

# ESC NEWSLETTER - Volume 9 - Number 3 - 2012

Newsletter from The European Society of Contraception and Reproductive Health

## Editorial

### Editorial

Dear colleagues and friends,

In preparation for the Christmas holidays, let us look back at the ESC activities that marked this rewarding year.

We would like to highlight a very successful 12th Congress of the European Society and Reproductive Health in Athens "Myths and misconceptions versus evidence on contraception". If you are interested in the content of the congress topics, the ESC Website has the presentations from all the keynote lectures, as well as the complete plenary and congress sessions. It was a great pleasure to award the ESC medals to Prof. Em. Egon Diczfalusy and the late Prof. Willy Peers for outstanding internationally recognised activities in the field of reproductive health care.

In September, 2012 we held the fourth ESC workshop in Sarajevo, which gathered together many young gynaecologists from Balkan countries. This workshop is based on the joint activities of the ESC Committee for Educational and Training Activities (CETA), other faculty members and ESC Expert groups to create a basic course for young doctors in the field of contraception and reproductive health care and to evaluate this course.

The European Society of Contraception and Reproductive Health was present at many other congresses, as well. Especially noteworthy were interesting and well attended ESC sessions during XX FIGO 2012 World Congress of Gynecology and Obstetrics and 2012 FIAPAC Congress "Unwanted pregnancy - a fact of life".

Our Society is continuously growing, expanding across Europe and other continents and drawing the attention of an increasing number of affiliated societies. The modernized website also provides an opportunity to provide information and share experiences of the ESC members in the field of sexuality education, counselling, contraceptive care and other aspects of sexual and reproductive health care.

With even greater expectations we are looking forward to the forthcoming year. Remarkable scientific and technical knowledge is expected to be delivered through the First Global Conference on Contraception, Reproductive and Sexual health, which will be held in Copenhagen, in May 2013. We will continue with ESC workshops, aiming at improving knowledge and skills of young gynaecologists in providing contraceptive counselling and reproductive health care in the countries of Europe.

Dear colleagues and friends, as the year draws to an end, we wish you Merry Christmas and a healthy, prosperous and Happy New 2013.

Yours sincerely,

Johannes Bitzer, ESC President

Katarina Sedlecky, ESC Secretary General

## WCD Sweden

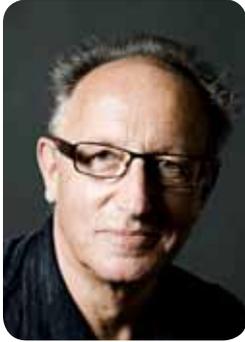


### World Contraception Day in Sweden

On the 26th of September, 2012, there were two major events in Sweden, in Stockholm and Gothenburg and some smaller events in other parts of the country. The events were aiming to increase knowledge among teenagers regarding prevention of unwanted pregnancies and sexually transmitted infections (STI). In Stockholm a total of 1600 students, aged 15-18 years, from different schools in the region were invited to a theatre in central Stockholm. Presentations and role plays about contraceptive methods, abortion and STI were mixed with performances by popular artists. The adolescents showed a great interest in the topics presented and actively participated with a lot of relevant questions anonymously handed in during a short break. Two gynecologists and two nurses were responsible for the professional part of the program. Teachers and students expressed great satisfaction with the content of the day.

Lena Marions and Jan Brynhildsen

## 1st Global ESC Conference



*Sven O. Skouby*



### 1st Global ESC Conference

Dear Colleagues and Friends,

**Register now: [www.escrh.eu/events/esc-events/2013](http://www.escrh.eu/events/esc-events/2013)**

**Deadline abstract submission: 15 December 2012**

**Deadline early registration fee: 15 February 2013**

It is with great pleasure and pride that the European Society of Contraception and Reproductive Health (ESC) is already able to present a strong profile of the First Global ESC Conference, which will be hosted in Copenhagen May 22-25, 2013 following the recent very successful 12th Congress held in June, in Athens.

