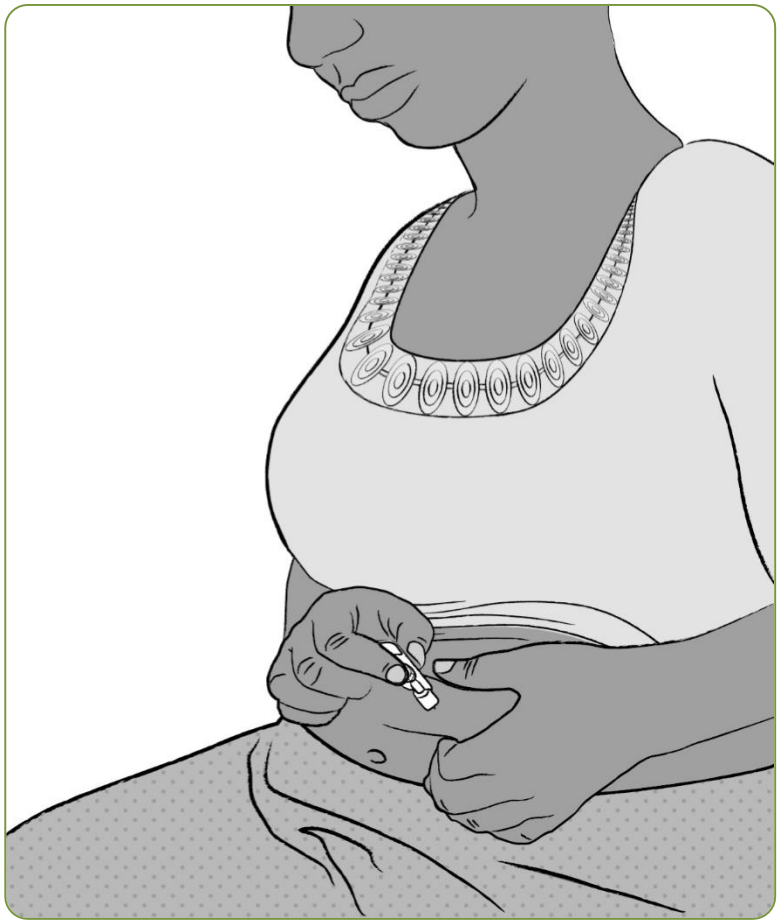
LESSON 9

How to counsel clients on Sayana Press self-injection



Learning objectives

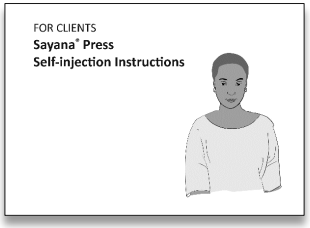
In this session, you will learn how to advise clients on:

- Proper storage of Sayana Press.
- Proper disposal of Sayana Press.
- Proper Sayana Press self-injection technique.
- How to calculate their reinjection date.
- When to seek help from a provider.

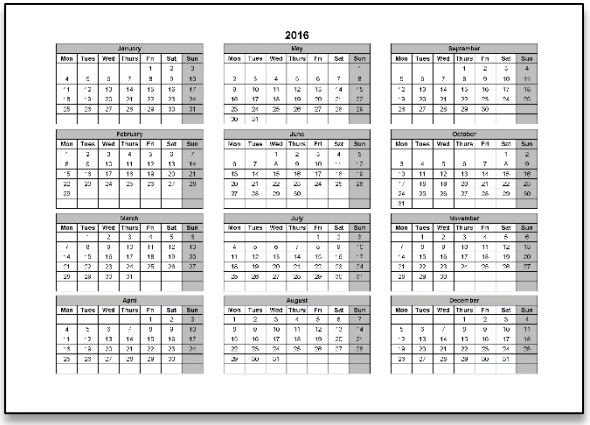
Prepare materials needed for client counseling

Prepare the printed materials needed to train your client on Sayana Press self-injection.

