

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid red circle is centered on the page, containing the text. A dark gray, curved, comma-like shape is positioned to the left of the red circle, partially overlapping its edge.

PRE CERVICAL cancer counselling

Outline

**PRE CERVICAL
CANCER
COUNSELLING**

**KEY ASPECTS OF PRE-
CERVICAL CANCER
COUNSELING:**

**LIFE COURSE
APPROCHE TO
CERVICAL CANCER
PREVENTION AND
CONTROL**

**FOLLOW-UP AND
SUPPORT:**

INFORMED CONSENT

SUMMARY

ACKNOWLEDGEMENT

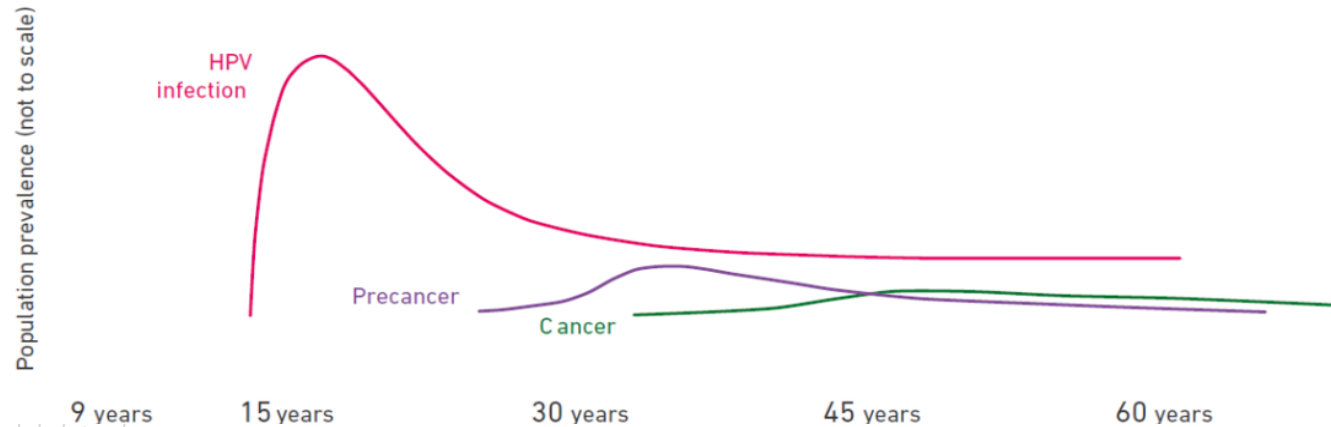
**We know
cervical
cancer
diagnosis can
be
overwhelming**

Evelyn, a 32-year-old Kenyan woman, was not sick. In fact she was in high spirits. Shortly before, a community health worker's announcement at a funeral had inspired her. He had spoken about a disease that affects women – cancer of the cervix – and explained that the disease is preventable. If early cervical cancer is not detected and treated, a woman can die from the disease.

The community health worker, a person she knew and trusted, gave Evelyn a card and told her where she should go to have a screening test. “I felt it was important for me to find out if I had any risk because, after all, I could get help.” When she returned two weeks later, she was told her test was negative, meaning it was normal. “I was greatly relieved,” she said. Now, she only needs to return for another test in five years' time.

Because she was treated so kindly and learnt so much, Evelyn has begun to speak publicly about her experience. Many women she has spoken to have followed her advice and have been tested. Two of these women have reported to evenly that they were treated for pre-cancer so they would not get cancer. Evelyn is happy to be helping others: “I don't want anyone to die when there is an opportunity for us to live.”

