

ESC Workshop



ESC workshop: Contraception and reproductive health Sarajevo (Bosnia and Herzegovina), 12-15 September, 2013

The fifth ESC educational workshop in the field of contraception, genital infections and sexual and reproductive health was held in Sarajevo (Bosnia and Herzegovina) from 12th to 15th September, 2013. It was a basic course for young doctors and included a mixture of lectures and practical training in counselling and working with clients, as well as skill building in fitting IUDs and implants. The composition and content of the workshop was a result of the joint efforts of the ESC Committee for Educational and Training Activities (CETA), other faculty members, representatives of the Faculty of Sexual and Reproductive Healthcare (FSRH) and ESC Expert groups.

All presentations and clinical cases with questions and answers were peer-reviewed and delivered on the following topics:

- WHO Medical Eligibility Criteria
- Contraceptive Tool Kit
- How to take a sexual history
- Basics of combined hormonal contraception, the progestogen only pill and contraceptive counselling
- Management of a woman on combined hormonal contraception or the progestogen only pill
- Genital infections
- Long-acting reversible contraception
- Sexual medicine
- Contraceptive needs of special groups: young/post natal/ perimenopausal/other
- Emergency contraception
- Evidence Based Medicine

In order to verify that participants had the benefit from the lectures, an assessment of knowledge was conducted at the end of each day in an interactive way (quiz millionaire / game). The workshop was attended by 31 participants who were young specialists and residents in gynaecology and obstetrics from Italy, Slovenia, Hungary, Croatia, Bosnia and Herzegovina, Montenegro, and Serbia. The faculty members, coming from different countries across Europe, were very keen to assist participants to improve their knowledge and skills, and to clarify their misconceptions in the field of contraception and reproductive health care.

This workshop was again supported by WHO, and thanks to Dr Gunta Lazdane, participants got 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 by participants. The received comments will be helpful in improving the content and methodology of this basic educational course. For future educational activities a WHO/ESC/FSRH strategic group is established to plan sexual health training in Europe with coordination of training activities to maximise capacity and impact.

*Katarina Sedlecky
Sarah Randall*



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13th ESC Congress



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The 13th ESC Congress, Lisbon, 28-31 May 2014 Challenges in Sexual and Reproductive Health

Dear colleagues and friends,

We are looking forward to warmly welcome you in Lisbon on the occasion of the 13th Congress of the European Society of Contraception and Reproductive Health (28-31 May 2014).

We propose to present and discuss the latest scientific information and knowledge regarding contraception and reproductive health as well as to promote the right of each individual's access to adequate health services and to be informed about methods of family planning.

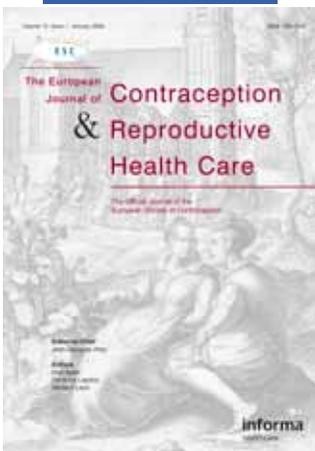
A considerable proportion of the scientific programme will be interactive, including debates and workshops.

The full scientific programme is available here:
www.escrh.eu/events/esc-events/2014/scientificprogramme

There is no better place in Europe to discuss these topics than the beautiful city of Lisbon. Lisbon is a city that combines the charms of olden times with modern state-of-the-art facilities. Here, you can enjoy visits to historical monuments, exciting cultural events, superb traditional cuisine amidst all the comforts of a modern city.

Teresa Bombas, Congress President

Impact factor



Impact factor

We are pleased to announce that the current Impact Factor for The European Journal of Contraception and Reproductive Health Care is 1.808.

All health indicators concerning the Journal are excellent:

- The number of submitted manuscripts in 2012 was 169, including five editorials.
- The rejection rate steadily increased from 2005 to 2008, when it became stable (~60%), which indicates rigour in the selection of the papers.
- The time interval from submission of the manuscript to (first) decision has decreased from 90.9 days in 2006 to 25.7 days in 2012.
- We receive many more papers from countries of high medical standing (e.g., Scandinavian countries).
- The impact factor (IF), in spite of a dip in 2008 (-4.6% vs. 2007) as well as in 2011 (-9.9% vs. 2010), is better than it ever was before. During the same period the ranking of the journal rose from 57th out of 59 titles in OB/GYN in 2006 to 38th out of 77 titles in OB/GYN in 2012!
- Manuscript Central has greatly facilitated the processing of manuscripts.

