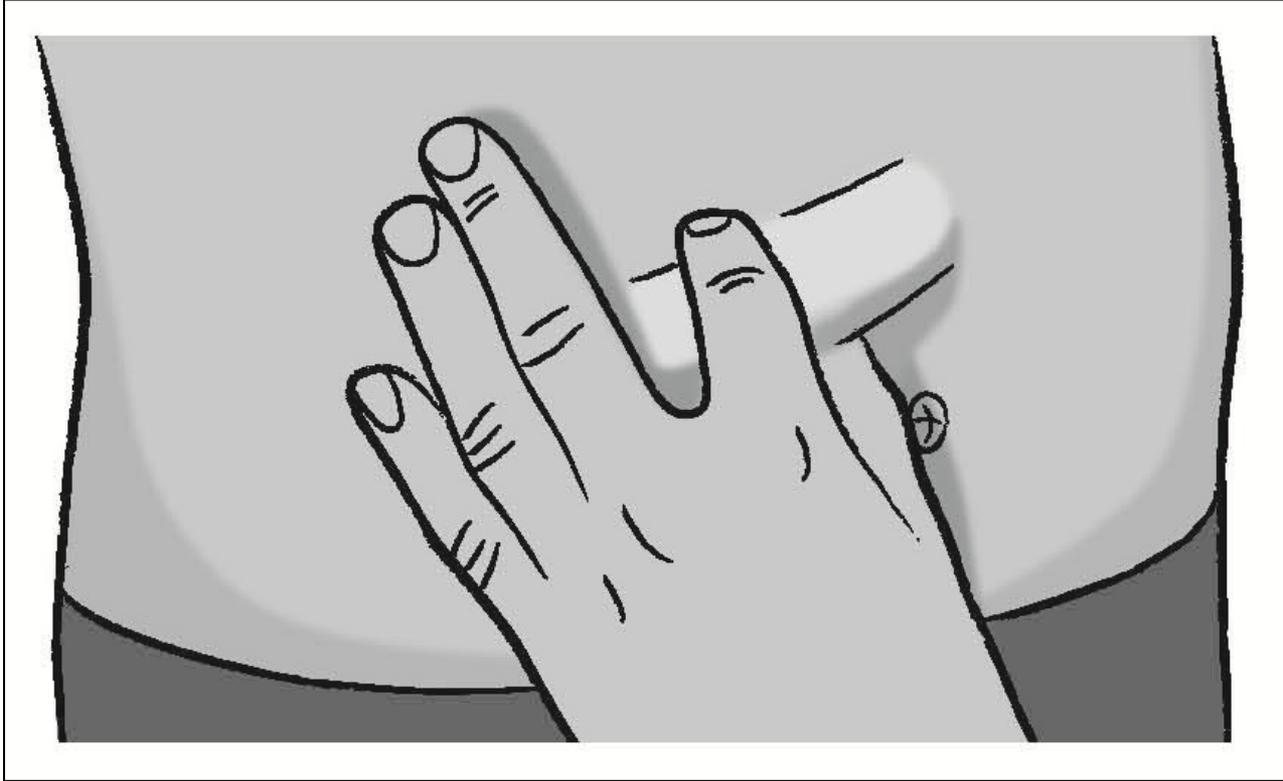
- The needle is only partly pushed into the barrier that holds the DMPA.
- The DMPA cannot go into the needle
- **Then, the injection will not work.**

Gap is only partly closed



Inside the Uniject (X-ray)

Gently pinch the skin at the injection site



The pinch is important to make sure DMPA-SC is injected into the fat, and not into the muscle.

Positioning the needle for injection

- Insert straight into the skin at a downward angle.
- A slight downward angle helps prevent injection of air.
- Needle should never be pointed upward during injection.

