

**GENEVA FOUNDATION
FOR MEDICAL EDUCATION AND RESEARCH**



2022 "Family Planning": An Online Evidence-based Course

Course Report

Dr Raqibat Idris

Ms. Fionna Poon

Dr Fariza Rahman

May 2023



Background

GFMER “Family Planning”: An Online Evidence-based Course 2022 was one of the online training courses organized by the Geneva Foundation for Medical Education and Research (GFMER) in 2022 in collaboration with the World Health Organization, Department of Reproductive Health and Research. The goal of this course was to promote the provision of evidence-based informed reproductive choices and access to family planning services among health services providers in different countries. The course coordinator was Dr Rita Kabra of the Contraception and Fertility Care (CFC) Unit, Department of Sexual and Reproductive Health and Research, World Health Organization. The duration of the course was four weeks from 08 June 2022 to 05 July 2022. The course covered four major topics of Family Planning: Family Planning Frameworks and Indicators, Reproductive Rights and Gender, Contraceptive Methods, Family Planning Guidelines and Tools, and Principles of Integration of Family Planning and Counseling, Postpartum Family Planning, Resources and Financing, Effects of Covid-19 on Family Planning and Telemedicine. For the first time, the course was concurrently offered in French - [Cours de planification familiale 2022](#), for our francophone audience. A team of health professionals in sexual and reproductive health were engaged to translate the course materials.

The course core team comprised:

- WHO Headquarters
 - Dr Rita Kabra
 - Dr James Kiarie
 - Dr Moazzam Ali
 - Dr Petrus Steyn
- External contributors
 - Dr Charu C. Garg (OJAS consulting; UNICEF and WHO consultant)
- Geneva Foundation for Medical Education and Research
 - Dr Raqibat Idris
 - Ms Fionna Poon
 - Prof Aldo Campana

- French translation team
 - Dr Bouchra Assarag
Président, Ensemble pour la Santé Sexuelle et Reproductive (Together for Sexual and Reproductive Health), ONG au Maroc
 - Dr Angel Assily
Médecin Coordonnateur du programme National de Santé des Adolescents, Ministère de la Santé Publique, Hygiène et Assainissement, Province du Haut-Katanga, République Démocratique du Congo
 - Dr Aseel Mugahed
Fondation Genevoise pour la Formation et la Recherche Médicales
 - Dr Patrick Makelele
FHI 360, Zambia
 - Miss Hanan Rassimi
Ensemble pour la Santé Sexuelle et Reproductive (Together for Sexual and Reproductive Health), ONG au Maroc
 - Dr Wadie Zerhouni
Ecole Nationale de Santé Publique, Ministère de la Santé et de la Protection Sociale, Maroc

About the course

A total of 125 health professionals from 38 countries, predominantly female (58%) (Figure 1), between the ages 25 and 54 years (90%) (Figure 2) and working mostly as doctors, program managers/ implementers and midwives/nurses (76%) (Figure 3), enrolled for both the English and French versions of the course. Majority of enrolled participants were from Africa (64%), Southeast Asia (22%) and Eastern Mediterranean region (9%) (Figure 4). A larger number of the participants (74%) took the English version of the course (Figure 5). Of the total 125 enrolled participants, 119 were active (95%) and 104 completed the course (completion rate of 87%) and were awarded with certificates co- signed by WHO and GFMER. The top 10 performers of the course received an additional certificate of commendation.