For the client

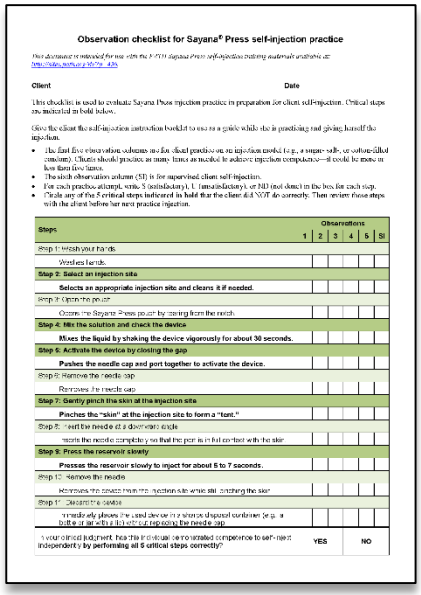


Self-injection instruction booklet



Reinjection calendar

For the provider



Observation checklist for Sayana® Press self-injection practice

This document is intended for use with the WHO Sayana Press self-injection training materials available at: http://sites.google.com/site/...

Client **Date**

This checklist is used to evaluate Sayana Press injection practice in preparation for client self-injection. Critical steps are indicated in bold below.

Give the client the self-injection instruction booklet to use as a guide while she is practicing and giving herself the injection.

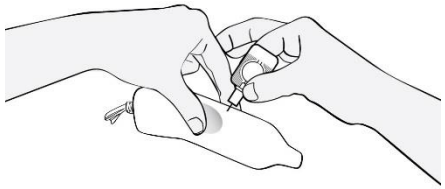
- The first five observation columns are for client practice on an injection model (e.g., a sugar-cube, or cotton-filled orange). Clients should practice as many times as needed to achieve injection competence—it could be more or less than five times.
- The sixth observation column (SI) is for supervised client self-injection.
- For each practice attempt, write S (satisfactory), U (unsatisfactory), or ND (not done) in the box for each step.
- Circle any of the 5 critical steps indicated in bold that the client did NOT do correctly. Then review those steps with the client before her next practice injection.

Steps	Observations 1	2	3	4	5	SI
Step 1: Wash your hands						
Washes hands.						
Step 2: Select an injection site						
Selects an appropriate injection site and cleans it if needed.						
Step 3: Open the pouch						
Opens the Sayana Press pouch by tearing from the notch.						
Step 4: Mix the solution and check the device						
Mixes the liquid by shaking the device vigorously for about 30 seconds.						
Step 5: Activate the device by closing the gap						
Pushes the needle cap and port together to activate the device.						
Step 6: Remove the needle cap						
Removes the needle cap.						
Step 7: Gently pinch the skin at the injection site						
Pinches the "skin" at the injection site to form a "tent."						
Step 8: Insert the needle at a downward angle						
Inserts the needle completely so that the port is in full contact with the skin						
Step 9: Press the reservoir slowly						
Presses the reservoir slowly to inject for about 5 to 7 seconds.						
Step 10: Remove the needle						
Withdraws the syringe from the injection site while still pinching the skin						
Step 11: Discard the device						
Immediately places the used device in a sharps disposal container (e.g., a bottle or jar with a lid) without replacing the needle cap.						
In your clinical judgment, has this individual demonstrated competence to self-inject independently **by performing all 5 critical steps correctly?**	**YES**				**NO**	

Observation checklist for Sayana Press self-injection practice

Prepare supplies needed for client counseling

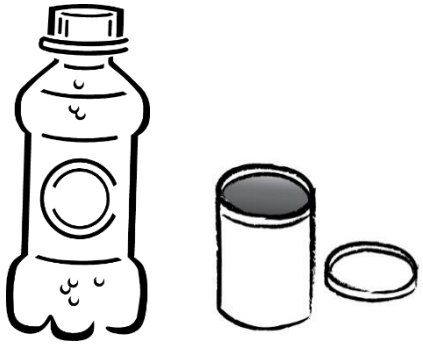
Gather the supplies you need to train your client.