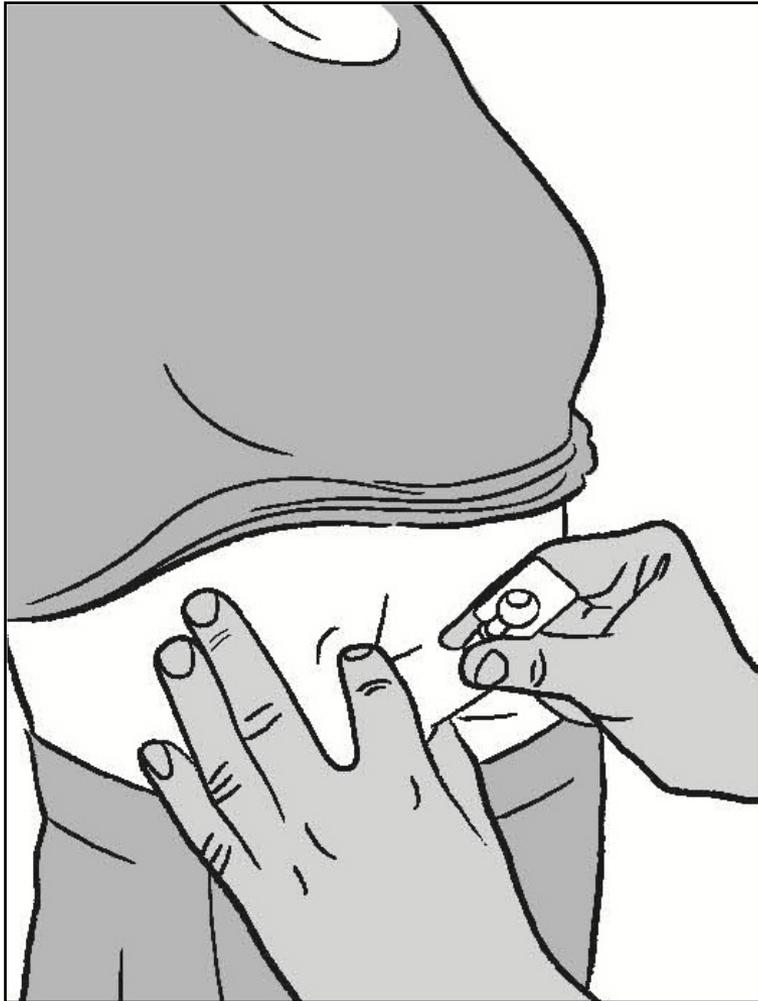


Insert the needle (arm)



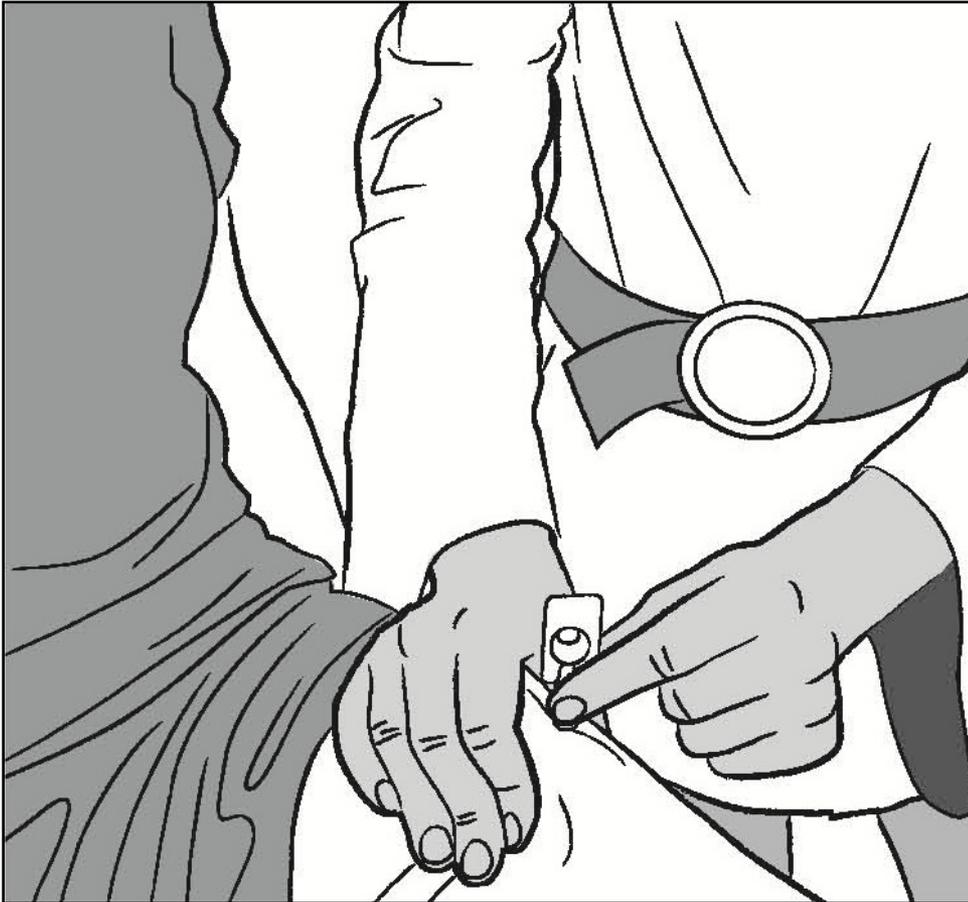
- Hold port while inserting.
- Insert at a downward angle.
- Port should touch the skin.

Insert the needle (abdomen)



