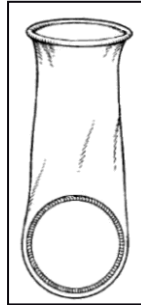


How to Use a Female Condom

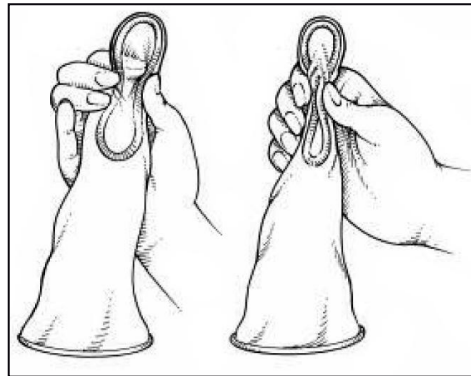
1. Use a new female condom for each act of sex.

- Check package for the date and damage.
- If possible, wash hands with mild soap and clean water.

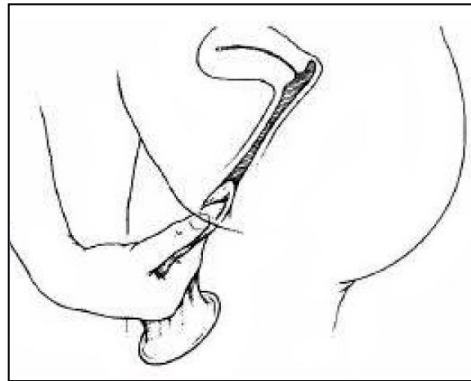


2. Insert condom before any physical contact.

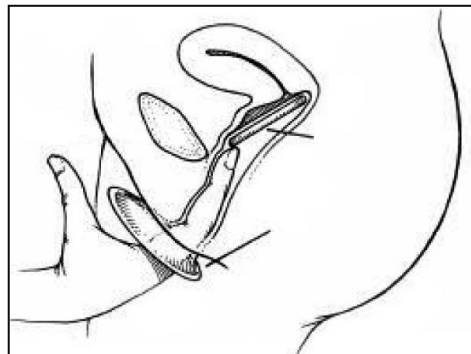
- Can insert up to 8 hours before sex
- Hold ring at closed end and squeeze it.



- Insert ring into vagina as far as it will go.

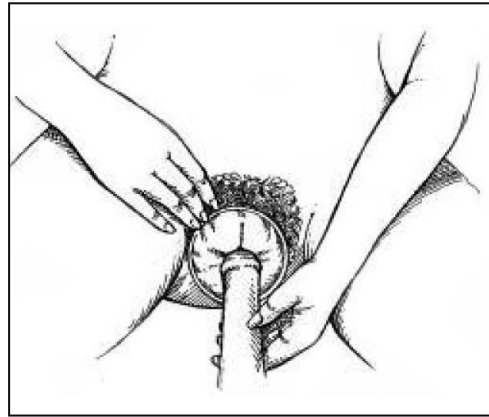


- Insert a finger to push condom into place.