Life Course Approach to Cervical Cancer Prevention and Control



Primary Prevention

Girls 9-14 years

- HPV vaccination

Girls and boys, as appropriate

- Health information and warnings about tobacco use
- Sexuality education tailored to age & culture
- Condom promotion/provision for those engaged in sexual activity
- Male circumcision

Secondary Prevention

Women > 30 years of age

“Screen and treat” – single visit approach

- Point-of-care rapid HPV testing for high risk HPV types
- Followed by immediate treatment
- On site treatment

Tertiary Prevention

All women as needed

Treatment of invasive cancer at any age and palliative care

- Ablative surgery
- Radiotherapy
- Chemotherapy
- Palliative Care

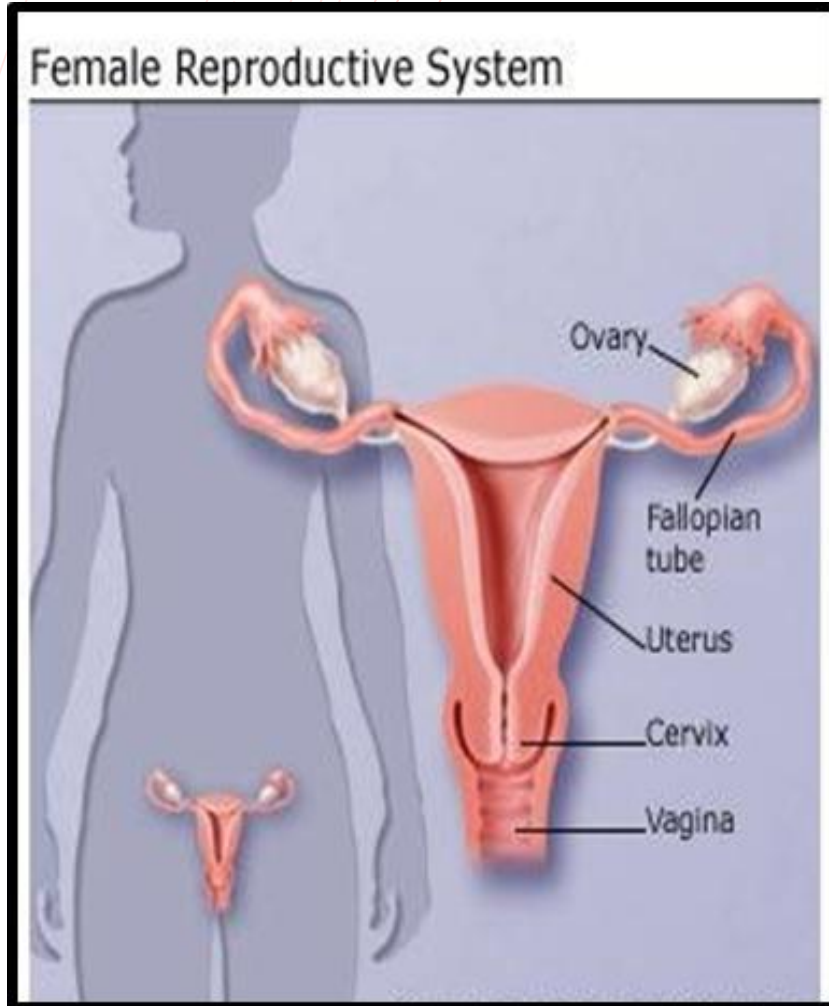
Key Aspects of Pre-Cervical Cancer Counseling:

- Education and Information:
 - **Understanding HPV and Cervical Cancer:** Information is provided about HPV (Human Papillomavirus), its link to cervical cancer, and how it is transmitted.
 - **Importance of Screening:** Counseling emphasizes the significance of regular cervical cancer screening, including Pap smears and HPV tests, for early detection of precancerous changes, which can be treated before they develop into cancer.
 - **HPV Vaccination:** The benefits of the HPV vaccine in preventing HPV infection and related cancers are discussed, especially for those in the recommended age range.