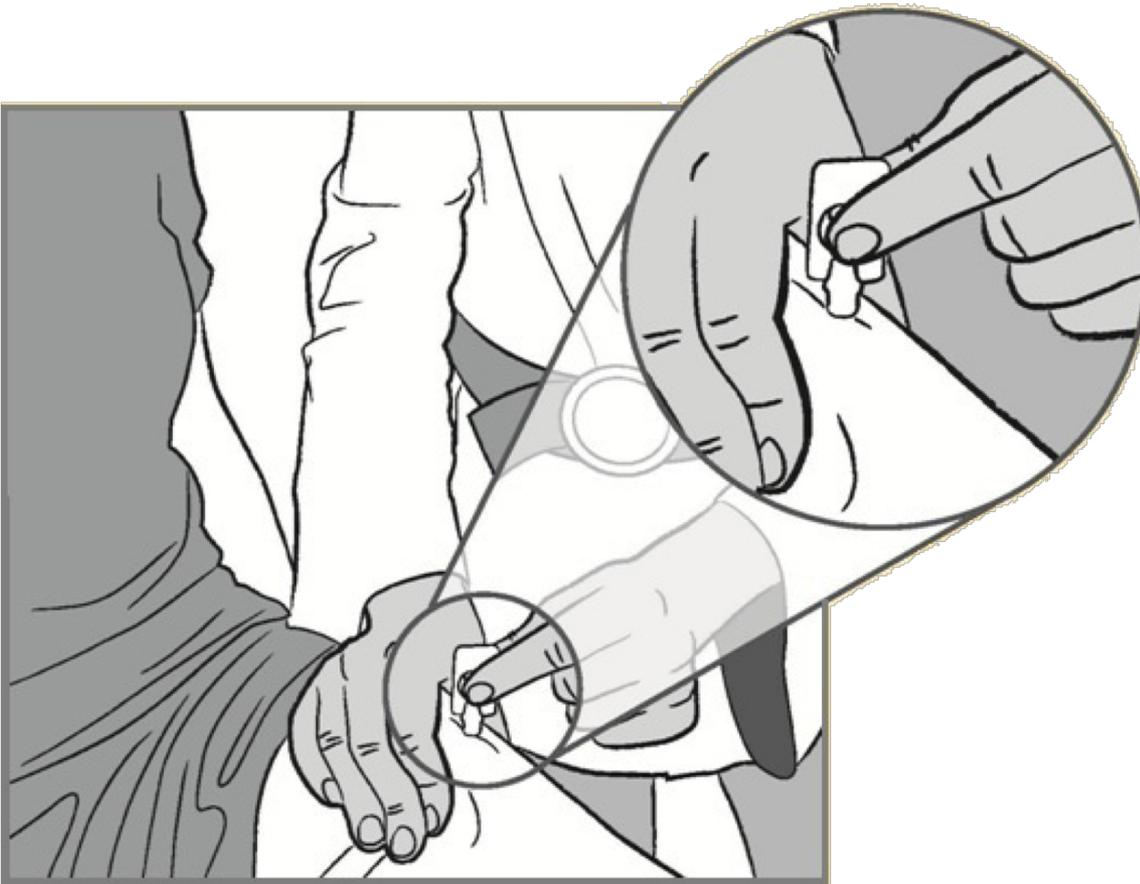
- Hold port while inserting.
- Insert at a downward angle.
- Port should touch the skin.
- **Avoid the navel.**

Insert the needle (thigh)



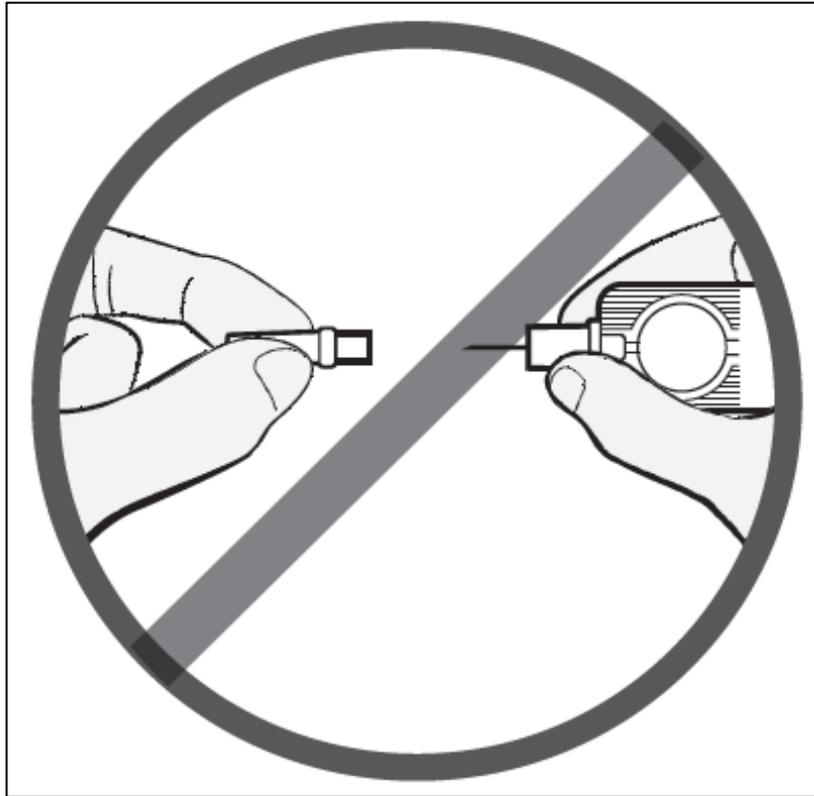
- Hold port while inserting.
- Insert at a downward angle.
- Port should touch the skin.