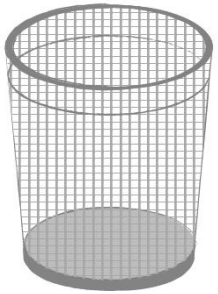
Injection models

Sayana Press

Soap and water



Examples of sharps disposal containers



Waste basket

Sayana Press storage

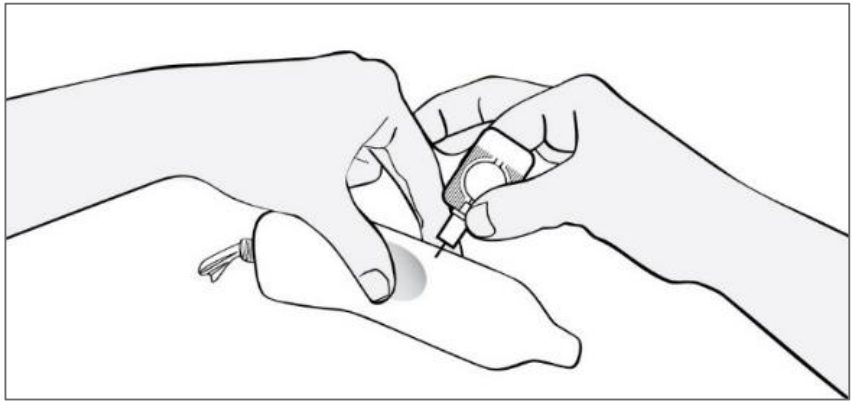
- First, you will talk with your client about storage of Sayana Press.
- She will need to find a safe place:
  - Out of reach of children or animals.
  - Away from extreme heat or cold—it should not be stored in direct sunlight or a refrigerator.
  - Where it will be safe for at least 3 months.
- Ask your client for ideas on where she will store Sayana Press.
- Tell your client that she should avoid touching the needle, both before or after her injection.
- Explain that touching the needle is dangerous for her and others, as it could cause injury or infection.

Sayana Press disposal

- You will discuss with your client how to safely dispose of Sayana Press.
- Show and explain **Step 11** in the booklet.
- Remind her that the needle should not be touched.
- Show the client examples of disposal containers:
  - They should have lids and be puncture proof.
- Ask your client what container she plans to use for device disposal immediately after her injection.
- After putting the device in a container, she can either:
  - Give the device to a health worker for safe disposal.
  - Throw out the device in a pit latrine.
- She should NOT put the device in a waste basket or toilet.
- Ask her how she plans to dispose of the device.

Demonstrate injection technique

- You will show your client how to give an injection on the model.
- Use booklet **Steps 1–10** as a guide.
- The client should follow along in the booklet by turning the pages while you show her each step.
- Be sure to give the client time to become familiar with the booklet as you proceed through the steps.



Client practice on an injection model

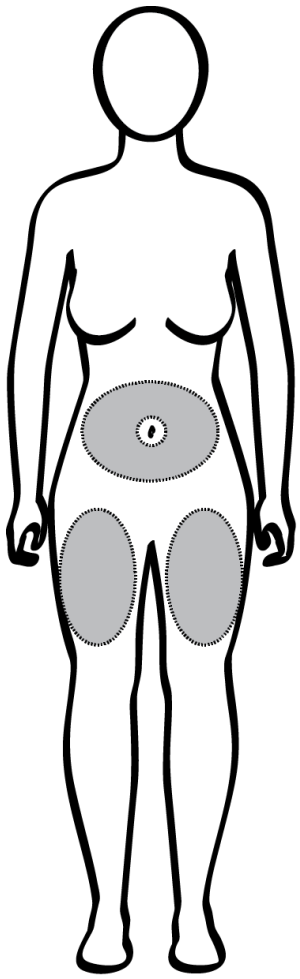
- Coach your client while she practices on the model.
- Using **Steps 1–10** in the booklet, emphasize:

  Step 2: Selects an appropriate injection site and cleans it if needed.
  Step 4: Mixes the liquid by shaking the device vigorously for about 30 seconds.
  Step 5: Pushes the needle cap and port together to activate the device.
  Step 7: Pinches the “skin” at the injection site to form a “tent”.
  Step 9: Presses the reservoir slowly to inject for about 5 to 7 seconds.
- Use the observation checklist to record her performance each time she practices. She should practice as many times as needed.
- With each practice injection, discuss what did and did not go well.