GFMER WHO FP 2022 course report

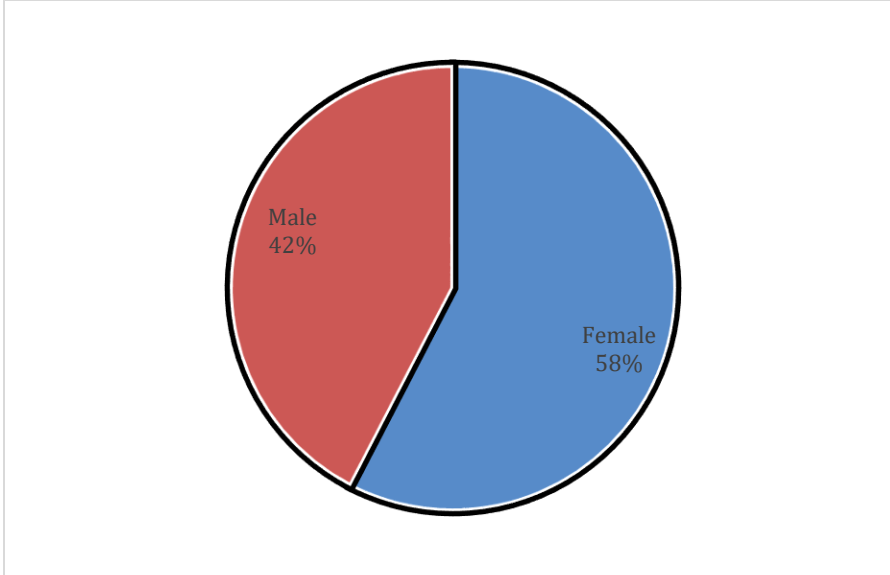


Figure 1: Gender distribution of participants

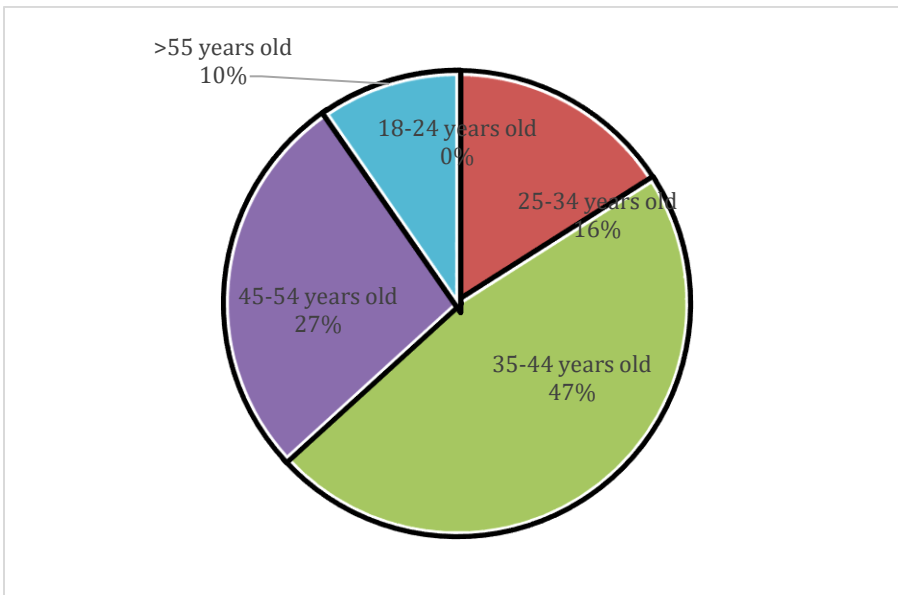