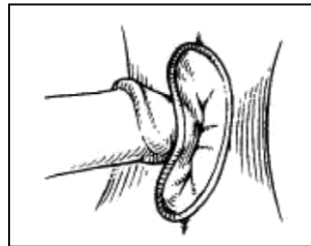


3. Ensure that penis enters inside of condom and stays inside it!

Do this →

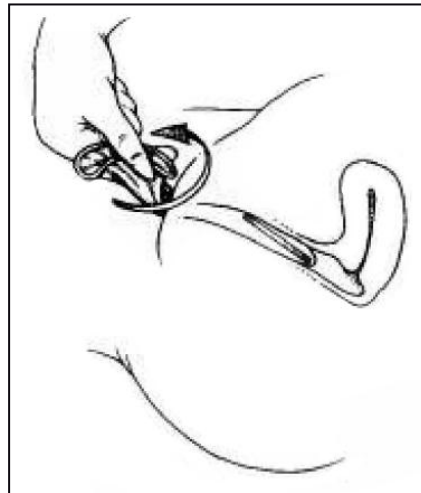


Not this! →

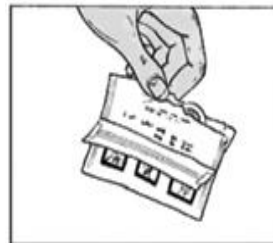


4. After the man withdraws his penis, hold outer ring, twist to seal in fluids, and gently pull condom out.

- The female condom does not need to be removed immediately after sex
- Remove the condom before standing up, to avoid spilling semen.



5. Dispose of used condom safely.



Illustrations credits: Female Health Foundation (adapted); Rafael Avila

Competency-based Skills Checklist for Female Condoms

Date of Assessment: _____ Dates of Training: _____

Place of Assessment: Facility: _____ Classroom: _____

Name of Facility: _____

Type of Facility: ☐ MOH/Gov't ☐ NGO ☐ Other

Level of Facility: ☐ Primary ☐ Secondary ☐ Tertiary

Name of the Student: _____

Name of the Assessor: _____

This assessment tool contains the detailed steps that a student should follow in counseling and providing client instructions for male condoms. The checklist may be used during training to monitor the progress of the student as s/he acquires the new skills and it may be used during the clinical phase of training to determine whether the student has reached a level of competence in performing the skills. It may also be used by the trainer or supervisor when following up or monitoring the student. The student should always receive a copy of the assessment checklist so that s/he may know what is expected of her/him.

Instructions for the Assessor

Always explain to the client what you are doing before beginning the assessment. Ask for the client's permission to observe.

Begin the assessment when the student greets the client.

Use the following rating scale:

1= Needs Improvement. Step or task not performed correctly or out of sequence (if necessary) or is omitted.

2= Competently Performed. Step or task performed correctly in proper sequence (if necessary) but participant does not progress from step to step efficiently.

3= Proficiently Performed. Step or task efficiently and precisely performed in the proper sequence (if necessary).

Not observed: Step, task, or skill not performed by the student during evaluation by the trainer.

Continue assessing the student throughout the time s/he is with the client, using the rating scale.

Observe only and fill in the form using the rating numbers. Do not interfere unless the student misses a critical step or compromises the safety of the client.

Write specific comments when a task is not performed according to standards.

Use the same copy for several observations.

When you have completed the observation, review the results with the student. Do this in private, away from the client or other students.

| TASK/ACTIVITY | CASES | | | COMMENTS |
|--|-------|--|--|----------|
| 1. Provides basic facts about female condom (FC): <ul style="list-style-type: none"> – How they work and their effectiveness | | | | |
| <ul style="list-style-type: none"> – Their ability to prevent both pregnancy and STD | | | | |
| <ul style="list-style-type: none"> – That women can initiate their use | | | | |
| <ul style="list-style-type: none"> – Where to obtain them and their cost | | | | |
| <ul style="list-style-type: none"> – Safety and effectiveness of re-usability has not been determined | | | | |
| 2. Asks if client has any questions and responds to them | | | | |
| 3. Provides very specific instruction on how to correctly use and when to use FC: <ul style="list-style-type: none"> – The FC can be inserted anytime from 8 hours before to immediately before | | | | |
| <ul style="list-style-type: none"> – Neither insertion nor removal requires an erect penis | | | | |
| <ul style="list-style-type: none"> – Cautions that the outer ring may move from side to side or the sheath may slip up and down inside the vagina during intercourse, but this does not reduce | | | | |
| <ul style="list-style-type: none"> – Explains that there is little protection if the outer ring is pushed into the vagina, or the penis is underneath or beside the sheath, rather than inside the sheath | | | | |
| <ul style="list-style-type: none"> – Explains that any kind of lubricant can be used with the female condom | | | | |
| <ul style="list-style-type: none"> – Tells not to use the male condom with the female condom as it may cause too much friction and result in one or the other slipping or tearing | | | | |
| 4. Provides instructions on how to insert, remove, and dispose of the FC: <ul style="list-style-type: none"> – The packet must be carefully torn open | | | | |

