| **Timing** | **Content** | **Objectives**  At the end of the unit, participants will be able to: | **Methodology** |
| --- | --- | --- | --- |
| **DAY 1: UNIT 1**  **Duration: 8** | | | |
| **Session 1: Welcome and Introduction (1 hour 10 minutes)** | | | |
| 8:30-8:50 | Participant Introductions | * Become familiar with each other | * Participatory activity |
| 8:50-9:05 | Training Workshop Overview | * Discuss the training’s contents | * Presentation |
| 9:05-9:20 | Setting Expectations and Ground Rules | * Set norms and expectations for the training | * Group discussion |
| 9:20-9:40 | Knowledge assessment | * Complete the knowledge assessment | * Individual work |
| **9:40-9:50 (10 min) Tea Break** | | | |
| **Session 2: Overview of Humanitarian Principles and Accountability Framework (1 hour)** | | | |
| 9:50-10:50 | * Humanitarian Principles and Accountability Framework | * Discuss the complexities of crisis settings and why global standards and principles for humanitarian intervention are important and have evolved over the years. * Describe the MISP for Sexual and Reproductive Health and how it relates to health in emergencies. | * Presentation * Group discussion |
| **Session 3: Overview of Long-Acting Reversible Contraceptives (LARCS) (1 hour 30 minutes)** | | | |
| 10:50-11:10 | * Definition of terms | * Define the terms family planning, contraception, and healthy timing and spacing of pregnancies | * Group discussion |
| 11:10-11:50 | * Contraceptive Technology Updates for LARC Methods | * Describe basic attributes of LARC methods. | * Presentation |
| 11:50-12:20 | * Review of Medical Eligibility Criteria | * Demonstrate and practice the use of the WHO Medical Eligibility Criteria (MEC) for Contraceptive Use Wheel / App and Quick Reference Chart in recommending safe and effective contraception methods for clients with medical conditions | * Case studies * Group discussion |
| **12:20-13:00 Lunch Break (40 minutes)** | | | |
| **Session 4: Family Planning Counseling (BCS+) (3 hours)** | | | |
| 13:00-13:20 | * Introduction to Family Planning Counseling | * Describe family planning counseling, particularly during crisis situations | * Presentation |
| 13:20-14:00 | * Family Planning Counseling Using BCS+ | * Demonstrate how to use the BCS+ job aids to assist a client in making an informed decision about whether and which contraceptive method to choose | * Demonstration * Role play |
| **14:00-14:10 (10 minutes) Working Tea Break** | | | |
| 14:10-16:10 | * Counseling Practice | * Practice how to use the BCS+ job aids to assist a client in making an informed decision about whether and which contraceptive method to choose * Describe family planning counseling, particularly during crisis situations | * Role plays * Group Discussion |
| 16:10-16:30 | * Debrief and Closing * Homework Assignment |  | * Group discussion * End of day brief evaluation |
| **Homework:** Review materials in participant notebook and handouts | | | |
| **DAY 2: UNIT 2**  **Duration: 8 hours** | | | |
| 8:30-8:40 | * Recap of Day 1: Unit 1 | * Recap of previous day session * Answer any queries | * Participant presentation * Q&A |
| **Session 5: Rights-Based Sexual and Reproductive Health Care (50 minutes)** | | | |
| 8:40-9:30 | * Rights-Based Sexual and Reproductive Health Care | * Describe the fundamental principles of rights-based sexual and reproductive health care * Provide rights-based sexual and reproductive health care in crisis settings | * Presentation * Case study |
| **Session 6: Infection Prevention for Provision of LARC Services (1 hour 30 minutes)** | | | |
| 9:30-11:00 | * Infection prevention for provision of LARC services | * Describe standard precautions for infection control and prevention * Demonstrate the steps for handling and processing instruments * Explain how to handle, segregate, and dispose of contaminated and non-contaminated waste * Describe infection prevention practices recommended for the provision of LARC services | * Presentation * Group discussion * Skills station practice |
| **11:00-11:10 (10 minutes) Tea Break** | | | |
| **Session 7: Pre-Practice Skills Assessment, Video & Demonstration (1 hour 50 minutes)** | | | |
| 11:10-12:10 | * Skills Assessment: Insertion and Removal Technique for:   + Copper T   + One-Rod Implant (NEXPLANON)   + Two-Rod Implant (Jadelle and Sino-Implant [II] / Levoplant)   **Note:** Assess whichever type of implant is available in the crisis setting | * Review procedure checklists with the facilitator. * Demonstrate skills for loading, insertion, and removal of copper IUDs in the interval period on an anatomical model * Demonstrate skills for insertion and removal of one-rod /two-rod implant | * Skills assessment |
