

# **COMMUNICATION AND COUNSELLING FOR COLPOSCOPY CERVICAL CANCER SCREEN & TREAT PROGRAM**

**CERVICAL CANCER SCREEN & TREAT COLPOSCOPY  
TRAINING**



# Learning objectives

- By the end of this module, trainees will be able to:
- State the importance of colposcopy in cervical cancer screening
- Describe the key messages for counselling prior procedure and after the Colposcopy
- Discuss the client follow post colposcopy
- State the different mistakes during counselling

# Introduction to Communication and counselling

- Counselling is a crucial component in cervical cancer screening, colposcopy and treatment
- Counselling takes only a few minutes but rewards both the colposcopist and the patient
- The messages communicated need to be clear, consistent, specifically culturally and appropriate for local communities.

# Introduction to communication and counselling cont'd

- The clinician needs to communicate with client in a culturally acceptable way
- Use a language that the client understands
- Avoid medical jargon during counselling.
- Counselling empowers the woman to take decisions.
- It motivates the women to adhere to services.

# Key counselling messages before Colposcopy

- Explore with the client why she has come.
- Describe the importance of colposcopy in cervical cancer screening
- This procedure is performed after the primary screening
- Colposcopy guides the clinician on where to harvest a biopsy from on the cervix.
- She will go through the pelvic examination with the use of a speculum.
- She will need to empty her bladder at let 30 minutes before the procedure.

# Key messages prior Colposcopy procedure

- The results will either be: -
  - Negative, meaning there are no abnormal cells on the cervix at the moment.
  - Positive results meaning there are abnormal cells on the cervix.
  - Apart from the precancerous changes, the clinician may identify sexually transmitted infection which will be treated.
- The woman will be treated using cryotherapy/thermal ablation or LEEP.
- The woman will be counselled on the treatment options.
- The woman will be counselled on the laboratory results and cost related
- The results from colposcopy may sometimes require further examination necessitating a referral to higher facility or to a gynecologist.

# Messages Post Colposcopy

- Inform the woman about the colposcopy findings.
- If the results are negative discuss this with the woman.
- Explore risk and give an appropriate return date for rescreening.
- When positive findings are detected, reassure the woman
- Explain what the positive results mean in a language that the woman will understand.

# Post Colposcopy Counselling messages cont'd

- Emphasize the importance of early treatment.
- If STIs are identified, counselled on compliance and safe sex practices.
- Provide detailed and specific information about the referral center
- Inform the woman when the biopsy report will be available.
- Encourage her to ask questions and respond with care.



# Post Colposcopy Counselling messages cont'd

- Provide necessary advices to take care of herself when she goes home;
- Abstain from sex for a month post treatment
- Tampons should not be used for one month.
- Avoid swimming or getting in to rivers, lakes etc. for 2 weeks.
- Inform her about danger signs
- A follow-up visit should be planned preferably one month after the colposcopy.
- Biopsies need to be properly labelled before sending to designated pathology laboratories.

# Follow-up one month after the colposcopy

- Explain the woman about the findings of the laboratory report.
- Based on the lab results, the woman should be counselled on the follow-up that she will need.
- If necessary, she should be referred for further treatment or make an appointment for the next follow up visit.

# Common counselling mistakes

- Controlling rather than encouraging the clients spontaneously expression
- Judging the clients
- Moralizing, preaching and patronizing
- Labelling, rather than finding out the client's motivations, fears and anxieties
- Unwarranted reassurance of the client

# Common counselling mistakes

- Not accepting the client's feelings
- Interrogating the client
- Encouraging client's dependence on the counsellor
- Cajoling- trying to persuade the client to accept new behaviour by flattery or deceit

# Applying counselling skills in Cervical cancer screening

- Ensure the clients understands the screening results and the implication of abnormal results
- Discuss the clients understanding of the abnormal results and negative results
- Assess the client's readiness for colposcopy and treatment
- Find out who will provide client support if they are found to have a positive or suspicious result

# Point to reminder

- Women seeking colposcopy services will have undergone the primary screening methods e.g. VIA, HPV DNA testing or cytology.
- Colposcopy is an advanced screening method and it's not a treatment method.
- Counsel on the different results of colposcopy.
- The need for further examination or treatment following colposcopy.
- Importance of post colposcopy follow and future screening options for the woman.
- Use a language the woman will understand and avoid medical terminology.