| TASK/ACTIVITY | CASES | | | COMMENTS |
|---|-------|--|--|----------|
| – Find the inner ring, which is at the closed end of the condom | | | | |
| – Squeeze together the inner ring with your fingers and put it in your vagina | | | | |
| – Put the inner ring in the vagina | | | | |
| – Push the inner ring up into your vagina with your finger. The outer ring stays outside the vagina. | | | | |
| – When you have intercourse, guide the penis through the outer ring, making sure it goes inside the sheath. | | | | |
| – Another way to insert the FC is to put it over the erect penis so that the end of the penis is touching the inner ring, and insert the penis with the sheath into the vagina. | | | | |
| – Remove the female condom immediately after sex, before you stand up. Squeeze and twist the outer ring to keep the man's sperm inside the pouch. | | | | |
| – Pull the pouch out gently | | | | |
| – Burn or bury it—do not flush it down the toilet. | | | | |
| 5. Counsels client on what to do if FC breaks or slips off during intercourse: | | | | |
| – Go to clinic where you can be assessed for emergency contraception | | | | |
| – Request emergency contraceptive pills within 72 hours (the earlier the better) of unprotected intercourse or breakage of condom | | | | |
| 6. Asks client to repeat back instructions and practice with a FC. Corrects any errors in technique. | | | | |

Comments: _____

Female Condom Roleplay Instructions

Provider Instructions for Role Plays

Pretend that you are meeting the client for the first time. Ask the client for his or her name and age. Pretend that there is a health center nearby to which you can refer the client, if needed. Remember to:

- Address the reasons for the client's visit
- Facilitate the client's decision-making process
- Integrate information and services related to other RH issues as appropriate
- 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.

Observer Instructions for Role Plays

Prior to the start of the interaction:

- Review the Competency-based Checklist so that you are familiar with the behaviors that you are observing and where they appear on the checklist
- Review the case-specific issues on the observer information sheet for the role play

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

- Use the Competency-based Checklist to take notes on what happens during the interaction
- Record how well the provider addresses the case-specific issues in the space provided
- Be prepared to 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 deal with anxiety
- Facilitated communication with a partner
- Allowed the client to make an informed decision
- Verified that the client understood instructions
- Helped the client carry out her decision

Client Instructions for Role Plays

Prior to the start of the interaction:

- Read the client information sheet and make sure you understand your character's situation
- Pick a name for your character. Tell the provider your name, age, and whether you are male or female

During the interaction, offer information *only* when the provider asks relevant questions. Use the information given in your client information sheet to respond to the provider's questions. Feel free to ask questions of the provider.

Role Play Scenario 1—Client is interested in and eligible for female condoms (can be adapted for male condoms)

| Condoms Scenario 1—Client Information Sheet | Condoms Scenario 1—Observer Information Sheet |
|---|---|
| <p>Client Description</p> <p>You are a 17-year-old female who has been referred for contraception from an HIV care and treatment provider. You were pregnant but miscarried two months ago. You read the pamphlet on family planning method options given to you by the provider and have made a decision about which method you believe best suits your needs.</p> <p>Offer this information <u>only</u> when the provider asks relevant questions:</p> <ul style="list-style-type: none"> • You have had a steady boyfriend for about six months. • You are both HIV-positive. • Your boyfriend was taking antibiotics recently after he went to see a doctor at the STI clinic. • You want to use female condoms because they would give you some control and you can delay pregnancy for now. • You are not sure how you want to discuss this with your partner. When asked where, when and how, you choose the bench in front of your house, after Friday night dinner; suggesting to your partner that you want to avoid re-infecting each other. • You feel healthy, have no other health problems, and your menses returned to a regular pattern after miscarriage. • You might consider another method in addition to female condoms. | <p>Make note of whether the provider performs these case-specific tasks:</p> <ul style="list-style-type: none"> • Assesses the client’s reproductive health goals, fertility intentions, life plans • Ensures that the client understood the contraceptive options in the pamphlet, including emergency contraception • After client reveals female condoms as her method of choice, reviews the benefits of dual protection • Provides female condoms and instructions on correct use and resupply • Helps client explore approaches for negotiating condom use; asks client if she would like to role-play the conversation; does role play if client wishes • Offers couples counseling <p>Methods for which the client is eligible:</p> <ul style="list-style-type: none"> • Male or female condoms • COCs • DMPA or NET-EN • Implants • Standard Days Method® |

