



Two day workshop module - Reproductive and Sexual Health

Target population – Community Health Workers and Female volunteers

Day One	Day Two
<ol style="list-style-type: none">1. Reproductive Health (60 min)<ol style="list-style-type: none">a. Case Study #1b. Introductionc. Importance2. Adolescent Health (45 min)<ol style="list-style-type: none">a. Definitionb. Physical changesc. Psychological changesd. Conflict and coping mechanismDiscussion #13. Education for Young Adults (90 min)<ol style="list-style-type: none">a. Case Study #2b. Introductionc. ImportanceDiscussion #24. Early Age Marriage (90 min)<ol style="list-style-type: none">a. Case Study #3b. Introductionc. Importanced. Society/Culture/Religione. Problems and SolutionDiscussion #35. Pregnancy (part one) (90 min)<ol style="list-style-type: none">a. Signs and Symptomsb. Changes during Pregnancyc. Care of a Pregnant womend. Pregnancy Check-upse. Government of Nepal and services provided for pregnancyDiscussion #4	<ol style="list-style-type: none">6. Pregnancy (part two) (90 min)<ol style="list-style-type: none">f. Danger Sign of Pregnancy<ol style="list-style-type: none">i. Case Study #4ii. Anemiaiii. Hypertensioniv. Bleeding during pregnancyv. Abortionvi. Othersg. Labour and its complicationsh. Peuperium - Mother and child carei. Immunization7. Family Planning<ol style="list-style-type: none">a. Birth Spacing (60 min)<ol style="list-style-type: none">i. Case Study #5ii. Need and Importanceb. Birth Limiting (60 min)<ol style="list-style-type: none">i. Case Study #6ii. Need and ImportanceDiscussion #5c. Available options for Contraception<ol style="list-style-type: none">i. Female (90 min)<ol style="list-style-type: none">1. List of Temporary Methods2. Oral Pills3. Depo – Provera4. Norplant5. IUCD6. Others (including abortion)7. Permanent Methodii. Male (30 min)<ol style="list-style-type: none">1. Temporary Methods2. Permanent Methodsiii. Natural methods of Contraception

What does this mean?

Case Study - Six individual cases on various situation emulating real life scenarios, related to the topic and associated to the educational and cultural level of target population

Discussion – Five discussion with short (15-20 minutes) group activities related to the subject.

Time - approximately 6 hours each day – Total 12 hours course

Module developed by – Nidan Team

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