PRE ▼ CERVICAL cancer counselling

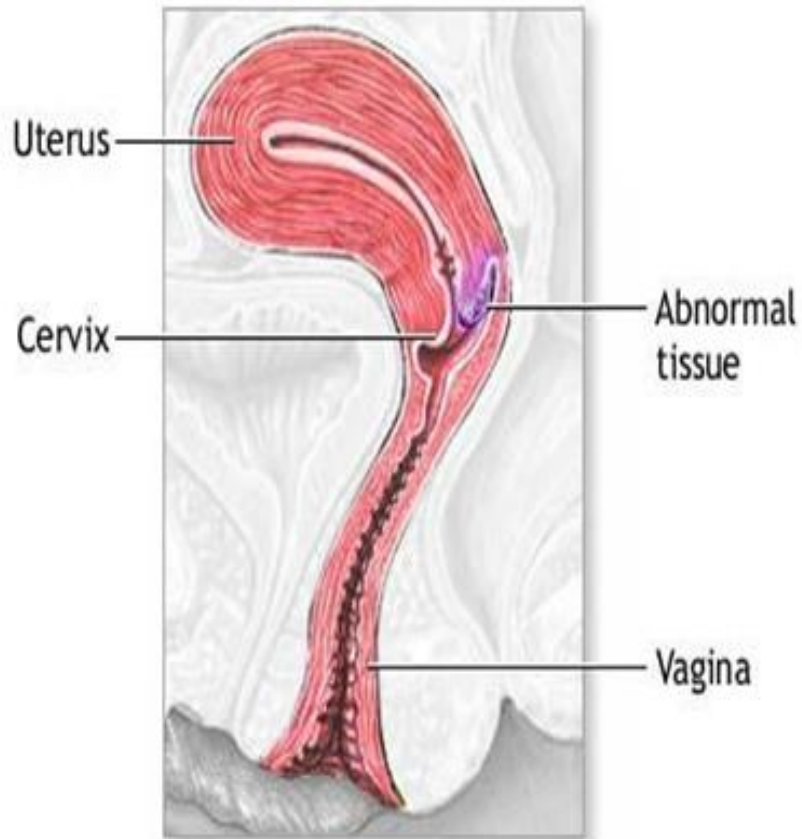
- It plays a vital role in educating individuals about cervical cancer prevention, screening, and overall cervical health
- It involves a confidential interaction between a healthcare provider and a woman (or couple, if desired) to provide accurate information and support informed decision-making regarding prevention and screening.
- **Essential knowledge about cervical cancer**
 - WHAT is pre-cancer?
 - WHAT is cervical cancer?
 - HOW can cervical cancer be prevented?
 - WHO should be vaccinated?
 - WHO should be screened?
 - WHICH prevention services are available locally?
 - WHERE and WHEN can these local services be accessed

Women preparation for screening



- **Ovary:** Organ that produces eggs and female hormones. Signals from the ovary cause your body to menstruate.
- **Fallopian tube:** Carries egg to the uterus, where it may be fertilized if a male's sperm is present
- **Uterus:** Womb. Organ that prepares for and carries pregnancy to term.
- **Cervix:** Opening of the Uterus. The cervix maintains the pregnancy, and dilates at term to allow delivery
- **Vagina:** Birth Canal

Women preparation for screening



ADAM.

- Cancer of the cervix is very common among women in Kenya.
- The risk is increased among women who smoke, who are older than 30 and women who are infected with HIV.
- Cervical cancer grows very slowly. Doctors can use various tests to find abnormal cells on the cervix before they become cancer.
- Abnormal cells can be removed from the cervix before they become cancer. That procedure can safely be done in the clinic, during a normal visit.