Role Play Scenario 2—Client is pregnant and wants protection from STIs

| Condoms Scenario 2—Client Information Sheet | Condoms Scenario 2—Observer Information Sheet |
|--|--|
| <p>Client Description You are a 22-year-old woman and you are pregnant. You have come to talk with the provider about condoms, because you want protection from sexually transmitted infections (STIs). Your boyfriend previously gave you an STI, for which you received treatment, and you don't want to risk getting another STI while you are pregnant.</p> <p>Offer this information <u>only</u> when the provider asks relevant questions:</p> <ul style="list-style-type: none"> • You are interested in using male and female condoms. • You have previously used only male condoms and only a few times. • You have no medical problems. • You feel comfortable talking to your boyfriend about using condoms. When asked where, when, and how, you choose: to talk to him at a local restaurant; over the weekend sometime; and you will insist he use a condom or you will not have sex—for the health of your baby. | <p>Make note of whether the provider performs these case-specific tasks:</p> <ul style="list-style-type: none"> • Assesses the client's reproductive health goals, fertility intentions, life plans • Provides condoms (male or female condoms, according to the client's decision) and instructions on correct use and resupply • Asks about discussing condoms with partner and helps client decide when, where, and what approach to use for negotiating condom use • Offers couples counseling <p>Methods for which the client is eligible:</p> <ul style="list-style-type: none"> • Male or female condoms |

Role Play Scenario 3—Managing problems with female condoms; negotiating condom use

| Condoms Scenario 3—Client Information Sheet | Condoms Scenario 3—Observer Information Sheet |
|--|---|
| <p>Client Description</p> <p>You are a 20-year-old woman who has never been pregnant. You and your boyfriend have been using male condoms, but he often doesn't have any with him, so you use withdrawal. A few days ago, you bought female condoms from a pharmacy. You have had trouble inserting the condoms and something feels wrong when your boyfriend inserts his penis inside your vagina.</p> <p>Offer this information <u>only</u> when the provider asks relevant questions:</p> <ul style="list-style-type: none"> • You do not want to become pregnant. • You last had sex three days ago and used withdrawal. • Your period is very regular and started seven days ago. • You have no health problems. • You don't want to carry male condoms because when you previously offered condoms to your boyfriend, he became upset and thought you were sleeping with someone else. • You want to use female condoms because they protect you from STIs, HIV, and from getting pregnant. • You might consider using another contraceptive method in addition to condoms, but you are not ready to make a choice today. • You aren't sure how your boyfriend will respond. When asked where, when, how, you choose: in the park, which is very public; Sunday afternoon; because you don't want to get pregnant because you both want to finish school. • You would like the provider to help you practice what you will say to your boyfriend. | <p>Make note of whether the provider performs these case-specific tasks:</p> <ul style="list-style-type: none"> • Assesses the client's reproductive health goals, fertility intentions, life plans • Rules out pregnancy • Asks about problems with using female condoms • Provides female condoms and instructions on correct use • Demonstrates the five steps, observes client as she practices • Advises on how to improve comfort and increase effectiveness • Reviews benefit of dual method use to ensure protection from pregnancy when partner refuses to use condoms or client does not have condoms handy • Discusses use of emergency contraception in case condom is not used or is used incorrectly • Asks about discussing condoms with partner and asks if client would like to role play the conversation; does a role play practice with client • Provides instructions on resupply and other places to get female condoms <p>Methods for which the client is eligible:</p> <ul style="list-style-type: none"> • Male or female condoms • DMPA or NET-EN • COCs • Implants • IUD • Standard Days Method® |

