ADAPTING THE FRAMEWORK
Swaziland’s Experience
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Swaziland Context

- HIV prevalence: 26%
  - 38% in women
  - 23% in men
- HIV incidence: 2.38%
  - 3.1% in women
  - 1.7% in men
- Contraceptive prevalence is 66.1% (2014), increased from 65.6% (2010)
  - Injections most common method at 17.2%
  - Followed by pill at 9.9%
- Unmet need for contraceptives is 15.2% (2014), increased from 13% (2010)
  - Among girls 15-19 it is 24.6%
Adaptation Consultative Meeting

- Meeting held **March 30th and 31st, 2015** in Ezulwini, Swaziland
- **27 stakeholders** with representation from:
  - Ministry of Health; SRH Unit, Health Promotion Unit, Swaziland National AIDS Program
  - Swaziland National Network of People Living with HIV/AIDS (SWANNEPHA)
  - Swaziland Business Coalition on Health and AIDS (SWABCHA)
  - mothers2mothers
  - Family Life Association of Swaziland
  - Elizabeth Glazer Pediatric AIDS Foundation
  - UNFPA
  - WHO
  - Health Communication Capacity Collaborative
  - USAID Swaziland
  - USAID Washington
Discussions

- As evidence is inconclusive, many questions as to whether it would be more detrimental than helpful to release this information to the general public.
- Stakeholders concerned about potential drop in contraceptive use if information was widely distributed without people fully understanding it (for both WLHIV and those HIV negative).
- Since injection is most common in Swaziland, important to ensure any information provided does not compromise the use of the injection for those seeking to prevent pregnancy.
- Important to balance risk with benefits of contraceptive use.
- Concern that men may begin to blame women for transmitting HIV as they are the users of hormonal contraception.
Outcomes

- Encourage dual protection rather than distributing information on inconclusive studies
  - *Important to strengthen family planning counseling in this regard*
  - *Any materials produced should stress the importance of dual protection*
- Still important for providers to understand the risks and they should be made aware of the concerns around some hormonal contraception
  - *Information should be provided in trainings and guidelines for providers*
Materials Produced

- Updates to the National Family Planning Guidelines
- Updates to the Family Planning Training Manual for providers
- Adapted materials from the South Africa ZAZI campaign on dual protection
  - *Brochure*
  - *Poster*
### METHODS TO PREVENT HIV, STIs AND PREGNANCY

<table>
<thead>
<tr>
<th>METHOD</th>
<th>Description</th>
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<tbody>
<tr>
<td>MAKE CONDOM</td>
<td>A barrier method that involves using a condom to prevent the transmission of HIV, STIs, and pregnancy.</td>
</tr>
<tr>
<td>FEMALE CONDOM</td>
<td>A barrier method that involves using a condom that is inserted into the vagina to prevent the transmission of HIV, STIs, and pregnancy.</td>
</tr>
<tr>
<td>INTRAUTERINE DEVICE (IUD)</td>
<td>A long-term, reversible contraceptive that is inserted into the uterus to prevent pregnancy.</td>
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<tr>
<td>IMPLANT</td>
<td>A long-term, reversible contraceptive that is implanted under the skin of the upper arm to prevent pregnancy.</td>
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<tr>
<td>INJECTABLES</td>
<td>A method of contraception that involves injection into the body to prevent pregnancy.</td>
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<tr>
<td>ORAL CONTRACEPTIVE PILL</td>
<td>A method of contraception that involves taking a pill daily to prevent pregnancy.</td>
</tr>
<tr>
<td>VOLUNTARY STERILIZATION FOR WOMEN</td>
<td>A permanent, irreversible contraceptive method that involves surgical procedures to prevent pregnancy.</td>
</tr>
<tr>
<td>VOLUNTARY STERILIZATION FOR MEN</td>
<td>A permanent, irreversible contraceptive method that involves surgical procedures to prevent pregnancy.</td>
</tr>
</tbody>
</table>

### METHODS THAT PREVENT ONLY PREGNANCY

- **Barrier methods**
  - Condoms
  - Female condoms
- **Surgical sterilization**
  - For women
  - For men
- **Emergency contraception**

### POST-EXPOSURE PROPHYLAXIS (PEP)

- **PEP** is the treatment of choice for preventing HIV transmission after exposure to HIV-infected fluids.

### What is HIV?

- HIV is a virus that attacks the immune system, making it difficult for the body to fight off infections.
- HIV infection can lead to AIDS, a stage of the disease where the immune system is severely weakened.

### How can it be spread?

- HIV can be spread through sexual contact, sharing needles, and mother-to-child transmission.