Client self-injection

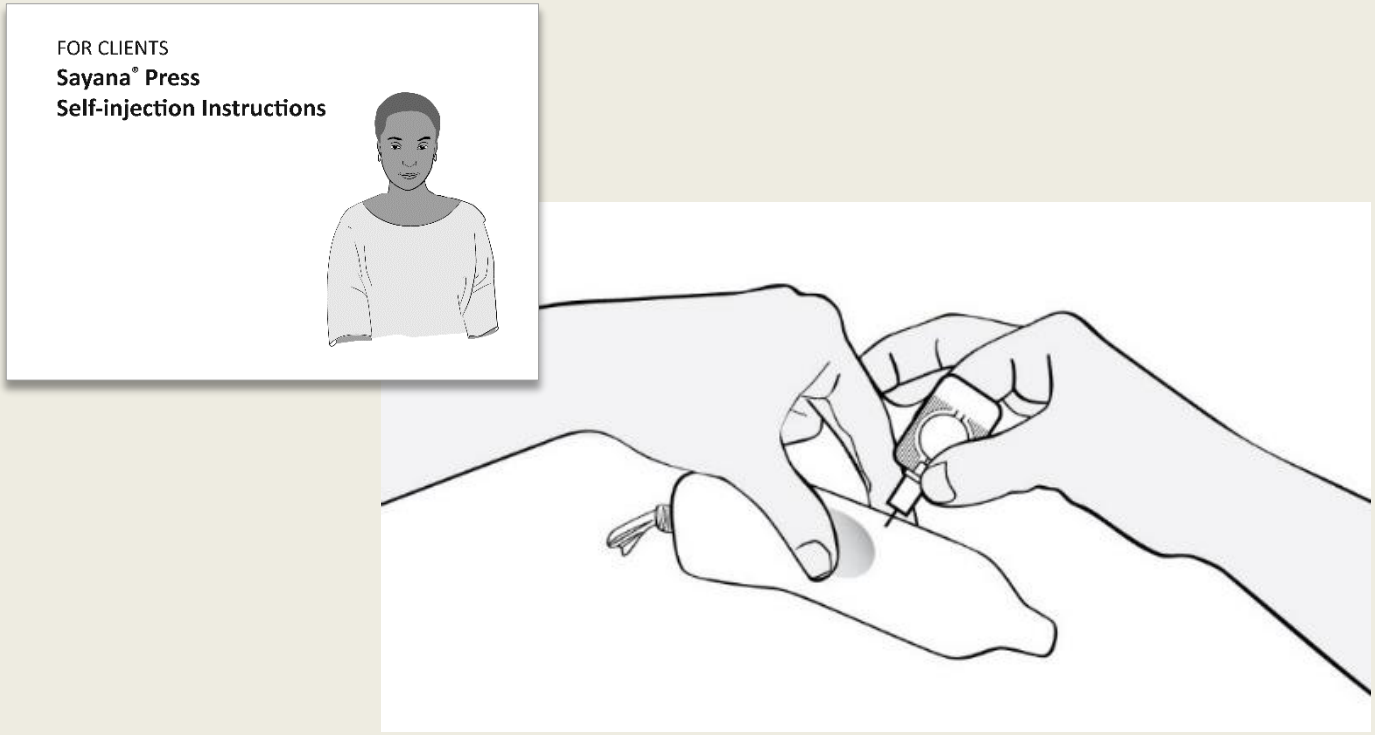
When your client can successfully give a practice injection, you will:

- Encourage her to use the instruction booklet for guidance.
- Allow her to inject herself when she is ready.
- Explain that when she gives herself the next injection in 3 months, she should choose a different injection site.
- Ask if she has questions or concerns about self-injection.



GROUP ACTIVITY

Practice training clients how to self-inject



GROUP ACTIVITY

Role playing provider and client

Instructions:

- Work in pairs.
- Take turns role playing as the provider and client.
- Each “provider” should counsel the “client” on:
  - How to safely store the device.
  - How to safely dispose of the device.
  - How to give an injection.
- Use the instruction booklet as your guide.

GROUP ACTIVITY

Role playing provider and client

After the role play, discuss with your partner:

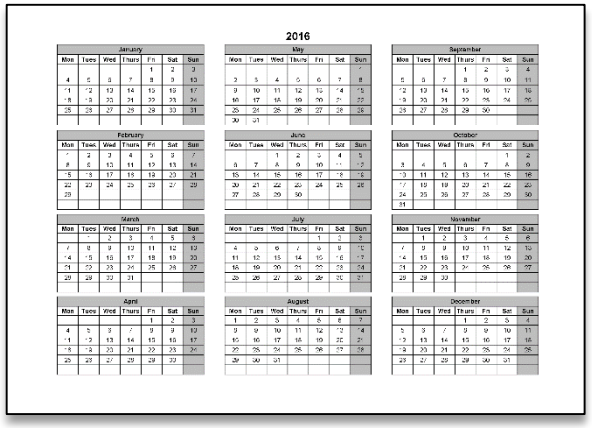
- What did the provider explain clearly?
- What was difficult to understand?
- Did the provider cover all the information?

Teach your client how to calculate reinjections

- Your client needs to learn how to calculate her next injection date to help ensure that she is protected from pregnancy.

You will:

- Explain to your client that it is important for her to reinject with Sayana Press at 3 months to prevent pregnancy.
- Explain that the blank calendar will help her calculate her next injection date.
- Review booklet **Step 12** with the client.