Figure 2: Age distribution of participants

GFMER WHO FP 2022 course report

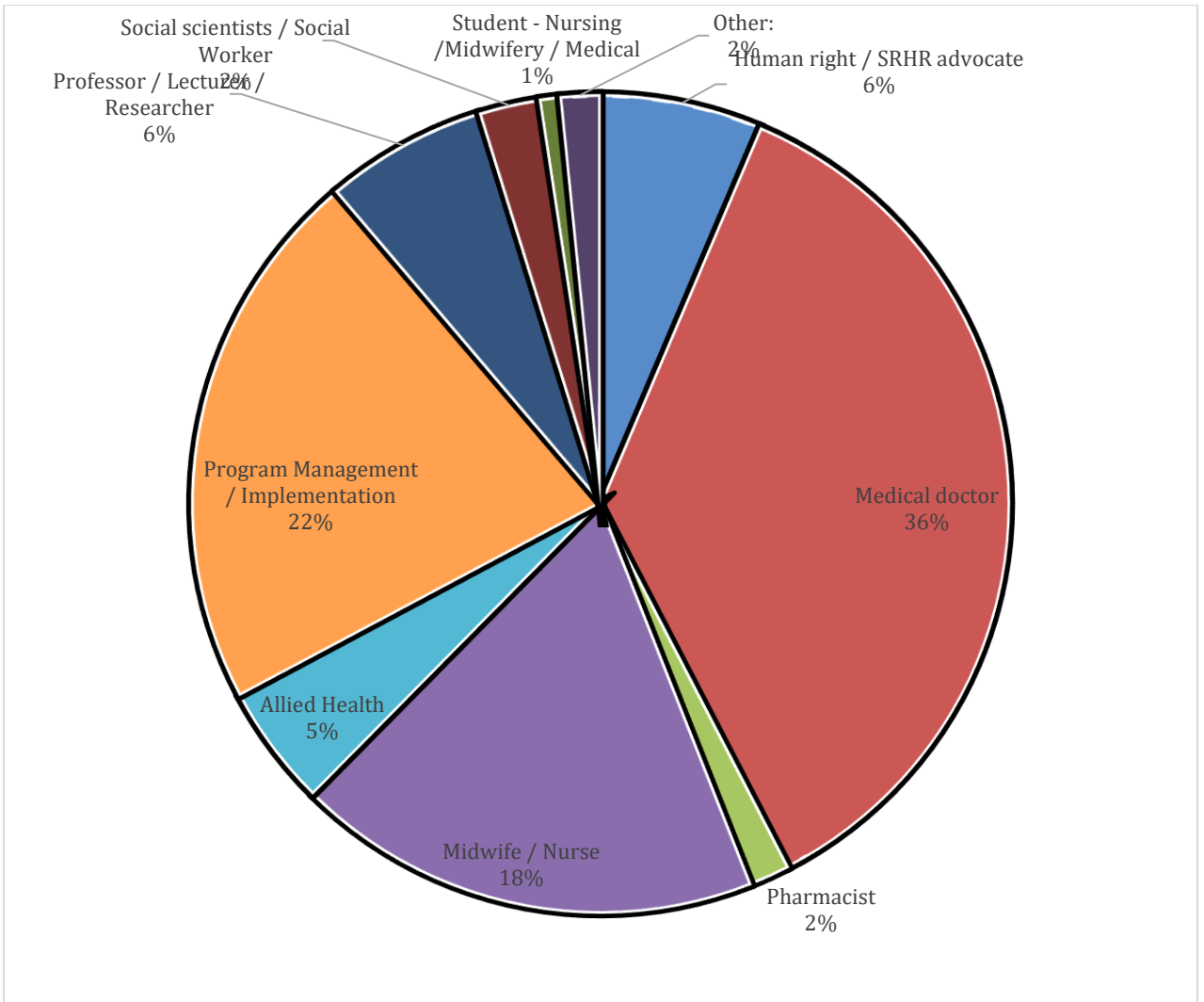


Figure 3: Occupation of participants

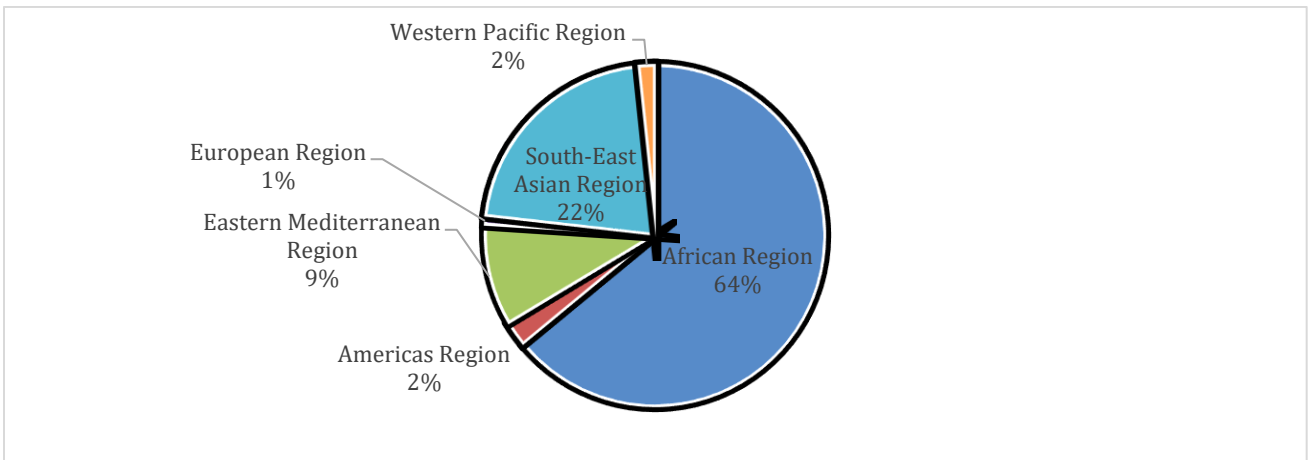