Squeeze the reservoir

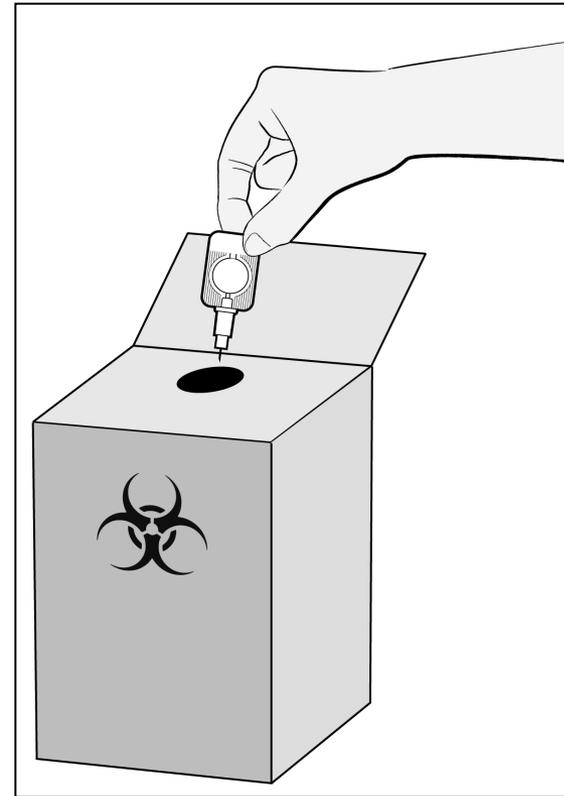


- Squeeze the reservoir slowly—5 to 7 seconds.
- **Do not** clean or massage the site after injecting.

Discard the Uniject



- Do not replace the needle shield onto the Uniject.



- Place in safety box.

GROUP ACTIVITY

Practice giving injections on models

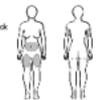
Follow the instructions on the “DMPA-SC Injection Job Aid for Providers.”

FOR PROVIDERS

Sayana Press Injection Job Aid

Medroxyprogesterone acetate—104 mg/0.65 ml suspension in the Unject™ injection system

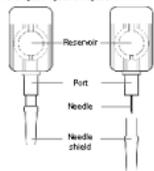
STEP 1: Select an injection site
Sayana Press can be given on the back of the upper arm, the abdomen (not at the navel), or the front of the thigh. Clean the site if needed.



STEP 2: Open the foil pouch and remove Unject
Check the expiration date.



STEP 3: The Unject injection system



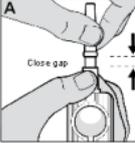
STEP 4: Mix the solution

- Hold the Unject by the port and shake vigorously for approximately 30 seconds.
- Do not bend the Unject.
- Check to make sure Sayana Press is mixed and there is no damage or leaking.
- Mix again if there is a delay before you give the injection.



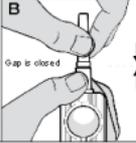
STEP 5: Activate the Unject

A



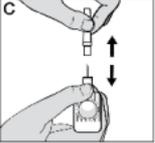
Close gap

B



Gap is closed

C



Remove the needle shield

- Hold the Unject by the port.
- Push the Unject upward during activation to prevent dripping.
- Push the needle shield firmly into the port.
- If the gap is not fully closed, you will not be able to squeeze the reservoir during injection.
- Remove the needle shield.

USAID
PATH

STEP 6: Gently pinch the skin at the injection site
This creates a “tent” for inserting the needle.



STEP 7: Insert the needle at a downward angle

- Continue to hold the Unject by the port and insert the needle straight into the skin at a downward angle.
- The port should have full contact with the skin to ensure the needle is inserted at the correct depth.

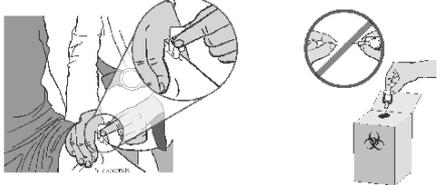


STEP 8: Squeeze the reservoir

- You should not aspirate.
- Squeeze the reservoir slowly (5 to 7 seconds).
- It is OK if there is a little medication left in the reservoir.

STEP 9: Discard the Unject

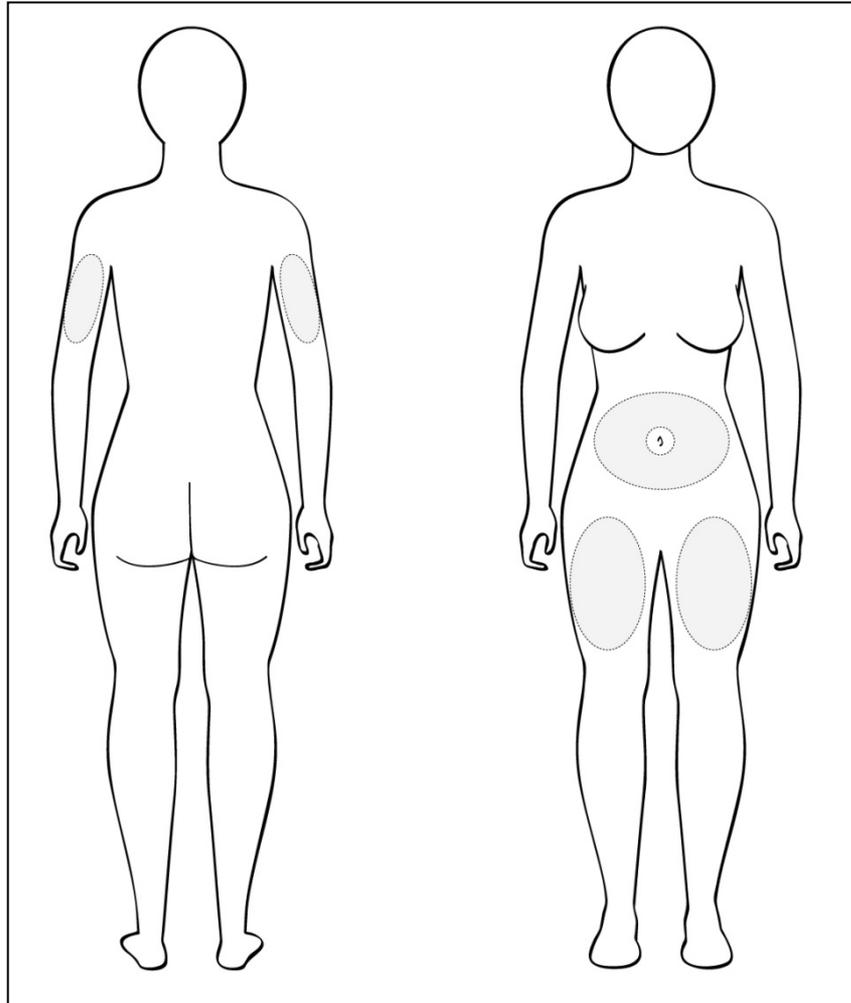
- Do not replace the needle shield.
- Immediately discard the Unject in a puncture-proof container.