Teach your client how to calculate reinjections

- The client will need to circle her current injection date on the calendar, count 3 months, and then circle the next injection date.
- She should write the dates in the booklet if possible:
  - You may need to coach clients on how to write dates.
  - It is best to write the month name instead of a number, such as “2 November 2015.”
  - If she cannot write, she may need to rely on the circled dates.
- Help her practice by giving her some example dates to circle, write, and count 3 months ahead.

Teach your client how to calculate reinjections

Injection 1

Month 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Month 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Month 2						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Month 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

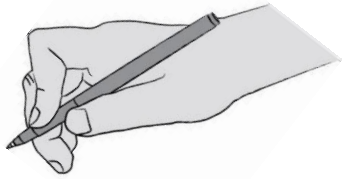
Injection 2

Injection 1 2 November 2015 **Injection 2**_____ **Injection 3**_____

Help your client remember her reinjection date

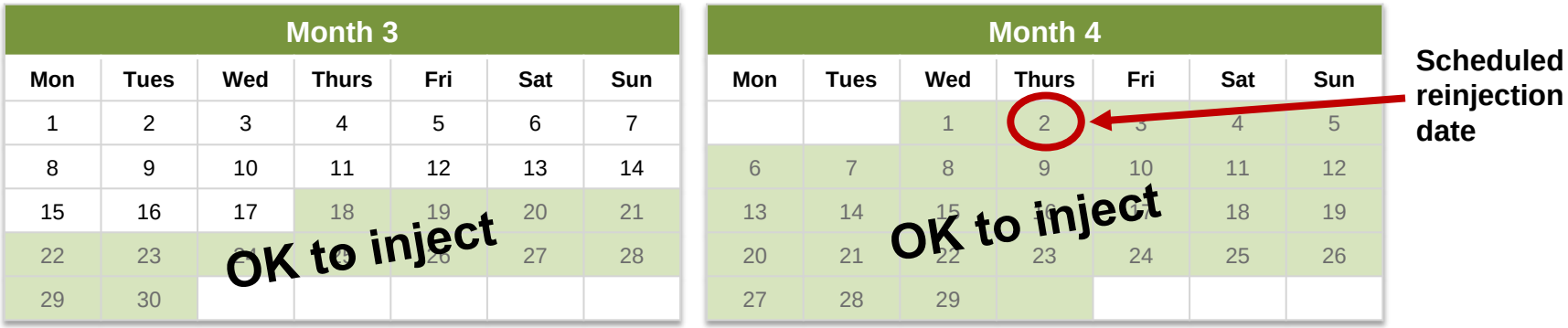
- Discuss with your client ways she can remember her reinjection date, such as:
  - Crossing off each week on the calendar.
  - Noting whether the reinjection date is the same as holidays, market days, or other events.
  - Asking a friend, partner, or family member to help her remember the date.
- Identifying ways to remember is especially important for clients with limited reading skills.

Month 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Explain the reinjection window to your client

- The World Health Organization recommends the same reinjection window for all DMPA products, including depo-IM and Sayana Press.
- If your client is within **2 weeks before** or **4 weeks after** her scheduled injection date, she can still give herself an injection and be protected against pregnancy.
- This guideline applies to all clients, including those who are HIV positive.



Explain the reinjection window to your client

- If your client misses her *scheduled* reinjection date but is within the “window,” she should count 3 months from her *actual* injection date when calculating her next injection.
- Explain the reinjection window to the client using the instruction booklet.

Explain the reinjection window to your client

Month 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Month 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OK to inject

Month 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Month 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OK to inject

Next scheduled injection date

Explain how to recalculate the reinjection date

Month 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OK to inject

Month 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OK to inject

Scheduled date

Actual date

Month 5

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Month 6

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Month 7

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Next reinjection date

Explain when a client should not self-inject

- If the client is **more than 2 weeks before** or **4 weeks after** her scheduled reinjection date.

OR

- If she **does not remember** the date of her last injection.

- **She should NOT give herself a Sayana Press injection.**
- **She should contact her health worker.**
- **She should use condoms or not have sex to avoid unintended pregnancy until she speaks with a health worker.**

GROUP ACTIVITY

Counseling clients on reinjection calculation

GROUP ACTIVITY

Role playing provider and client

Instructions:

- Work in pairs to role play as the “provider” and “client.”
- You will act out a scenario:
  a. Your client was scheduled to give herself an injection on June 6. However, she calls you on June 21 and asks if it is okay to inject. How would you advise her?
  b. Your client has limited reading skills. How would you train her to use the Sayana Press calendar to schedule her injection?