Figure 4: Regional distribution of the participants

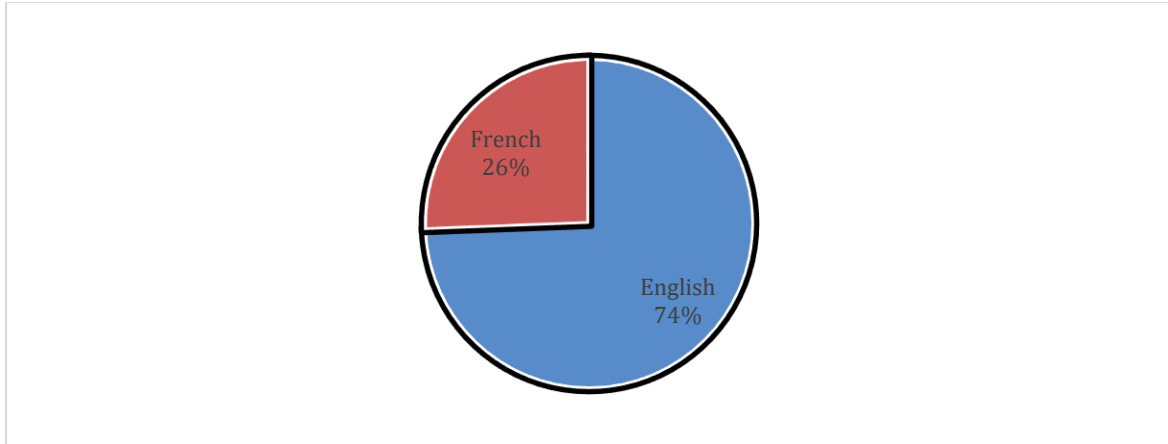


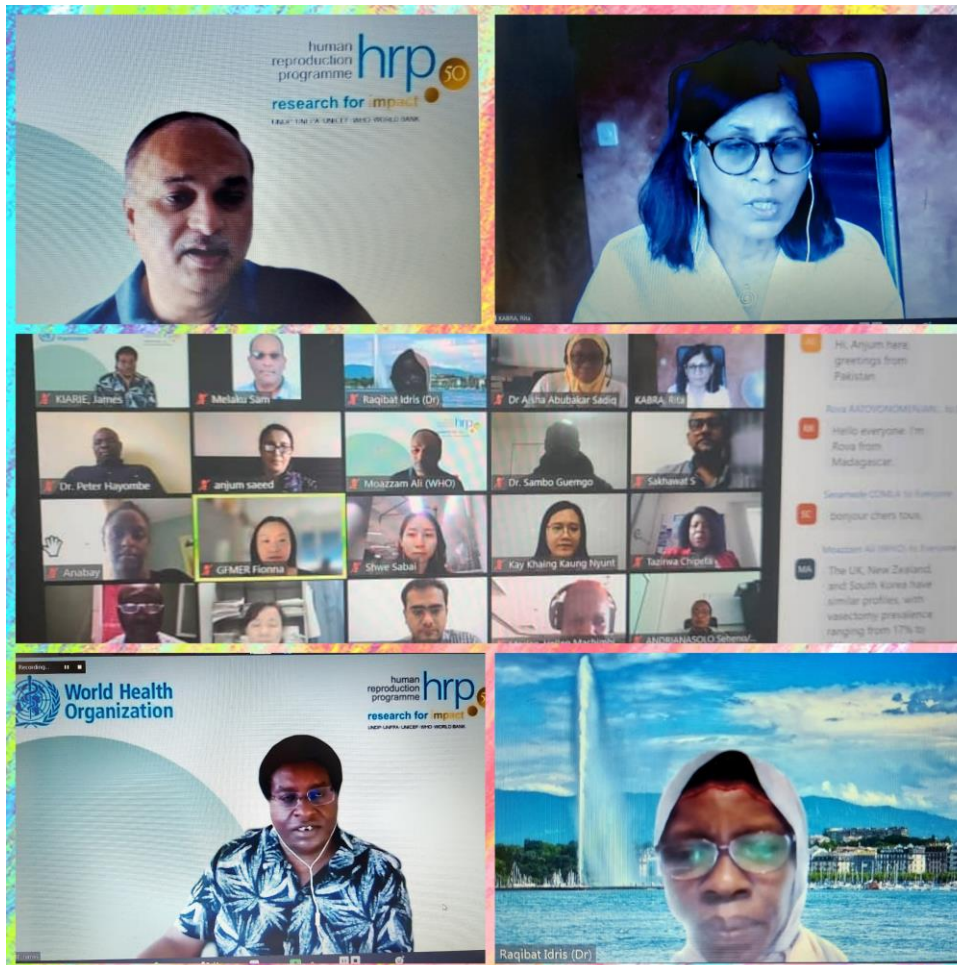
Figure 5: Language of course of participants