Copenhagen has a strong tradition of successful congresses due to its excellent meeting facilities, efficient transportation and quality accommodation. The primary purpose of the First Global ESC Conference is the empowerment of women and improving all aspects of sexual and reproductive health.

Our aim through this conference is to open up new and global avenues of research and analysis in order to promote sexual health care with emphasis on regional differences, cultural and political diversities as well as new technologies. Pivotal aspects will be the environmental and demographic benefits of well planned training, diagnostics and therapeutic approaches to sexual reproductive health. The Conference patron is Her Royal Highness Crown Princess Mary.

An International Council representing professional organizations as well as individual opinion leaders will, together with the ESC Scientific Committee, guarantee a high educational and scientific standard with clear clinical relevance.

The impressive and truly global scientific scenario is available at the Conference webpage: [www.escrh.eu/events/esc-events/2013](http://www.escrh.eu/events/esc-events/2013).

The Conference has a Nordic Organizing committee and strong support from the Nordic Ob/Gyn Societies and the whole Congress is CME accredited. The full programme consist of informative sessions, interactive discussions and symposia continuing the ESC tradition and led by outstanding chairpersons who have provided a list of speakers representing the latest scientific information. Moreover, there will be workshops and society arranged sessions, special lectures and debates as well as free Communication and poster presentations.

With this information we have the pleasure of welcoming you to the First Global ESC Conference. All efforts are devoted to making this conference a most successful and rewarding event.

Sven O. Skouby  
President of the ESC Conference

Johannes Bitzer  
President of the ESC

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## ESC Membership

### ESC Membership 2013

[www.escrh.eu/user/register](http://www.escrh.eu/user/register) will lead you to the online application form.

Please log into your personal account and you will be able to renew your membership (tab ESC membership) by bank transfer or credit card. You can check your contact details under the tab edit – profile.

A subscription to the European Journal of Contraception and Reproductive Health Care is again included in the membership fee (60 euro) without additional cost.

We have listed here a few of the benefits you enjoy as member:

- \* 6 free editions of the official Society Journal,
- \* 3 newsletters,
- \* Members may apply to stand for the Board or Expert Groups,
- \* Members get free attendance to the ESC Seminar and substantial reduction of the ESC Congress fee,
- \* Personal access to the ESC website.

Call for applications

Call for project or course applications

The ESC provides funding to support a project within Europe

The available budget for applications received between 1 August and 1 January 2013 is 30,000 euro. Applications should meet the following minimal conditions:

- The applicant must be a paid-up ESC member
- The grant may be used to support an individual, group, institute or organisation with a project related to the aims of the ESC.
- Examples of projects include: research, audit, review, needs assessment

The ESC provides funding to support the organisation of a course or meeting

The available budget for applications received between 1 August and 1 January 2013 is 5,000 euro. Applications should meet the following minimal conditions:

- The applicant must be a paid-up ESC member
- The grant may be used to support a regional or local course or meeting within Europe related to the aims of the ESC.

Deadline for the application periods: 1 January 2013

Application forms can be found on the ESC website  
Any questions? Send an email to info@escrh.eu

ESC Workshop Sarajevo



ESC workshop: contraception and reproductive health Sarajevo (Bosnia and Herzegovina), 27-30 September, 2012

To continue improving the knowledge and skills of gynaecologists in the field of contraception and reproductive health care, the fourth ESC workshop was held in Sarajevo (Bosnia and Herzegovina) from 27th to 30th September, 2012.

The workshop gathered young specialists and residents in gynaecology and obstetrics from Albania, Montenegro, FRY Macedonia, Bosnia and Herzegovina, Slovenia and Serbia. The faculty members, coming from different countries across Europe, generously shared their knowledge and experience through numerous lectures, discussions and small group work.