Copyright © 2013, Program for Appropriate Technology in Health (PATH). The material in this document may be freely used for educational or noncommercial purposes, provided that the material is accompanied by an acknowledgment line.
Sayana Press is a registered trademark of Pfizer, Inc. Unject is a trademark of BD.

GROUP ACTIVITY

Practice finding the injection site



Giving DMPA-SC

Instructions:

- Select two volunteers.
- Show the three locations where a DMPA-SC injection can be given.
- With a capped Uniject, show where the needle will be inserted and how it will be angled.

Giving DMPA-SC

Instructions:

- Select a volunteer.
- Describe the process of giving an injection with DMPA-SC while showing it on a practice injection arm.
- Repeat with another volunteer.

How to counsel clients on DMPA-SC self-injection



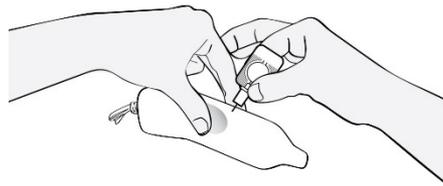
Learning objectives

In this session, you will learn how to advise clients on:

- Proper storage of DMPA-SC.
- Proper disposal of DMPA-SC.
- Proper DMPA-SC self-injection technique.
- How to calculate their reinjection date.
- When to seek help from a provider.

Prepare supplies needed for client counseling

Gather the supplies you need to train your client.



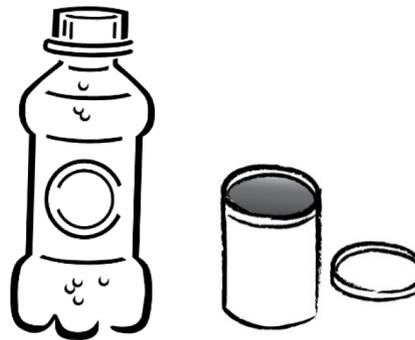
Injection models



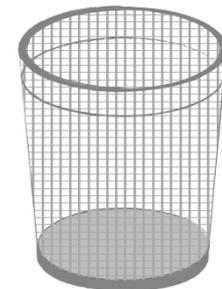
DMPA-SC



Soap and water



Examples of sharps disposal containers



Waste basket

DMPA-SC storage

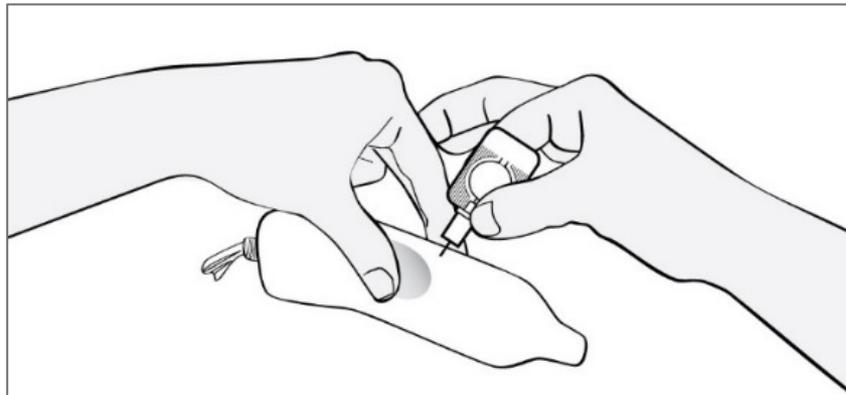
- First, you will talk with your client about storage of DMPA-SC.
- She will need to find a safe place:
 - Out of reach of children or animals.
 - Away from extreme heat or cold—it should not be stored in direct sunlight or a refrigerator.
 - Where it will be safe for at least 3 months.
- Ask your client for ideas on where she will store DMPA-SC.
- Tell your client that she should avoid touching the needle, both before or after her injection.
- Explain that touching the needle is dangerous for her and others, as it could cause injury or infection.

