

Submission Date
2018-12-31 15:00:00

Name of applicant
Michalina Drejza

Job title
Coordinator, Polka 18

Address
Street Address : osiedle Cieniste 21
Street Address Line 2 :
City : Dalki
State / Province : wielkopolskie
Postal / Zip Code : 62200
Country : Poland



[View Larger Map](#)

Phone Number
 (+48) 695257106

E-mail
michalina.drejza@gmail.com

A short CV of the applicant (or the principal investigator) should be provided here. (Max 250 words)

Polka 18 is an initiative for holistic approaches for adolescents health in Poland. The project is a result of partnership with the Federation of Women and Family Planning (FEDERA), International Federation of Medical Students Associations (IFMSA-Poland) and Division of Adolescent Gynecology and Sexology in Department of Perinatology and Gynecology at Poznan University of Medical Sciences.

Principal investigators of the project are Michalina Drejza and Grzegorz Lopiński.

Michalina Drejza, MD, MSc(c) is PhD candidate at the Division of Adolescent Gynecology and Sexology in Department of Perinatology and Gynecology at Poznan University of Medical Sciences working on sexual and reproductive health and rights, gender equality and meaningful community and youth engagement in global health spaces. She has been involved in leadership roles within global youth spaces including the International Federation of Medical Students' Associations, Adolescent and Youth Constituency of The Partnership of Maternal, Newborn and Child Health, UNAIDS and many more. Currently working as a consultant at the WHO Department of Reproductive Health and Research; Director on Research and Development at International Youth Alliance for Family Planning and pursuing MSc in Reproductive and Sexual Health Research at the London School of Hygiene and Tropical Medicine.

Grzegorz Lopiński is a third year medical student at the Medical University of Warsaw. He is a National Project Coordinator in International Federation of Medical Students' Associations (IFMSA-Poland) supporting peer education and SRHR activities. He coordinated medical students efforts in SexedPEL project - founded by polish topmodel Anja Rubik and aiming to address CSE gap in Poland.

Submission date of this form

Monday, December 31, 2018

Is the person responsible for the project different to the person named in box A

No

Title of the project

POLKA 18 - youth-led research to advance adolescent sexual and reproductive health and rights in Poland

Please provide a comprehensive description of your project. The application will be assessed under the following headings: Background and hypothesis; Specific aims and objectives; a Needs Analysis with evidence of unmet need and Innovation; Approach and Methodology; ie numbers recruited, ethical approval, inclusion & exclusion criteria; Expected outcomes; Impact it will or may have in the field of contraception, sexual and reproductive health; Feasibility (1000 words)

Background and hypothesis

Poland remains among countries with the most restrictive legislations on sexual and reproductive health and rights (SRHR). Recent tries to introduce total abortion ban, emergency contraception being available only on prescription since July 2017, lack of comprehensive sexuality education programme at schools and increasing conscientious objection cases of providers denying SRHR services create a lot of misconceptions and keep Polish women and girls from receiving services they need. The stigma is particularly visible towards adolescent girls who are denied education and information about their bodies at schools, which makes them vulnerable towards negative health outcomes such as unintended pregnancies and sexually transmitted infections. The age of consent for sexual activity in Poland is 15, however young people needs parental consent to obtain sexual and reproductive health services until the age of 18. Recent changes in educational system is banning mentioning contraception and abortion and well as gender issues within the curricula. After brief desk review, our team observed very limited and fragmentary evidence in the topic of sexual and reproductive health in Poland, especially in context of adolescents. Studies are usually outdated, not using standardised indicators and conducted only at regional or city level, due to limited funding possibilities, which makes creation of any evidence based policy and recommendations impossible. Conducting country-level population study gathering attitudes, myths and misconceptions among girls, elaborating integrated set of indicators for monitoring have the potential to address the gaps and promote behavior change and acknowledge adolescents as sexual beings.

