



HANDOUT

Role play instructions – COCs

Provider instructions for role plays

Prior to the start of the interaction:

- Review the FP Role Play Checklist so that you are familiar with the behaviors that you are supposed to do and where they appear on the checklist.

Pretend that you are meeting the client for the first time. Pretend that there is a health center nearby to which you can refer the client, if needed. At this point, the client has made an informed choice to use the method we are role playing. Remember to:

- Address the reasons for the client's visit
- Help the client act on her or his decision(s)

Apply your prior experience along with what you have learned from the training and use job aids and tools as appropriate to address the client's concerns. If you think the client may need information on other contraceptive options, you do not need to offer information on specific methods at this point in the training. Saying "I can tell you about other contraceptive options" will suffice.

Observer instructions for role plays

Prior to the start of the interaction:

- Review the FP Role Play Checklist so that you are familiar with the behaviors that you are observing and where they appear on the checklist.

While observing the interaction between the provider and client, remember to:

- Use the Role Play Checklist and take notes in the "remarks" section on what happens during the interaction.
- Record how well the provider addresses the specific issues in the "remarks" section or on the bottom of the page. You will give feedback to the provider regarding how well he or she addressed the client's needs.

Pay particular attention to whether the provider:

- Helped the client manage anxiety or barriers related to gender or age/adolescence
- Provided information in a respectful and understandable way

Note: if the client needs information on other contraceptive options, the provider does not need to offer information on specific methods at this point in the training. Saying "I can tell you about other contraceptive options" will suffice.

Client instructions for role plays

Prior to the start of the interaction:

- Read the client role play scenario and make sure you understand your character's situation.
- Review the FP Role Play Checklist so that you are familiar with the behaviors that are expected of your provider.
- Tell the provider you need the method we are practicing. You do not need to share any details of your character's personal situation, but you should answer questions from the provider.

During the interaction, offer information *only* when the provider asks relevant questions. Use the information given in the role play scenario to respond to the provider's questions. Feel free to ask the provider any questions.

Role play scenarios – COCs

Role play scenario 1

You are a 17-year-old female who has read a pamphlet on family planning method options that was given to you by a friend who got it from the local health facility. You were pregnant but miscarried one month ago. You have made a decision after reading the pamphlet to try using combined oral contraceptive (COC) pills.

- You have had a steady boyfriend for about six months.
- Your boyfriend was taking antibiotics recently after he went to see a doctor at the STI clinic.
- You do not use condoms.
- Your last monthly cycle started five days ago, and your cycles were very regular each month prior to the miscarriage.
- You feel healthy and have no health problems.
- You would like to have children someday, but your boyfriend says he is not ready, so you want to use COCs because you believe that COCs would best suit your needs for now.

Role play scenario 2

You are a 20-year-old woman who has never been pregnant. A month ago, you purchased COCs from a nearby pharmacy. You have been taking the pills every day for one month but have been experiencing nausea and breast tenderness. When you told your friend about this, she suggested that you stop taking the pills because you might be pregnant. You stopped taking the pills two days ago and have come to the drug shop/pharmacy to see if you are pregnant.

- You are in school and do not want to become pregnant for at least two years.
- You last had sex nine days ago, but you were taking the pills.
- You do not think that you are pregnant, but you are concerned about the nausea and spotting.
- You were taking the pill in the morning before school or after class in the late afternoon.
- The two pills that you skipped were the brown ones in the last row.
- You have experienced mild nausea, but no vomiting.
- You have no health problems.

Role play scenario 3

You are a 33-year-old woman with two teenage boys and a two-year-old girl (who was a surprise baby following the removal of an IUD). You and your husband have been using condoms every time you have sex, but you don't feel they are reliable enough. After talking to a friend, you have come with your husband, who is supportive of you using another method. You are interested in COCs but are concerned that you might be too old for this method.

- You have no serious health problems and have a regular menstrual cycle.
- You used the copper T-IUD in the past but were not pleased with the heavy bleeding and cramping.
- You would like a method that maintains your normal bleeding cycle and reduces cramping, which is why, after talking to your friend, you are interested in COCs.
- You are not interested in sterilization or other long-acting methods at this time.
- Your last period started 21 days ago.