The composition and content of this workshop was somewhat different from previous ones, because the ESC Committee for Educational and Training Activities (CETA), with the other faculty members and ESC Expert groups worked on establishing a basic course for young doctors in the field of contraception and reproductive health care. Therefore, sets of slides for presentations and clinical cases with questions and answers were peer-reviewed and delivered on the following topics:

- Overview - Contraceptive Tool Kit
- Taking a sexual history (covering both contraception and genital infections)
- WHO Medical Eligibility Criteria
- Combined hormonal contraception and progestogen only methods
- Emergency contraception
- Evidence Based Medicine
- Introduction to communication and counselling skills
- Permanent methods – sterilisation
- Long acting reversible contraception
- Myths and misconceptions about contraception
- Genital infections
- Abortion
- Contraception during the different reproductive life cycle phases
- Essentials of sexual medicine and impact of contraception on sexuality
- Social, cultural and religious issues
- New concepts

Thanks to the great support of Dr Gunta Lazdane, ESC workshop participants were given several WHO publications, including the Medical Eligibility Criteria, Selected Practice Recommendations for Contraceptive Use and a Medical Eligibility Criteria Wheel, in order to facilitate safe and efficient contraception provision, as well as to promote the messages learnt in his/her own country.

The ESC workshop was very well evaluated, both by participants and faculty. The received comments will be helpful in improving the content and methodology of this basic educational course, which CETA will work on for future workshops.

Sarah Randall

Katarina Sedlecky

**ESC Session  
at FIGO**

**ESC Session “How to promote contraceptive use amongst teenagers in Europe?” at XX FIGO Congress (Rome, Italy; 7–12 October 2012)**

On the occasion of the International Federation of Gynecology and Obstetrics (FIGO) Congress, the European Society of Contraception and Reproductive Health was given the opportunity to address the need for sexual and reproductive health care, not only as one of the key interventions for improving the health of women and children, but also as the right to enjoy a life with health and wellbeing.

The special ESC session was dedicated to adolescents, because they frequently encounter significant barriers to accessing contraceptive information and services, thus leading to high rates of unintended pregnancy and increased risk of contracting HIV and STIs.

Chaired by Prof. Johannes Bitzer, the session covered four topics: “Sexual behaviour of youngsters” (Rob Beerthuisen), “Trends in abortion rates in Europe” (Teresa Bombas), “Prevention of teenage pregnancy in European countries” (Katarina Sedlecky), and “What about boys?” (Dan Apter).

Well attended, the session ended with a productive discussion, which highlighted the importance of investing in societal acceptance of adolescent sexuality, combined with sexuality education and confidential counselling; aiming at ensuring healthy sexual development and safe sexual practice of teenagers.

Katarina Sedlecky, Secretary General

**Training course  
Kyrgyzstan**

**Joining forces to improve the quality of family planning services in Kyrgyzstan**



Following a strategic assessment in 2011 on the prevention of unintended pregnancies and unsafe abortion in Kyrgyzstan, a training of trainers course was conducted on 13–17 August 2012 to build knowledge within the health workforce of the medical criteria for safe and effective use of various types of contraception. Participants received training in how to counsel clients in the choice and correct use of contraceptives.

**Training course**



The Ministry of Health nominated 23 trainers to participate in the training organized by the Ministry, UNFPA Kyrgyzstan, WHO/Europe and the European Society of Contraception and Reproductive Health. The group of trainers was very diverse, ranging from academics experienced in teaching and training at postgraduate level to midwives who provide family planning services and were eager to learn and share their knowledge with others.

© WHO / Gunta Lazdane

UNFPA Kyrgyzstan reprinted and distributed two WHO publications Medical eligibility criteria for contraceptive use and Selected practice recommendations for contraceptive use. The WHO medical eligibility criteria wheel became the most popular tool on the course, and was used in various interactive training sessions. Based on WHO evidence-based guidelines, the wheel tells family planning providers if a woman presenting with a known medical condition is able to use various contraceptive methods safely and effectively. The wheel includes recommendations on the use of the six most common types of contraceptive.

Cascade training of primary health care providers supported by UNFPA Kyrgyzstan is due to start in September 2012.

Gunta Lazdane, WHO Europe