DMPA-SC disposal

- You will discuss with your client how to safely dispose of DMPA-SC.
- Show and explain **Step 11** in the booklet.
- Remind her that the needle should not be touched.
- Show the client examples of disposal containers:
 - They should have lids and be puncture-proof.
- Ask your client what container she plans to use for device disposal immediately after her injection.
- After putting the device in a container, she can either:
 - Give the device to a health worker for safe disposal.
 - Throw out the device in a pit latrine.
- She should NOT put the device in a waste basket or toilet.
- Ask her how she plans to dispose of the device.

Demonstrate injection technique

- You will show your client how to give an injection on the model.
- Use booklet **Steps 1–10** as a guide.
- The client should follow along in the booklet by turning the pages while you show her each step.
- Be sure to give the client time to become familiar with the booklet as you proceed through the steps.

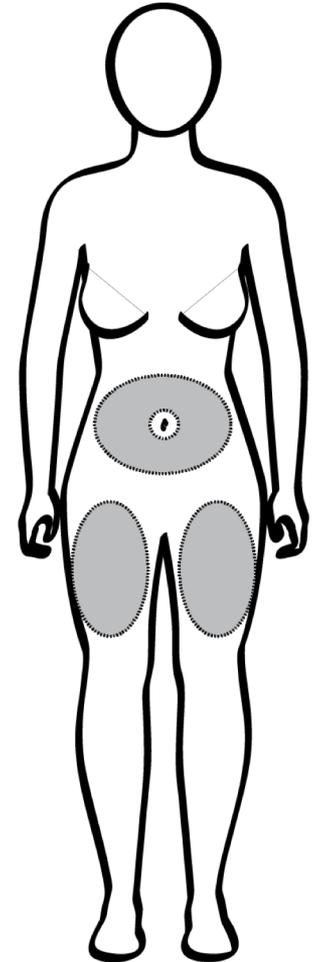


Client practice on an injection model

- Using **Steps 1–10** in the booklet, emphasize:
 - Step 2: Selects an appropriate injection site and cleans it if needed.
 - Step 4: Mixes the liquid by shaking the device vigorously for about 30 seconds.
 - Step 5: Pushes the needle cap and port together to activate the device.
 - Step 7: Pinches the “skin” at the injection site to form a “tent”.
 - Step 9: Presses the reservoir slowly to inject for about 5 to 7 seconds.
- Use the observation checklist to record her performance while she practices. She should be able to correctly demonstrate each of the steps (especially the 4 critical steps in the checklist) before she is allowed to inject herself.
- Discuss what did and did not go well.

Client self-injection

- Allow her to inject herself when she is ready while observing **to make sure that the 4 critical steps are carried out.**
- **If she correctly completes the 4 critical steps, inform her that her next self injection must also be provider-supervised.**
- **If she correctly completes the 4 critical steps during her second visit, you can provide her with NOT MORE than 2 units of DMPA-SC to take home for subsequent re-injections.**



Client self-injection cont'd

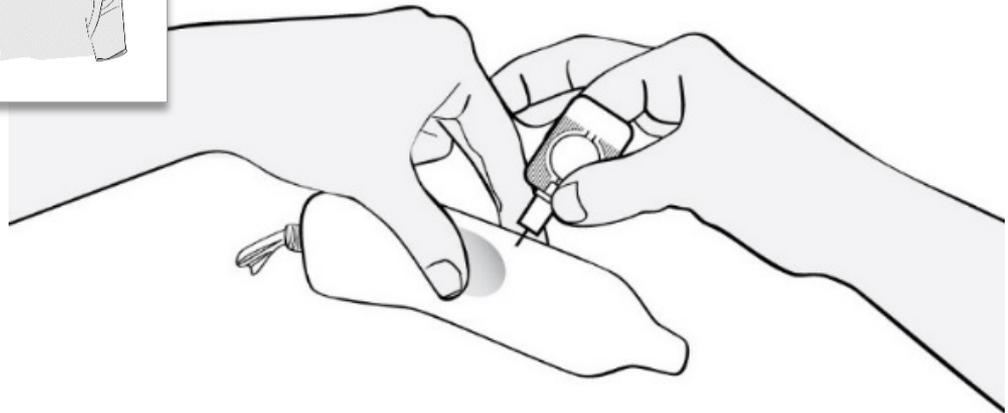
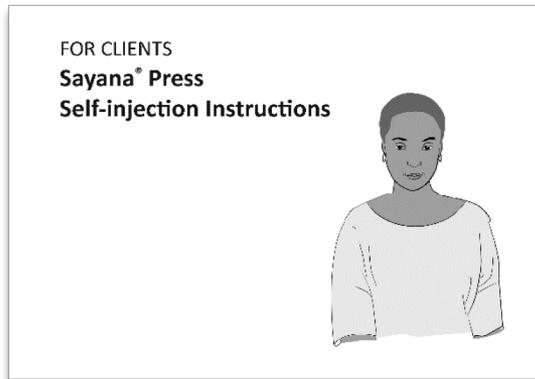
- If she is unsuccessful at the initial visit, review the missed steps with her and inform her that she will have the opportunity to practice self-injection on herself during her next visit
- If she correctly completes the 4 critical steps during her revisit, inform her that her next self injection must also be provider-supervised.
- If she correctly completes the 4 critical steps during her third visit, you can provide her with NOT MORE than 2 units of DMPA-SC to take home for subsequent re-injections
- If she is also unsuccessful at the second attempt, inform her that provider administration is the best option for her.