The most cited article (72 citations) in 2012 was an article, written by Sven Skouby (2004, vol 9, issue 2): Contraceptive use and behaviour in the 21st century: a comprehensive study across five European countries.

European qualification



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European qualification in contraception

During the Copenhagen congress in May 2013 there was an initial meeting between the ESC Committee on Education and Training, the UK Faculty of Sexual and Reproductive Healthcare, International Affairs committee and Gunta Lazdane, Programme Manager in SRH at WHO. The group agreed to look into the potential of developing a European Qualification in Contraception. As a consequence, a new working group will be formed with representatives from these 3 organisations to take this forward. A progress report will be produced later in the year.

Sarah Randall, UK - member of ESC CETA

Board representation



Representation of your country (Europe) on the Board

2013 will be an important year for your country representation on the Board.

The reference point to count the number of paid up members will be the end of the year (31 December 2013).

The number of paid up members from your country (only within Europe) shall be used as a reference to determine the level of representation on the Board (1 representative for 10 paid-up members, and 2 representatives for 50 or more paid-up members). The membership status per country is available here: www.escrh.eu/membership/paid-members

Election procedure for Board members in 2013 - 2014

- 31 December 2013: Calculate the number of paid up country members.
- January 2014: Advise each country of the number of Board Member vacancies.
- January 2014: Application forms are made available on the web.
- February 2014: Closing date for applications. All applicants must be paid up members for the year 2014.
- March 2014: Arrange voting for each country using the ESC website. All voting members must be paid up members in the current year. Alternative procedures will be in place should web based voting not be possible / available in a particular country.
- All voting will be by secret ballot.
- If there is only one candidate, voting will still take place.
- The decision will be by simple majority i.e the person with the most votes will be appointed. If there are 2 vacancies, the 2 persons getting the most votes will be appointed. If there is a 'tie' of votes, the 'winner' will be decided by the toss of a coin.
- There will be no proxy votes.
- May 2014: Advise applicants of the results and announce formally at General Assembly (GA).

Congress bids

Call for congress bids

This is a call to submit a bid to host and to organise the ESC Congress in the year 2018.

Although it may look far away, we are aware that preparing a bid takes time and we would like to remind you that proposals for holding congresses should be presented 4 years ahead at the General Assembly. Taking into account that the official bid for the congress must be delivered to the Central Office not later than three months before the day of the appropriate General Assembly, the deadline to do so is 28 February 2014.

The Central Office will be happy to reply to any request for further information on how to prepare a bid.

Full information on how to submit a bid:

www.escrh.eu/about-esc/statutes-rules-policies/policies#Cfr_Rule_12_Guidelines_



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World Contraception Day across Europe

World Contraception Day (WCD) is a worldwide campaign with a vision for a world where every pregnancy is wanted. Its mission is to improve awareness of contraception to enable young people to make informed decisions on sexual and reproductive health. Under the motto “Your Future. Your Choice. Your Contraception”, WCD 2013 focuses on empowering young people to think ahead and build contraception into their future plans, in order to prevent an unplanned pregnancy or sexually transmitted infection (STI).

Estonia by Estonian Sexual Health Association



In connection with World Contraception Day (WCD), on September 26, 2013 the Estonian Sexual Health Association (ESHA) organised a campaign using social media. Through a Facebook-game it was possible to test knowledge's on issues about SRH and contraception and prizes were available for participants in game. The prizes were organized in cooperation with our partners - Bayer and One Condoms. The ESHA was founded in 1994 under the name of the Estonian Planned Parenthood Association. Since 2005, the organization has been known as the ESHA. ESHA has been a member of the International Planned Parenthood Federation since 1995. The mission of the ESHA is to improve the sexual and reproductive health of all people, to protect sexual and reproductive rights in Estonia and to ensure the availability of good-quality services as well as information about sexual health.

Kazakhstan by Galina Grebennikova (Kazakhstan Association on Sexual and Reproductive Health) Love plus condom equals safe loving relationship!