### What are the symptoms?

- Many people with HIV do not have any symptoms, especially early on in the infection.
- Symptoms may include fever, cough, sore throat, and skin rash.

### Why does treatment matter?

- Treatment can help prevent HIV from spreading to others and can help prevent serious illnesses.
- Treatment can help the immune system function properly and can improve quality of life.

### Who should get treatment?

- Anyone who is HIV-positive should get treatment.
- People at high risk of HIV should also consider getting treatment.

### What is the global effort to end AIDS?

- The Global Fund to Fight AIDS, Tuberculosis, and Malaria is a global partnership to support countries in their efforts to end AIDS, tuberculosis, and malaria.
- The United Nations is also working to end AIDS by 2030 as part of the Sustainable Development Goals.
UNLOCKING YOUR SEXUAL HEALTH

We all have dreams and aspirations for our future. To help achieve this, we have a responsibility to make choices that will help us achieve a good quality of life. Our sexual health is an important part of this, and it is essential to ensure that we have the knowledge and skills to prevent unintended pregnancy and STIs.

DOUBLE UP AT YOUR CLOSEST CLINIC

This brochure gives you information on how to DOUBLE UP on methods so that you can prevent pregnancy and STIs. Contraception helps prevent pregnancy, but it doesn’t stop sexually transmitted infections (STIs). You and your partner have choices to make, and we can help you make the right decisions for your health.

PREVENTING PREGNANCY

Focus on the time of your birth control methods to avoid the risk of pregnancy. Use a condom, a contraceptive pill, or an implant to prevent pregnancy. If you are already using a method, you may double up on another method to increase the chances of pregnancy.

IN CASE OF AN EMERGENCY...

If your pregnancy is unexpected, you should see a healthcare provider as soon as possible. Emergency contraception (EC) can be obtained up to 72 hours after unprotected intercourse, but it is important to seek medical attention immediately.

DOUBLE UP - TWO METHODS ARE BETTER THAN ONE

Know your fertile days, take the left out of your window, and double up on your contraception. This will help you avoid the risk of pregnancy.

PREVENTING PREGNANCY, HIV AND STIs

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KNOW YOUR FERTILE DAYS

A woman’s fertility varies throughout the month, and it can be influenced by many factors such as age, health, and lifestyle. Knowing your fertile days can help you avoid the risk of pregnancy. Use a fertility tracking app or calendar to identify your fertile days and double up on your contraception.

KNOW YOUR SEXUAL RIGHTS

YOU HAVE THE RIGHT

To receive information about contraceptive methods and their effectiveness, including emergency contraception.

YOU HAVE THE RIGHT

To choose the method of contraception that is right for you, without pressure or coercion from anyone.

YOU HAVE THE RIGHT

To prevent sexually transmitted infections. You have the right to know about the risks of STIs and how to prevent them.

IF YOUR RIGHTS ARE NOT RESPECTED, CONTACT:

• Your local Planned Parenthood clinic
• A healthcare provider
• The National Sexual Assault Hotline (1-800-656-HOPE)

HOW TO USE A MALE CONDOM

1. Before you have sex, unroll the condom over the erect penis.
2. Place the tip of the condom over the head of the penis.
3. Use a new condom for each act of intercourse.
4. During intercourse, pull back the foreskin if you have one.
5. Use lubrication to make the condom easier to use.
6. Avoid using spermicides with the condom as they can weaken the condom.
7. After ejaculation, remove the condom and dispose of it properly.

HOW TO USE A FEMALE CONDOM

1. Before you have sex, open the package and remove the female condom.
2. Insert the female condom into the vagina before intercourse.
3. Squeeze the sides of the female condom to create a ring around the base of the penis.
4. During intercourse, pull back the penis to ensure the female condom is in place.
5. After ejaculation, remove the female condom and dispose of it properly.

Its MY Responsibility to:

• Protect myself against an unwanted pregnancy or STIs.

• Know my rights.

• Find out more about contraception that works best for me.

• Use contraception as instructed by my healthcare provider.

• Go to my clinic regularly when I am concerned about my health, or when I need advice.

• Make a decision and inform my partner.

• Go to the clinic promptly for any changes in my health, or if I want to stop using contraception.

• Take responsibility for my health and well-being.

It is My and My Partners Responsibility to:

• Protect each other against unwanted pregnancy or STIs.

• Use contraception as instructed by the healthcare provider.

• Go to the clinic regularly when I am concerned about my health, or when I need advice.

• Take responsibility for my health and well-being.

• Make a decision and inform my partner.

• Go to the clinic promptly for any changes in my health, or if I want to stop using contraception.
Thank You

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