Specific aims and principles

The aim of the study is to collect population data in order to collect baseline to design interventions to address holistically adolescents health in Poland. Many schools would not allow research directed solely on sexual and reproductive health. In December 2018, we have conducted local consultations with adolescents at schools as well as experts and academics in order to create holistic model of health priorities for Polish adolescents. In order to address the health issues holistically, model includes three crucial health domains:

- Sexual and reproductive health and rights
- Non-communicable diseases
- Mental health

And three factors to ensure enabling environment:

- Safety, freedom from violence and human rights realization
- Quality of health services
- School and social relations (including Comprehensive Sexuality Education)

Sexual and reproductive health indicators are focused around menstrual cycle and hygiene; sexuality education and source of information; sexual activity and practices (including sexual orientation and gender identity); sexually transmitted infections; contraception (including hormonal and emergency contraception); attitudes and practices around abortion.

Approach and Methodology;

The principles throughout the project are:

- 1)Sexual and reproductive health and rights are crucial in order to achieve adolescents health and well-being - there is no adolescent health without recognising young people as sexual beings.
- 2)Holistic approaches - we are aiming at create comprehensive evidence base to address the gap of fragmentary data to treat adolescents not as cases but as human beings in their entirety.
- 3)Strategic partnerships - ambitious plans cannot be fulfilled alone therefore we united academia, civil society and youth led organization to work together to advance adolescent health in Poland.
- 4)FOR youth BY youth - this project will showcase that meaningful youth engagement in sexual and reproductive health is possible - adolescents and young health professionals (including medical students) are actively involved in every stage of the project - from design to implementation.

Ethical approval has been obtained by Poznan University of Medical Sciences Ethics Review Committee. As the name of the study (POLKA 18) indicates, we aim to survey 18 year old senior high school students, due to restriction of the age of consent to participate in the research studies in Poland. We have already recruited data collectors in five Polish Voivodships (districts): Wielkopolskie, Mazowieckie, Śląskie, Podlaskie, Zachodniopomorskie who will be collecting the data in randomly selected high schools in capital cities as well as smaller cities and rural areas. Data collectors are medical students studying in capital cities of respective voivodships.

The data are going to be collected using school-based self-reported paper-based knowledge, attitude and practice standardized questionnaire using modified and adjusted scales and indicators from the following tools:

- The Global school-based student health survey (GSHS) indicators,
- Global Early Adolescent Study toolkit,
- WHO AA-HAI (Accelerated Action for the Health of Adolescents) guidance
- Rosenberg Self-Esteem Scale (SES) and Eating Attitude Test (EAT-26);
- WHO Family Planning Training Resource Package evaluation toolkit;
- WHO guidelines for adolescent sexual and reproductive health and rights

Timeline

- January-February 2019 - Finalization of survey design and sampling
- March-April 2019 - Piloting of the survey
- April 2019 - First investigators and partners meeting during the IFMSA-Poland General Assembly
- May-October 2019 - Data collection
- November-December 2019 - Data analysis
- December 2019 - Final investigators and partners meeting for dissemination planning

Why is it innovative? Outcomes, impact and feasibility of POLKA 18 project

The study on that scale with partnership between academia, youth and civil society has never been done in Poland before. It is a chance to demonstration of inadequate evidence in holistic research regarding the influence of the behavior of Polish teenagers on their health seeking practices in adult life. Extremely fragmented approach to adolescent health, not recognizing family planning and modern contraception needs as well as unmet need for Comprehensive Sexuality Education and lack of data on modern contraceptive prevalence in Poland can be addressed by full implementation of our project.

Results of the study will inform evidence brief that is going to be disseminated among Polish Federation of Obstetrics and Gynecology, parliamentarians, Ministry of Health and Education and more partners that Federation of Women and Family Planning, IFMSA-Poland and Poznan University of Medical Sciences are working with. All core partners have extensive experience in advocacy for sexual and reproductive health in Poland, therefore we are hoping to start a public dialogue for policy change and continue progress in incorporation and recognition of sexual and reproductive health and rights of adolescents in health and education policies.