Participants of the course were recruited by announcements by GFMER through its website, network, social medias, coaches and country coordinators; by WHO country offices and other WHO network as well as regional NGOs and health ministries. About a third of the participants (32%) were nominated and sponsored by WHO HQ from family planning accelerator countries (Afghanistan, DR Congo, Kenya, Madagascar, Myanmar, Nepal, Niger, Pakistan, Sri Lanka, Tanzania and Timor-Leste). Other supporting institutions were International Committee of the Red Cross (ICRC), Jhpiego, Pathfinder, Plan International, UNAIDS, UNFPA and USAID. GFMER engaged 17 [coaches](#) (12 Anglophones) from 14 countries to mentor the participants. An orientation session was held for coaches for quality and standardized tutoring. The teaching methods for the course consisted of on-line lectures (video recordings, didactic presentations), key readings, additional references and audio-visual materials, and referrals to related websites. The course materials could be downloaded for offline reading. During the course, two live webinars were organized to answer the questions on the course content from students and coaches. A Google Groups platform was also created for the course for participants and coaches to interact and share experiences and where discussion questions on the course topics were posted. The course was assessed by weekly multiple-choice questions (MCQs) and individual assignments, and one group assignment. Coaches marked and provided feedback on the assignments using the marking guides provided. They also coordinated and provided guidance to participants on the group work, as well as assessed individual contributions to the group work. Before and during the course, regular meetings were held between the organizing partners to ensure adequate preparation and smooth running of the course.