Role Play Scenario 4—Allergy to latex condoms

| Condoms Scenario 4—Client Information Sheet | Condoms Scenario 4—Observer Information Sheet |
|--|---|
| <p>Client Description You are a 23-year-old married man with one child. You have come to the clinic because after having sex with your wife your genitals became very red and itchy, there were red spots in several other places on your body, and you felt dizzy.</p> <p>Offer this information <u>only</u> when the provider asks relevant questions:</p> <ul style="list-style-type: none"> • You have no other serious health problems. • Have just started using condoms with your wife, because she does not want another child for a while. • Your wife had previously used a calendar method for FP and you abstained from sex during her fertile days. • You had used a condom just once or twice in the past. • You and your wife are faithful to each other. • You want another child in the future. | <p>Make note of whether the provider performs these case-specific tasks:</p> <ul style="list-style-type: none"> • Assesses the client’s concerns, reproductive health goals, fertility intentions, life plans • Asks questions about his symptoms and condom use and determines latex allergy • Advises client to stop using latex condoms immediately • Assesses STI risk • Advises client on other FP options, including plastic female or male condoms, and suggests he bring his wife in for FP counseling • Provides treatment or refers for treatment of latex allergy. <p>Methods for which the client is eligible:</p> <ul style="list-style-type: none"> • Plastic male condoms or synthetic female condoms |

Role Play Scenario 5—Negotiating condom use

| Condoms Scenario 5—Client Information Sheet | Condoms Scenario 5—Observer Information Sheet |
|---|---|
| <p>Client Description You are an 18-year-old single woman and have come to the clinic for your first general check up. You have recently begun dating someone who you like very much. You know he has had other girlfriends. You don't want to become pregnant or get an STI so you want to talk about using condoms.</p> <p>Offer this information <u>only</u> when the provider asks relevant questions:</p> <ul style="list-style-type: none"> • You have no health problems. • Two days ago, you and your new boyfriend had sex for the first time since you started dating. It was spontaneous and you did not use a condom or any other FP method. • Your period started five days ago; and they are usually very short, but do not come on a regular schedule. • You have not been tested for STIs or HIV, and you do not know if your partner has been tested but many of your friends have tested positive for STIs so you think you would like to be tested too. • You are very worried about getting HIV. • You have had one previous boyfriend, who you dated a year ago. He used condoms, but not every time. • You do not feel comfortable discussing condoms with your new boyfriend. • You want children in the future, but not for at least two or three years. | <p>Make note of whether the provider performs these case-specific tasks:</p> <ul style="list-style-type: none"> • Assesses the client's reproductive health goals, fertility intentions, life plans • After client reveals male condoms as her method of choice, discusses benefits; prevention of pregnancy and protection from STIs and HIV • Suggests testing for STIs and HIV for herself and her boyfriend • Reviews benefits of dual method use to ensure pregnancy prevention in case her boyfriend does not use condoms consistently or client does not have condoms handy • Provides condoms and instructions on correct use and resupply • Discusses use of emergency contraception in case condom is not used or is used incorrectly • Helps client make a plan for discussing condoms with boyfriend and asks if client would like to role play the conversation; does a role-play practice with client • Offers couples counseling <p>Methods for which the client is eligible:</p> <ul style="list-style-type: none"> • Male or female condoms • Implants • DMPA or NET-EN • COCs |