Timeline: When will it start / finish? (Max 20 words)

January 1st - December 31st 2019

Where will it take place - country / town, establishment? (Max 20 words)

Poland

Sector in the area of contraception, sexual and reproductive health:

adolescents, adolescent sexual and reproductive health and rights, comprehensive sexuality education

Is it a 'new' project?

Yes

Do you foresee any reasons (political, climatic, etc) why this project may be adversely affected? (Max 20 words)

No, Poland has been increasingly more conservative however the project should not be affected in its course.

How much will this project cost?

8900C

How much are you requesting from ESC?

5400C

Are there other partners or organisations supporting this same project?

Yes

IF YES - name the other partners who will support this project (Max 20 words)

International Federation of Medical Students Associations (IFMSA-Poland), Federation of Women and Family Planning; Poznan University of Medical Sciences

Have you already obtained any funding?

No

Budget

List each Item required for this project	Amount requested from ESC	Amount requested from additional partner	Name of partner	Any Comments
Staff	1500	0		Staff item will support the staff work of principal investigators during 12 months (600x2) and the accountant
Data analysis and publication costs	1500	0		statistician costs, data analysis programming, open access publication costs
Support of the local data collectors	0	3000	IFMSA-Poland	Includes printing costs, transportation and working hours
Investigators meeting - April 2019	1300	0		Accommodation and transportation for 10-15 members of the national investigators team and partners
Dissemination meeting with policy stakeholders - December 2019	1100	400	Federation for Women and Family Planning and IFMSA-Poland	
			IFMSA-Poland	

Total amount requested from ESC

5400C

Total amount requested from partner(s)

3400C

The ESC may not be in a position to fully fund all applications; you must indicate whether / how part funding may impact your project. (Max 100 words)

The ESC support would be crucial for the operational support of the project. Some funds connected to the research meetings in April and December have been leveraged to the partners of the project (as indicated above). Partial funding would decrease our availability to successfully disseminate and publish our results.

Who will oversee the budget & keep accounts? Provide name, title, contact number and email address

Grażyna Jarząbek-Bielecka,
Head, Division of Adolescent Gynecology and Sexology in Department of Perinatology and Gynecology, Poznan University of Medical Sciences;
email: grajarz@o2.pl, phone number 0048 605321350

If you or your department has received funding from ESC for a project or course before, please give details of the date of funding, contact person and title of project or course.

Federation for Women and Family Planning has received partial funding from ESC for Survey on the Attitudes, Knowledge and Practices on Emergency Contraceptive Pill among Polish physicians project in 2018

I/We, as responsible agents for this project, agree to the following 10 points:

	yes
I/We agree that all monies will be spent appropriately	✓
I/We agree to work with the nominated Mentor	✓
I/We agree to advise you at the earliest time if this project is delayed or cannot be completed	✓
I/We agree to provide an interim report(s) part way through the project and a final report to the ESC within 6 months of the end of the project.	✓
I/We agree to provide the ESC with an interim budget(s) and a detailed budget at the end of the project. NOTE funding will be awarded in stages and will be dependent on appropriate reporting.	✓
I/We agree to provide receipts for monies spent if requested.	✓
I/We agree that if we need to make any significant changes to the duration, contents or funding of the project after it has been awarded, I/we will advise the nominated mentor.	✓
I/We agree that any unspent money will be returned to the ESC	✓
I/We (the applicant) agree to acknowledge the ESC as a donor in any publications, submission of abstracts and oral communications resulting from this project. Please inform the ESC Office where and when the data is to be presented and/or published and note that ideally any manuscript should be sent to the ESC Journal in the first instance.	✓
I/We agree to remain fully paid up ESC member(s) until the final grant report is submitted	✓

Full Name

Michalina Drejza

Date

Monday, December 31, 2018