

Impact of Family Planning Refresher Trainings on Provider Skills and IUD Insertions

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Introduction: Provider refresher trainings can facilitate quality of care by skill enhancement. Refresher trainings cater to skill-based aspects and counselling concerns. Trainings may also enhance contraception uptake facilitated by efficient counselling. This study aims to explore impact of refresher trainings on provider skills and method update.

Methods: Analyses carried out for this study were twofold: case-control (case: providers given refresher training; control: providers not given refresher training) and pre-post (before and after effect of training). Analyses were facilitated by independent and paired sample t-tests.

Results: From case-control results, it can be extrapolated that average IUD insertions of providers receiving refresher trainings (mean=30.4, SD=24.7) have significantly increased than providers who did not receive training (mean=20.5, SD=23.4). Even by stratifying data at qualification level or years of experience, results did not affect aforementioned finding. Implication of paired t-test revealed that refresher trainings significantly influenced IUD insertions (3rd month – for case – mean=8.4, SD=8.1; for control – mean=6.1, SD=6.7). This effect was triggered after two months and deteriorated after six (6th month – for case – mean=18.2, SD=16.6; for control – mean=16.5, SD=14.6). Pre-post analyses also revealed that refresher trainings did not have any significant impact on providers' critical score in standards-based management and recognition (Jan-Sep2014 – mean=0.95, SD=0.08; Oct-Jun2015 – mean=0.95, SD=0.05), but, they did affect overall scores significantly (Jan-Sep2014 – mean=0.83, SD=0.06; Oct-Jun2015 – mean=0.87, SD=0.07).

Conclusions/Recommendations: Based on analyses, it can be concluded that refresher trainings can boost IUD uptake, but, after a lag of 2 months. This lag can be overcome by linking outreach worker with refresher trainings to facilitate client flow. Refreshers trainings, however, do not affect clinical skills. Additionally, the effect of trainings diminishes in 6 months, so, trainings need to be conducted again.