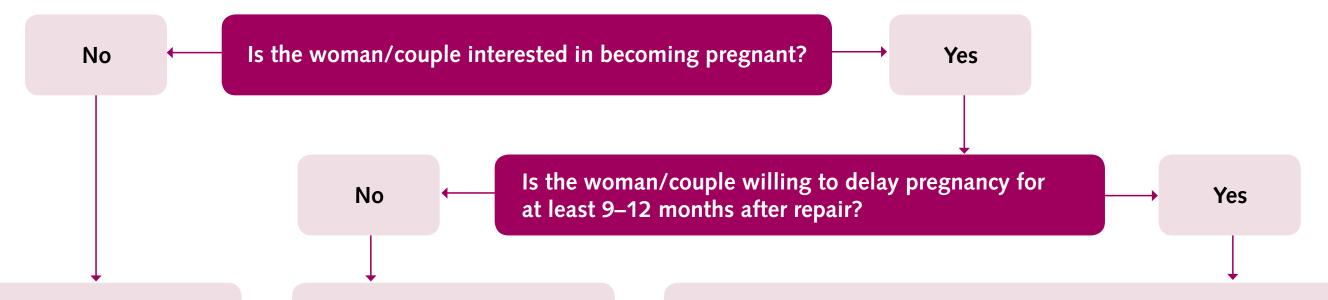






CLIENT-CENTERED REPRODUCTIVE HEALTH COUNSELING FOLLOWING FISTULA REPAIR



Explore intentions for spacing or limiting births and tailor counseling accordingly.

Assess risk for sexually transmitted infections (STIs) or HIV; refer for voluntary counseling and testing for HIV (VCT) if at risk or if unsure about pregnancy in the future.

Counsel re: Whether or not FP method protects against STIs/HIV, including dual protection.

Provide method with user instructions; offer condoms for dual method use.

Remind woman/couple to plan for a hospital birth by cesarean section to prevent another fistula if the woman does become pregnant in the future. Discuss benefits of delaying pregnancy for recommended period to promote complete healing and better prepare for pregnancy.

OR

If woman/couple presents for counseling after the recommended period has passed:

- Assess for risk of STI/HIV for PMTCT; refer for VCT, if indicated.
- Explore woman's/couple's interest in using standard days method to achieve pregnancy; if yes, provide Cycle Beads and user instruction.
- Encourage early registration at antenatal care.
 - Refer for other services, if needed.

Commend the woman's/couple's willingness to delay pregnancy for recommended period to promote complete healing and to prepare for early antenatal care registration, plan for cesarean delivery, and make a birth plan, including funds and transport to hospital before labor begins.

Assess client's knowledge of/experience with family planning (FP) methods

Introduce client to FP methods available (some couples may want to delay longer, so long-acting methods may be appropriate)

Discuss dual protection and the importance of preventing infection/reinfection with STIs/HIV as part of prevention of mother-to-child transmission of HIV (PMTCT). Discuss dual protection options:

- Use condoms correctly with each act of sex.
- Use two methods together (condoms plus another FP method)—known as dual method use.
- If neither partner has STI or HIV, remain sexually exclusive.
- Engage only in safer sex, avoiding genital contact with semen and vaginal fluids.
- Abstain—delay or avoid sexual activity.

Review medical eligibility for preferred FP method(s).

Support client to make a free informed decision about FP method.

Explain fully how to use the chosen method.

Reinforce the importance of dual protection or dual method use.

Provide chosen method.

Discuss use and availability of emergency contraception.

Provide follow-up visit or refer for method not available on-site.

Refer client to other services, as needed.

RECORD all findings, education given, method provided, other treatment given, referrals to other services, and, next scheduled visit, if appropriate.