Common side effects and other information

- Explain to your client that the side effects of depo-IM and Sayana Press are the same.
- Common side effects are not cause for concern:
  - Lack of monthly bleeding
  - Heavy or irregular monthly bleeding
  - Headaches
  - Changes in mood or sex drive
  - Weight gain or loss
  - Abdominal pain
  - Weakness or tiredness
  - Acne
  - Breast pain
- If your client experiences pain, dimpling, or hardening at the injection site, she should contact you or a health facility.

Returning to fertility after stopping Sayana Press

- After stopping use of Sayana Press, it may take time for your client to become pregnant.
- Most women will get pregnant within 6 months of their last injection.
- Explain this clearly to your client.

HIV and STI prevention

- Explain to clients that hormonal family planning methods, including DMPA, do not protect a woman from HIV and other STIs.
- To prevent against STIs, clients should use condoms in addition to Sayana Press. This is especially important for women at high risk for HIV infection.
- Offer condoms to your clients for protection against STIs.
- Women should not be denied the use of injectables because of concerns about possible increased risk.
- Women who already have HIV can safely use a progrestin-only injectable (POI) like DMPA.

Potential HIV risk and hormonal methods

Tell clients interested in a POI these facts:

- Some research has found that women who use a progestin-only injectable and are exposed to HIV are slightly more likely than other women to get an HIV infection.
- The meaning of these findings is not clear. We do not know whether or not this method causes this higher HIV risk.
- You can still choose this method, but we want you to know about this information.
- We have other equally effective methods and we can discuss them if you would like.
- Its important that you protect yourself from HIV.

Potential HIV risk and hormonal methods

Help clients consider:

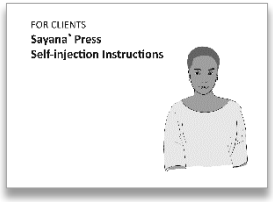
- Are you doing something to protect yourself from HIV infection?
  - Discuss how she protects herself from HIV.
- If not, could you start protecting yourself now?
  - Discuss HIV protection choices.
- Do you like the progestin-only injectable much more than any other method?
  - If so, reassure her that she can choose a progestin-only injectable if she prefers it.
- Would you like to discuss and think about other methods, too?
  - Mention and discuss especially other long-lasting, effective and convenient methods, such as implants and IUDs.

Before your client leaves

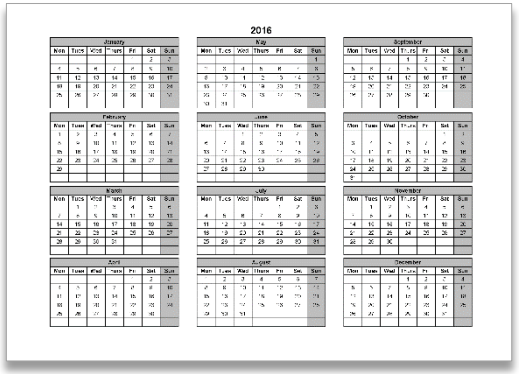
- Ask your client if she has any questions.
- Encourage your client to contact you or a health facility in case she has questions about side effects, health issues, or her reinjection. Provide a phone number if possible.
- Check the Sayana Press expiration date to make sure it will not expire before her upcoming injection(s).
- If the client decides not to use Sayana Press, she should return the product to the health facility. She should NOT sell or give Sayana Press to someone else.

Client self-injection package

- Send the client home with:
  - Sayana Press instruction booklet.
  - Calendar marked with the client's reinjection dates.
  - Sayana Press unit(s).
- Put all of these items in an envelope or plastic bag.

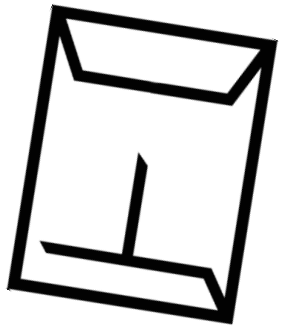


Self-injection instruction booklet



Reinjection calendar (folds into the instruction booklet)

Sayana Press unit(s)



Envelope or plastic bag to carry all client supplies

Review: Topics to cover with your client

- ☑ Safe storage
- ☑ Safe disposal
- ☑ How to give an injection
- ☑ How to calculate the reinjection date
- ☑ The reinjection window
- ☑ Common side effects
- ☑ Injection site reactions
- ☑ Return to fertility
- ☑ HIV and STI prevention
- ☑ Information and supplies to take home