| 12:10-13:00 | * Skills Demonstration: Insertion and Removal Technique for:   + Copper T   + One-Rod Implant (NEXPLANON)   + Two-Rod Implant (Jadelle and Sino-Implant [II] / Levoplant)   **Note:** Demonstrate whichever type of implant is available in the crisis setting | * Observe the demonstration steps of loading, insertion, and removal of copper IUDs in the interval period through a video and on the anatomical model using a checklist * Observe the demonstration steps of one-rod /two-rod Implant insertion and removal through a video and on the arm model using a checklist | * Demonstration * Video |
| **13:00-13:40 (40 minutes) Lunch** | | | |
| **Session 8: Skills Lab – IUD and Implant Insertion and Removal Practice (2 hours 30 minutes)** | | | |
| 13:40-16:10 | * Skills Practice: Insertion and Removal Technique for:   + Copper T   + One-Rod Implant (NEXPLANON)   + Two-Rod Implant (Jadelle and Sino-Implant [II] / Levoplant) * **Note:** Demonstrate whichever type of implant is available in the crisis setting | * Practice correct steps of loading a Copper T 380A in its sterile package correctly using the “no-touch” technique. * Practice correct steps of insertion and removal of copper IUD on an anatomical model using a checklist. * Practice correct steps of insertion and removal of one-rod/two-rod implants on an arm model using a checklist. | * Skills practice |
| **16:10-16:20 (10 minutes) Working Tea Break** | | | |
| 16:30-16:30 | * Debrief and Closing * Homework Assignment |  | * Group discussion * End of day brief evaluation |
| **Homework:** Review materials in participant notebook and handouts | | | |
| **DAY 3: UNIT 3**  **Duration: 8 hours** | | | |
| 8:30-8:40 | * Recap of Day 2: Unit 2 | * Recap of previous day session * Answer any queries | * Participant presentation * Q&A |
| **Session 9: Values Clarification and Examining Attitudes (1 hour)** | | | |
| 8:40-9:40 | * Values Clarification | * Comprehend how the provider’s opinions, values, and attitudes can affect, positively or negatively, their relationship with the client * Become aware of their own beliefs, values, and attitudes to avoid imposing them on the client or obstructing communication | * Interactive activity |
| **Session 10: Managing Side Effects and Potential Complications, and Addressing Myths and Rumors about LARC Methods (1 hour 10 minutes)** | | | |
| 9:40-10:50 | * Managing Side Effects and Potential Complications, and Addressing Rumors and Misconceptions of LARC Methods | * Manage common side effects and potential complications with LARC methods * Address rumors and misconceptions associated with IUDs and implants | * Presentation * Group discussion * Group activity |
| **10:50-11:00 (10 minutes) Tea Break** | | | |
| **Session 11: Skills Lab - IUD and Implant Insertion and Removal Practice (2 hours)** | | | |
| 11:00-13:00 | * IUD and Implant Insertion and Removal Practice | * Practice correct steps of loading a Copper T 380A in its sterile package correctly using the “no-touch” technique * Practice correct steps of insertion and removal of copper IUD on an anatomical model using a checklist * Practice correct steps of insertion and removal of one-rod/two-rod implants on an arm model using a checklist | * Review and Group discussion * Skills practice |
| **13:00-13:40 (40 minutes) Lunch** | | | |
| **Session 12: Knowledge and Post-Practice Skills Assessment (1 hour 20 minutes)** | | | |
| 13:40-14:00 | * Knowledge Assessment | * Complete the post-test knowledge assessment | * Individual work |
| 14:00-15:00 | * Skills Assessment: IUD and implant insertion and removal technique | * Complete a knowledge assessment * Have their post-training skills assessed for IUD and implant insertion and removal techniques * Plan for supervised clinical practice after the training | * Post-practice skills assessment |
| **Session 13: Next Steps and Closing (1 hour 30 minutes)** | | | |
| 15:00-16:30 | Next Steps and Closing   * Action Plan * Certificate of Completion * Training Evaluation * Closing Remarks | * Discuss options for ongoing skills practice and post-training activities (such as peer to peer, clinical drills, mentorship and on the job coaching) * Explain the use of training resources and job aids * Develop a simple action plan for LARC service provision * Explain how the training met their expectations and course objectives * Explain how the training met their expectations and course objectives | * Group discussion * Action planning * Evaluation * Closing remarks |