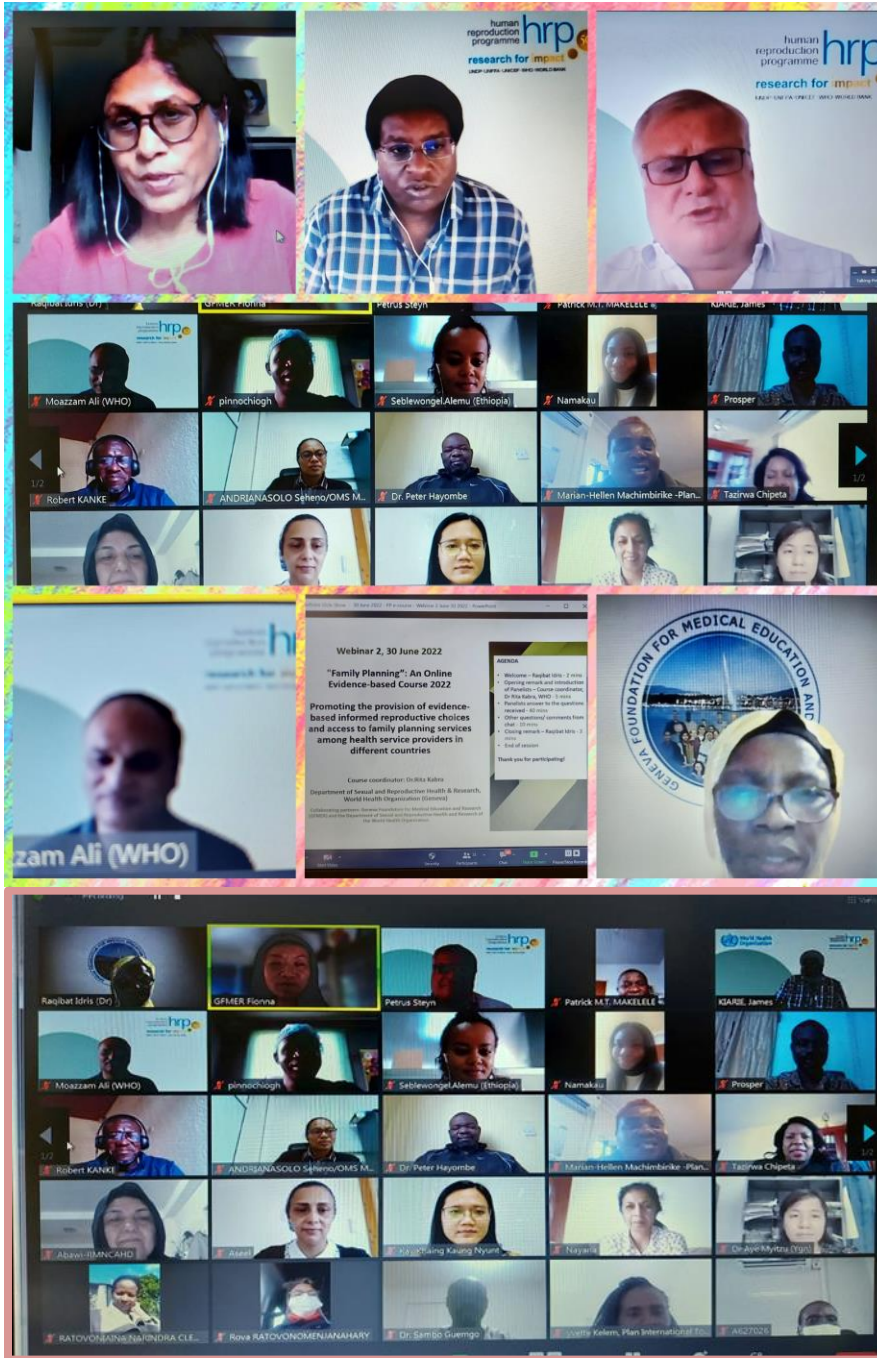
GFMER WHO FP 2022 course report

At the end of the course, a [Zoom meeting](#) was organized for all participants, coaches, course organizers and course resource persons. Participants and coaches were invited to complete separate course evaluation survey forms to assess their perceived levels of satisfaction and usefulness of the course to participants, and to identify areas of improvement.