This pair, a young girl and her boyfriend, was outraged enough to come to the group of peers in white t-shirts and listen to them. What was proposed to them was to answer some questions. Not very complicated but a little embarrassing as they were about condoms, contraception and sex. They then received a prize, a T-shirt with a logo consisting of four letters KMPA (Kazakhstan Association on Sexual and Reproductive Health) and the motto “Your Choice”.



In order to support the World Contraception Day and increase people's awareness about family planning issues KMPA volunteers helped to promote this activity within the USAID funded Umai project. On 29th of September, in Almaty's Arbat Street, volunteers conducted a four-step competition on information about contraception and sexual and reproductive rights for all comers.



Every participant obtained a check-list with a questionnaire (multiply choice) – first step. Then the participant answered open-ended questions. These were put into air balloons and could be reached with the help of darts. This was the second step. The third step was participation in the creative contest by writing/singing/reading/dancing using key words such as love, boyfriend, girlfriend, contraception, condom etc. And after passing this third step the participant went to two white boards where he/she could give feed back to the contest. Volunteers and peer trainers of KMPA checked the correct answers and winners were awarded T-shirts especially ordered for this event. Envelopes with contraception method booklets and condoms were distributed among the participants as well as flyers with information about the contraception hot line.

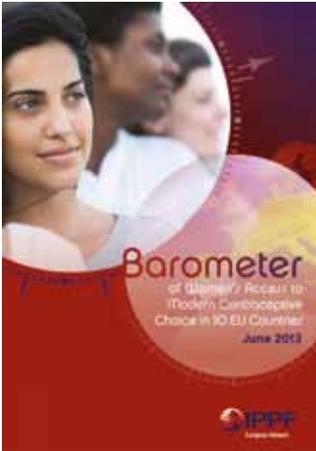
One of the participants of the event wrote in his feedback: “It is cool! I am sure that we have to know everything about contraception. Go ahead with your educational activities!”

As estimated, more than 500 people participated in the event devoted to the World Contraception Day in Almaty and this event inspired volunteers to use the same ideas while organizing events devoted to the World AIDS and Volunteer Days in December 2013.

Spain by Roberto Lertxundi

The SEC (Spanish Society of Contraception) held the WCD Meeting in the Dr Ramón y Cajal Hall of the Palace of the Official College of Physicians in Madrid with the President of the Society, Dr Jose Vicente Gonzalez, acting as Chairman. He presented the Manifesto of the Day: “It's your life. It's your future”, which was signed up to by the 27 professional Scientific Societies in the field of private Gynaecology as well as from the National Health Service. The ceremony was attended by representatives of the Health Ministry of Spain and representatives of the main Pharmaceutical companies involved in Contraception. The event ended by granting awards to Dr Paca Martinez, Dr. Lorenzo Abad and Dr. Antonio Miñano for their contribution to research and advances in sexual and reproductive health.

Czech Republic by Petr Weiss



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In Czech Republic two activities were organised at the occasion of World Contraception Day.

We have offered materials about contraception and about Barometer of women's access to modern contraceptives choice in 10 EU countries published by IPPF June 2013 (http://www.ippfen.org/NR/ronlyres/BA546898-5C41-48C4-BB31-655F8DF5725E/6325/Barometer_1706_webfin.pdf) to all schools in Czech Republic. We were very happily surprised by the number of schools interested in materials about current possible methods of contraception in our country and about Barometer. We received almost 500 requests about it (more than ten times more than last years). We also managed to publish these information on our websites, with important links and additional information.

Report of the 21st National Congress on Sex Education. The congress was held in Pardubice in September 2013. Congress traditionally largely discussed the issue of contraception and Mgr. Prouzová presented a paper on World Contraception Day following the presentation about current methods of contraception. An important message about the Barometer was also presented on this congress by Assoc. prof. Koliba, MD. Participants at the meeting received a brochure on the Barometer in Czech and interested participants could have full version of Barometer in English. The congress materials were also published with ISBN 978-80-905386-1-0. Almost 40 presentations and lectures were given at this congress. The total number of participants was 112.

Bosnia and Herzegovina by Edin Cengic

On World contraception day, I participated in a project organized by Partnership in Health foundation an NGO from Sarajevo. During that day we had "The Doors Open Day", i.e. hospitals and primary health care centers in the cities of Sarajevo, Banja Luka, Brčko and Goražde (my hometown and workplace) were open for all women, regardless of their health insurance status, to come for information and advice on contraception from gynecologists, including prescription of contraceptives.

