



International
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MEDICAL AND SERVICE DELIVERY GUIDELINES

FOR SEXUAL AND REPRODUCTIVE HEALTH SERVICES

THIRD EDITION 2004



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PREFACE

For fifty years IPPF has worked to make sexual and reproductive health education and services available to millions of people worldwide. Through its six regional offices and its global network of 149 Member Associations, IPPF is uniquely placed to provide, and campaign for, sexual and reproductive health care and rights.

IPPF's vision is of universal access to sexual and reproductive health care for women, men and young people. It is now more evident than ever that the right to decide the number and spacing of their children and to enjoy good sexual health helps people improve their lives.

Against a background of scarce resources and increasing opposition from conservative forces, IPPF's Strategic Plan, newly approved in 2003, focuses on four unresolved reproductive health challenges: (i) meeting the sexual and reproductive health needs of young people worldwide; (ii) the fight against HIV/AIDS; (iii) eliminating unsafe abortion and improving access to safe abortion, and (IV) addressing the sexual and reproductive health unmet need of the marginalized and the poor. A fifth priority area is advocacy, based on both evidence and experience, allowing IPPF to take the lead in defending and expanding the above reproductive rights. To ensure the success of the Strategic Plan, IPPF is also committed to ensure throughout its network the provision of high quality services. These guidelines are an important part of IPPF's ongoing commitment to raising standards of care.

The IPPF Medical and Services Delivery Guidelines are intended to improve knowledge, skills and confidence among service providers and to ensure that service providers are able to meet their clients' needs.

In order to do this, the guidelines have been designed to be technically sound (supported by scientific research), socially sound (acceptable to those who will use them) and operationally sound (validated and updated). The guidelines have also been written to be easily adapted to the needs and resources of different environments where they will be used.

This Third Edition builds on the success of previous editions and expands on them to reflect the needs and rights of both service providers and their clients. This edition includes four new chapters: The normal menstrual cycle, Reproductive health screening for well women, Safe abortion, and HIV infection and AIDS. Knowledge of contraception expands continuously; therefore, the existing chapters on methods have been updated. This has required a review of the recent contraceptive literature, and these chapters also incorporate the products of a very important consensus building activity - the review of Medical Eligibility Criteria for Contraceptive Use, sponsored by the World Health Organization (WHO) in October 2003, as well as the Selected Practice Recommendations meeting organized by WHO in April 2004.

All the leading organizations active in the field of family planning policy and programmes participated in these efforts, and IPPF and its International Medical Advisory Panel (IMAP) played an active role. Information on contra-indications and conditions requiring special consideration regarding the use of the various methods of contraception has been reviewed to make it consistent with the updated WHO criteria. As with previous editions the guidelines have been developed under the guidance of IMAP.

Experience has shown us that the guidelines are only effective if they are accessible to those who would benefit most from them. We would like you to use them as part of your own training and discussions, and would welcome comments and feedback to improve future editions.

I am pleased to commend these guidelines to all those working for better sexual and reproductive health.



Dr Steven W Sinding
IPPF Director-General
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INSTRUCTIONS FOR USE

1 Purpose of the Guidelines

The IPPF *Medical and Service Delivery Guidelines for Sexual and Reproductive Health Services* are designed to be used in sexual and reproductive health service programmes, including family planning:

- *As a guide for the delivery of services*

These guidelines provide clear guidance to managers and service providers for the planning and performance of tasks which are related to their duties.

- *As a reference document for assessing quality of care*

The focus of the guidelines is on providing services which reach essential standards of quality. Therefore, the quality of services can be assessed by comparing actual performance with the recommendations and instructions contained in the guidelines.

- *As a training instrument*

Each chapter of the guidelines can serve as the basis for the development of training curricula.

- *As a tool for supervision*

The guidelines can serve as a reference to supervisors in identifying situations which require corrective actions and in identifying training needs. The supervisors can use the guidelines for bringing to the attention of service delivery personnel essential elements of quality of care and proper procedures.

2 Intended users

The intended users of the guidelines are: programme planners and managers, clinical services providers, and trainers and supervisors of clinical and community-based services. The guidelines are appropriate for doctors, nurses, midwives and other health professionals. The content of the guidelines relevant to community-based services can be used for developing materials for these workers, but this can best be done at the local level.

3 Format

The guidelines consist of 15 chapters.

As well as being extensively revised, this Third Edition includes 4 new chapters to the 1997 edition. These are: The normal menstrual cycle (chapter 3); Reproductive health screening for well women (chapter 4); Safe abortion (chapter 12) and HIV infection and AIDS (chapter 14).

Cross-references

To avoid unnecessary duplication of information provided, cross-references are made between and within chapters of the guidelines. These cross-references refer to the specific chapter by number and to the specific section of the chapter also by number. Most often the cross-references are to other sections of the same chapter.