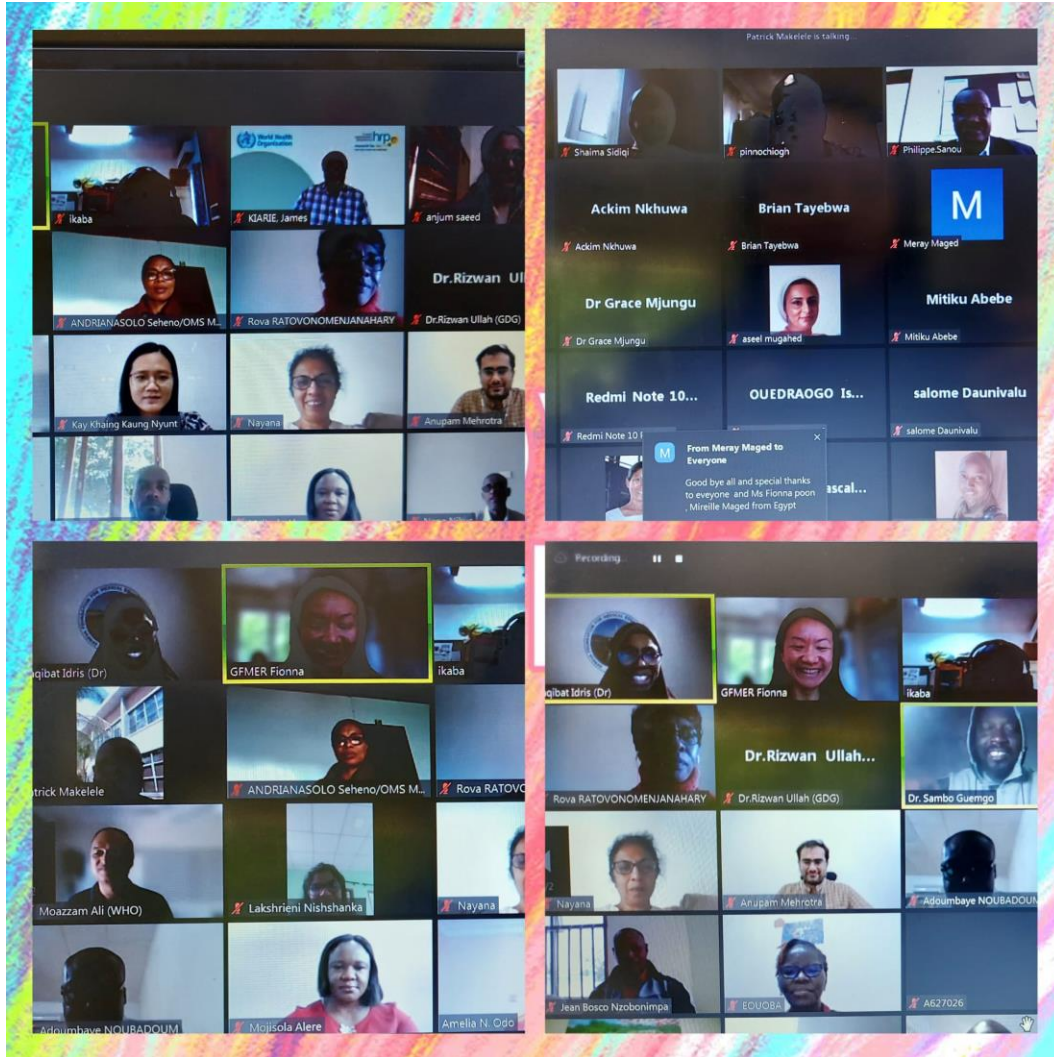
Pictures from [Webinar 1](#) on 21 June 2022



Pictures from [Webinar 2](#) on 30 June 2022



Pictures from the [End of course meeting](#) on 05 July 2022



Course evaluation

A total of 45 participants, 80% of whom took the English course, and 6 coaches responded to the survey (response rates of 43% and 35% respectively). The course was highly rated by 94% of participants and all coaches (100%) who gave a rating of ‘excellent’ or ‘good’. The majority of those who responded felt that the course was well structured with clear objectives (89% participants and 84% of coaches). Almost all (91%) of the participants believed that the course topics were relevant to their professional practices.

Participants were happy with the overall quality of coaching received during the course with 88% response rating of excellent (61%) and good (28%). However, 5% of participants were not pleased with the quality of coaching which is an area to improve on in subsequent courses. Most of the participants who completed the survey (89%) said that they would recommend the course to others. Respondents to the surveys gave some suggestions to help improve the course. A few of these suggestions were to increase the interactive sessions and duration of the course, improve the quality of the PowerPoint presentations, have more video recordings, include more case studies, and to add new topics like advocacy/budget allocation, designing SBCC materials, perspective about gender, counseling, country experience and challenges, empowering women in gender and FP issue, misconception and myth of contraception in FP services and family planning for displaced persons.

Acknowledgement

The Geneva Foundation for Medical Education and Research team expresses its heartfelt appreciation to the Department of Sexual and Reproductive Health and Research of the World Health Organization for its collaboration in organizing this course and for the sponsorship provided to participants of the course. Our profound gratitude also goes to the Course Coordinator, Dr Rita Kabra (Department of Sexual and Reproductive Health and Research, WHO) and to Dr James Kiarie, Dr Moazzam Ali and Dr Petrus Steyn (Department of Sexual and Reproductive Health and Research, WHO) for their support throughout the course. We would also like to appreciate and thank the French translation team, our coaches and all the course resource persons for their invaluable contributions towards the success of the course. Special thanks to all institutions that funded their employees to take the course.

Finally, our appreciation goes to all the participants and coaches who completed the course evaluation surveys to inspire us and help us improve our course.