Client self-injection cont'd- Summary

- Clients should be given 2 additional doses of DMPA-SC for self-injection only if they successfully carry out 2 consecutive provider-supervised self-injections.
- Clients who unsuccessfully attempt self-injection on 2 consecutive visits should be informed that provider administration is the better option for them

GROUP ACTIVITY

Practice training clients how to self-inject



GROUP ACTIVITY

Role playing provider and client

Instructions:

- Work in pairs.
- Take turns role playing as the provider and client.
- Each “provider” should counsel the “client” on:
 - How to safely store the device.
 - How to safely dispose of the device.
 - How to give an injection.

GROUP ACTIVITY

Role playing provider and client

After the role play, discuss with your partner:

- What did the provider explain clearly?
- What was difficult to understand?
- Did the provider cover all the information?

Teach your client how to calculate reinjections

- Your client needs to learn how to calculate her next injection date to help ensure that she is protected from pregnancy.

You will:

- Explain to your client that it is important for her to reinject with DMPA-SC at 3 months to prevent pregnancy.
- Explain that the blank calendar will help her calculate her next injection date.
- Review booklet **Step 12** with the client.

The image shows a grid of 12 blank monthly calendars for the year 2016, arranged in a 3x4 layout. Each calendar is a small grid with columns for days of the week (Mon, Tues, Wed, Thurs, Fri, Sat, Sun) and rows for weeks. The months included are January, February, March, April, May, June, July, August, September, October, November, and December. The calendars are intended for a client to mark their injection dates.

Teach your client how to calculate reinjections

- The client will need to circle her current injection date on the calendar, count 3 months, and then circle the next injection date.
- She should write the dates in the booklet if possible:
 - You may need to coach clients on how to write dates.
 - It is best to write the month name instead of a number, such as “2 November 2015.”
 - If she cannot write, she may need to rely on the circled dates.
- Help her practice by giving her some example dates to circle, write, and count 3 months ahead.

Teach your client how to calculate reinjections

Month 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Injection 1



Month 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Month 2						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Month 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Injection 2



Injection 1 2 November 2015

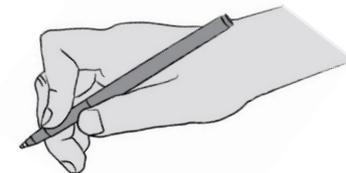
Injection 2 _____

Injection 3 _____

Help your client remember her reinjection date

- Discuss with your client ways she can remember her reinjection date, such as:
 - Crossing off each week on the calendar.
 - Noting whether the reinjection date is the same as holidays, market days, or other events.
 - Asking a friend, partner, or family member to help her remember the date.
- Identifying ways to remember is especially important for clients with limited reading skills.

Month 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Explain the reinjection window to your client

- The World Health Organization recommends the same reinjection window for both DMPA-IM and DMPA-SC.
- If your client is within **2 weeks before** or **4 weeks after** her scheduled injection date, she can still give herself an injection and be protected against pregnancy.

Month 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Month 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

Scheduled
reinjection
date

OK to inject

OK to inject

Explain the reinjection window to your client

- This guideline applies to all clients, including those who are HIV positive.
- If your client misses her *scheduled* reinjection date but is within the “window,” she should count 3 months from her *actual* injection date when calculating her next injection.
- Explain the reinjection window to the client using the instruction booklet.

Explain the reinjection window to your client

Month 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Month 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OK to inject

Month 2						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Month 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OK to inject

**Next
scheduled
injection
date**

Explain how to recalculate the reinjection date

Month 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OK to inject

Month 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Scheduled date



Actual date



OK to inject

Month 5						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Month 6						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Month 7						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

14

Next reinjection date

Explain when a client should not self-inject

- If the client is **more than 2 weeks before** or **4 weeks after** her scheduled reinjection date.

OR

- If she **does not remember** the date of her last injection.

- **She should NOT give herself a DMPA-SC injection.**
- **She should contact her health worker.**
- **She should use condoms or not have sex to avoid unintended pregnancy until she speaks with a health worker.**

Role playing provider and client

Instructions:

- Work in pairs to role play as the “provider” and “client.”
- You will act out a scenario:
 - a. Your client was scheduled to give herself an injection on June 6. However, she calls you on June 21 and asks if it is okay to inject. How would you advise her?
 - b. Your client has limited reading skills. How would you train her to use the DMPA-SC calendar to schedule her injection?

Common side effects and other information

- Explain to your client that the side effects of DMPA-IM and DMPA-SC are the same.
- Common side effects are not cause for concern:
 - Lack of menstrual flow
 - Heavy or irregular menstrual flow
 - Headaches
 - Changes in mood or sex drive
 - Weight gain or loss
 - Abdominal pain
 - Weakness or tiredness
 - Acne
 - Breast pain
- If your client experiences pain, dimpling, or hardening at the injection site, she should contact you or a health facility.

Returning to fertility after stopping DMPA-SC

- After stopping use of DMPA-SC, it may take time for your client to become pregnant.
- Most women will get pregnant within 6 months of their last injection.
- Explain this clearly to your client.

