

DMPA-SC digital training resources for health workers and clients



The challenge

Training and supervising health workers is one of the biggest challenges and cost drivers when introducing and bringing to scale a new contraceptive method or service delivery innovation. Traditional in-person trainings bring together health workers for multi-day events which typically include both classroom and practical hands-on training. This approach can require thousands of dollars for per diem, travel, materials, facilitation fees and room rentals. Moreover, off-site trainings can leave facilities short-staffed, resulting in delays in service delivery while providers are in training. In country scale-up plans for the injectable contraceptive subcutaneous DMPA (DMPA-SC), training is the highest-cost activity—often representing 50% or more of costs.

New digital training solutions

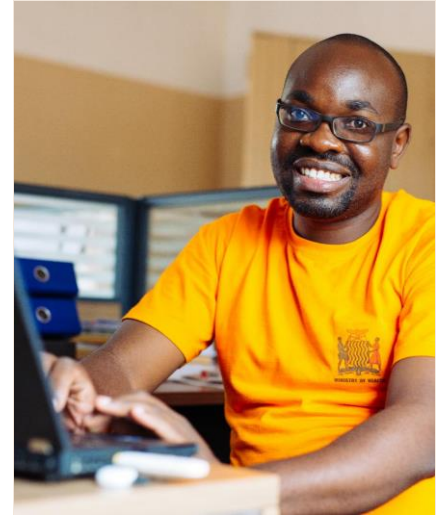
Electronic learning (eLearning) can provide a potentially more rapid and less expensive training approach. By leveraging digital platforms, family planning programs can integrate new approaches that help reduce the costs, time, and inconvenience associated with traditional classroom training.

While eLearning does not replace the need to ensure health worker competency and quality of care through hands-on practice and supportive supervision, it can open the door to more flexible solutions. A family planning program can combine different approaches depending on what works best to meet their training needs.

Online training course for health workers

In response to the pressing need for more affordable training approaches, PATH has developed a DMPA-SC online training course for health workers who provide family planning services in private, public, or community-based sectors. The course is based on PATH's original classroom [DMPA-SC training curriculum](#) that has been used for many years to train health workers with diverse levels of expertise. The eLearning content includes an emphasis on informed choice counseling, new lessons on calculating the injection date and conducting follow-up visits, and updated information on training clients to self-inject.

The online course is available in English and French and can be taken on computer, tablet, or mobile phone with internet access. Participants can either take the full 10-lesson course or one individual lesson on counseling clients on self-injection. Most lessons take approximately 15 to 20 minutes each, with the exception of the self-injection lesson which takes approximately 1 hour.



PATH/Gabe Bienczycki

DMPA-SC online training course contents

Registration and pretest

Introduction

1. What is DMPA?
2. What is Uniject?
3. DMPA-IM and DMPA-SC:
Two formulas of the same contraceptive
4. Screening clients who wish to use DMPA
5. Counseling clients about DMPA
6. Safe storage and handling of DMPA-SC
7. How to give a DMPA-SC injection
8. How to calculate the reinjection date
9. Conducting follow-up visits
10. How to counsel clients on DMPA-SC self-injection

Final quiz

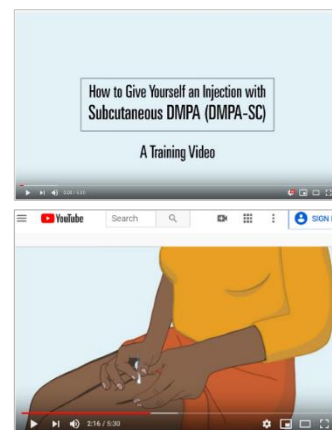
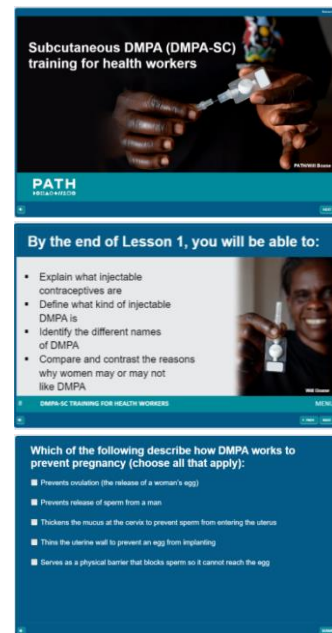
Interactive exercises, resources, and job aids are included throughout the course to help learners engage with the information. To track mastery of the material, the course includes short quizzes at the end of each lesson as well as a pre-test and final quiz. Participants are required to pass all quizzes to be eligible for the course certificate of completion.

Training videos for health workers and self-injection clients

In addition to the eLearning course, PATH and John Snow, Inc. have developed short 5- to 7-minute [training videos](#) for both self-injection clients and health workers learning to administer DMPA-SC. Available in English and French, these videos can complement any training approach. They can also be translated or adapted to fit your program context.

Integrating eLearning in your training program

The [DMPA-SC Access Collaborative](#), led by PATH in partnership with John Snow, Inc., supports country partners with the latest evidence and best practices on DMPA-SC introduction and scale-up, including technical assistance and tools for health worker training. If you are interested in introducing digital learning in your family planning training plan, please contact the Access Collaborative at FPoptions@path.org.



Other family planning online training resources

Global Health eLearning Center—Family Planning Programming
www.globalhealthlearning.org/program/family-planning-and-reproductive-health

Global Health eLearning Center—Family Planning Methods
<https://www.globalhealthlearning.org/program/family-planning-methods>

Knowledge for Health Toolkits
<https://knowledgesuccess.org/resources/k4health-toolkits>

Training Resource Package for Family Planning
www.fptraining.org

Family Planning: A Global Handbook for Providers
<https://fp handbook.org>

About PATH

PATH is a global organization that works to accelerate health equity by bringing together public institutions, businesses, social enterprises, and investors to solve the world's most pressing health challenges. With expertise in science, health, economics, technology, advocacy, and dozens of other specialties, PATH develops and scales solutions—including vaccines, drugs, devices, diagnostics, and innovative approaches to strengthening health systems worldwide. Learn more at www.path.org.

About John Snow, Inc.

JSI is dedicated to improving and promoting public health in the United States and across the globe. JSI works in more than 40 countries, partnering with clients to develop flexible, innovative approaches that solve complex public health problems, strengthening health systems to improve services—and ultimately, people's health. Learn more at www.jsi.com.

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