Conference in Latvia with ESC support



International Conference in Latvia: "Modern Understanding of Women's Reproductive Health"

On October 30, 2013, the International Conference "Modern Understanding of Women's Reproductive Health" took place at the World Trade Centre, in Riga, Latvia. The Conference was arranged by the Latvian Psychosomatic and Reproductive Health Development Foundation in cooperation with the European Society of Contraception and Reproductive Health.

The aim of the Conference was to invite health care professionals –doctors: gynaecologists – obstetricians, general practitioners, endocrinologists and internists to share their experience and gain new knowledge in the field of reproductive health. Up until now gynaecologists – obstetricians were considered to be the specialists in the field of contraception. However, by the law, general practitioners are also allowed to prescribe contraception. Therefore, we brought together a wide panel of specialists in order to promote and facilitate doctor's interest in acquiring knowledge about contemporary contraception methods, using this to enable them to consult with patients more deeply regarding sexual health issues.

As less than 20 % of women in Latvia use safe contraception, one of the main objectives of the public benefit organization, Latvian Psychosomatic and Reproductive Health Development Foundation, is the promotion of reproductive health, which includes issues of mental health, sexual education and contraception. As a result of cooperation with various governmental, non-governmental and professional organizations, the Foundation actively provides psychological support, psychotherapy, art therapy and medical consulting for different patient and social groups.



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The professional aim of the Foundation is ensured also by research and educational activities. In August of this year, the research work was agreed upon in the Latvian Test Commission. At the same time, the quantitative scientific research work "Criteria of the Use and Non-Use of Contraception and Factors Facilitating the Use of Reliable Contraception by People of Reproductive Age in the Population of Latvia", which has started already in summer, received support also from the European Society of Contraception and Reproductive Health.

The research topic relates to the theme of the Conference – promoting a contemporary understanding of women's reproductive health and appealing to doctors to pay more time and attention to the assessment of the patient's health condition from her point of view, as well as to talk more about and promote safe contraception methods.

Within the framework of the Conference, the ESC session included guest lecturers from the Board of Directors of the European Society of Contraception and Reproductive Health – Prof. György Bartfai, Head of the Department of Obstetrics and Gynaecology at the University of Szeged in Hungary; Prof. Birute Žilaitiene MD, PhD, Head of the Scientific Institute of Endocrinology at the Lithuanian University of Health Sciences; and Rik HW van Lunsen, MD, PhD, from the Department of Sexology and Psychosomatic Obstetrics, and Gynaecology of the University of Amsterdam, Netherlands – as well as members of the ESC Board of Directors from Latvia – Ilze Vīberga, Professor of the University of Latvia, and Dr Dita Baumanė-Auza, President of the Latvian Psychosomatic and Reproductive Health Development Foundation.

Sandra Gintere from the Chair of the Family Medicine of the Riga Stradins University was invited to hold a discussion with general practitioners and share her experience in Latvia related to sexual health and contraception issues.

Professor Ilze Vīberga emphasized effective contraceptive counselling based on the WHO medical eligibility criteria for contraceptive methods, essential for the patient when she chooses the right contraception method. Professor György Bartfai analysed effectiveness, advantages and disadvantages of long-acting reversible contraception methods and their applicability to different groups of patients.

Dr Dita Baumanė-Auza compared results of different research on the influence of combined non-oral and oral contraceptives on a woman's well-being – physical and emotional health, sexuality, mood, pain and benefits from each particular method.

Prof. Birute Žilaitiene delivered a detailed overview on hyperandrogenemia, pathogenesis and choice of appropriate treatment. Rik HW van Lunsen stressed the physiological aspects of sexuality as a basis for sexual education and successful relationships. He revealed to the audience the importance of the theme and its special place in educating youngsters.

Around 220 participants and 6 lecturers highly appreciated the level of professional organization of the Conference, the quality of the thoroughly prepared materials related to the lectures and the content coherence of the topics. Therefore, such an international conference of professional development was highly commended by the health care specialists, who suggested organizing similar conferences again in the future.

I would like to use this opportunity and express my gratitude to the ESC for the support in covering the travel and accommodation expenses of the invited guest-lecturers, as well as for professional cooperation and responsiveness in the implementation process of this project.

*Dr Dita Baumanė-Auza
President of the Latvian Psychosomatic and Reproductive Health Development Foundation,
member of the ESC Board*