HIV and STI prevention

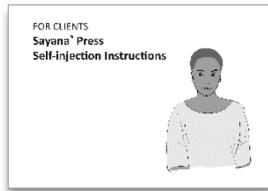
- Explain to clients that DMPA-SC does not protect from HIV or other sexually transmitted infections (STIs).
- Women at high risk for HIV infection should use condoms in addition to DMPA-SC.
- Offer condoms to your clients for protection against HIV and other STIs.

Before your client leaves

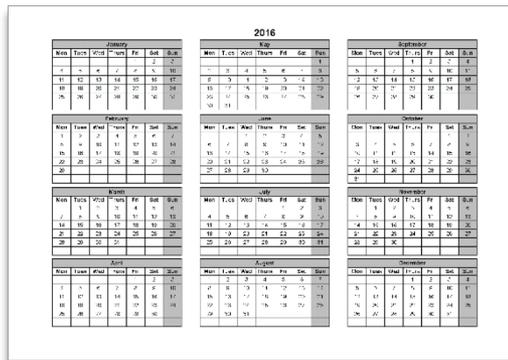
- Ask your client if she has any questions.
- Encourage your client to contact you or a health facility in case she has questions ~~about side effects, health issues, or her reinjection.~~
Provide a phone number if possible.
- Check the DMPA-SC expiration date to make sure **none of the additional units the client is taking home will** not expire before her upcoming injection(s).
- **In the case of giving a client additional doses with different expiry dates, remind her to use the product with the earlier expiry date first**
- If the client decides not to use DMPA-SC, she should return the product to the health facility. She should NOT sell or give DMPA-SC

Client self-injection package

- Send the client home with:
 - DMPA-SC instruction booklet.
 - Calendar marked with the client's reinjection dates.
 - DMPA-SC unit(s).
- Put all of these items in an envelope or plastic bag.



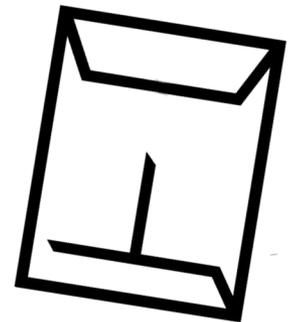
Self-injection instruction booklet



Reinjection calendar (folds into the instruction booklet)



DMPA-SC unit(s)



Envelope or plastic bag to carry all client supplies

Review: Topics to cover with your client

- ✓ Safe storage
- ✓ Safe disposal
- ✓ How to give an injection
- ✓ How to calculate the reinjection date
- ✓ The reinjection window
- ✓ Common side effects
- ✓ Injection site reactions
- ✓ Return to fertility
- ✓ HIV and STI prevention
- ✓ Expiry dates of additional units
- ✓ Information and supplies to take home

Final exercise: Conducting reinjection visits



GROUP ACTIVITY

Conducting reinjection visits

Follow the instructions on the job aid to decide if clients are eligible to receive DMPA-SC.

FOR COMMUNITY-BASED PROVIDERS

DMPA Reinjection Job Aid

- STEP 1** Ask the client if she still wants to prevent pregnancy. Then ask if she wants to get another injection.
- STEP 2** Check your records to see when you last gave her an injection.
- STEP 3** If today is her scheduled return date, go to Step 4. If she is early or late for her injection, look at a calendar to find out if she is within the reinjection window.
- Instructions to find out whether a client is within the reinjection window are in Box 1 on page 2 of this job aid.
- STEP 4** Explain that women with certain serious medical problems should not get the injection. Ask her whether a doctor or nurse has told her she has a medical problem.
- If she has a medical problem, go to Box 3 on page 2.
 - If she has not been told she has a medical problem, go to Step 5.
- STEP 5** Give her the injection.
- Follow the steps for safe injection you learned in training.
- STEP 6** Talk to her about side effects.
- Remind her that most changes to bleeding are normal and not harmful. Talk to her about what to do if she has questions or does not feel well.
 - Refer her to the health center for care of any side effects that are a problem for her.
- STEP 7** Look at the calendar to plan the date for her next injection. This will be 13 weeks from today. Remind her of the importance of coming back on time and discuss how she will remember.
- Remind her that she can talk with you, a doctor, or a nurse if she has any questions or problems.
 - Tell her that if she is ever more than 4 weeks late for an injection, she should use condoms or not have sex until she gets another injection.
- STEP 8** Remind her that the injection will not protect her from HIV or other STIs.
- Tell her to use a condom in addition to the injection if she is at risk.

THE REINJECTION WINDOW

During the reinjection window you can safely give your client the injection without checking if she is pregnant. Your client is in the reinjection window if she returns up to:

14 days (2 weeks) early
or
28 days (4 weeks) late

See Box 1 on page 2.



What if she is not within the reinjection window?

You will need to ask her questions to make sure she is not pregnant before you can give her the injection.

See instructions in Box 2 on page 2.

Final discussion

- What questions do you have?
- Do you have questions about the job aids?
- What feedback do you have about the way the training was done?
- How well prepared do you feel to provide DMPA-SC to clients?

- 109• What would you like to know more about?

Thank you!!!