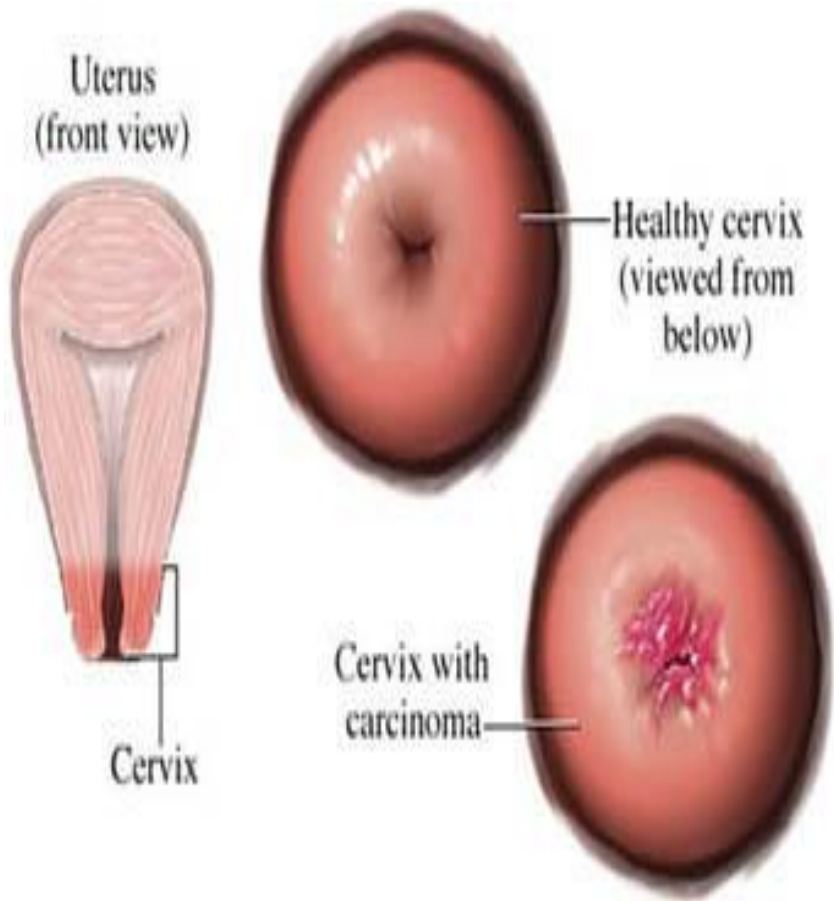
Women preparation for screening



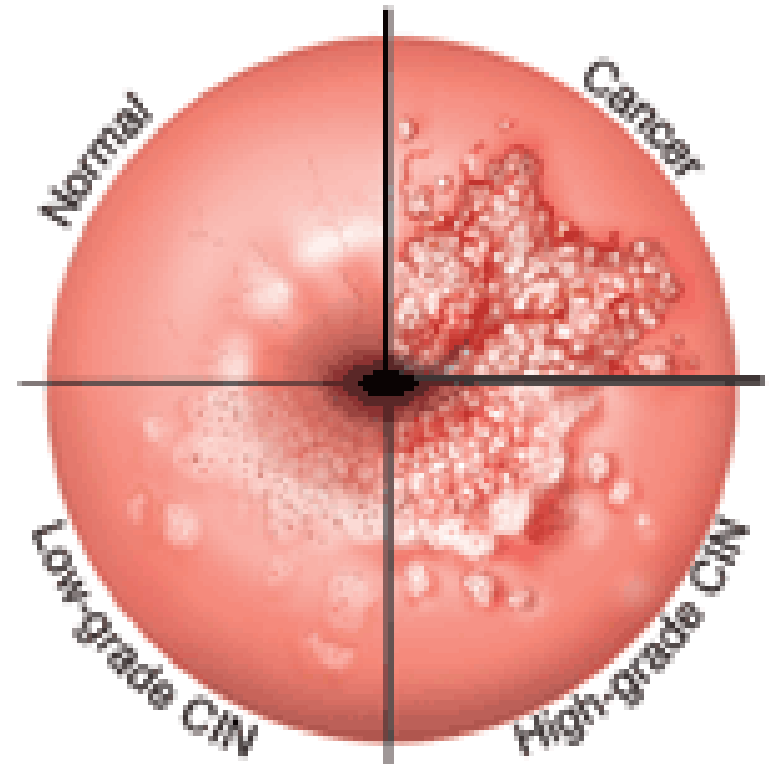
- The nurse or doctor will use a speculum to look at your cervix. They will apply liquid and then look at the cervix with a bright light.
- The speculum exam is not painful. It may feel cold and you may experience a small amount of pressure.
- Before the exam, you should go to the bathroom so that there is no pressure on your bladder.

Possible outcomes of screening

Health vs unhealthy cervix



Possible outcomes after screening



Addressing Concerns and Fears:

Overcoming Barriers: Counselling helps women feel more comfortable and confident about gynecological check-ups and screening procedures.

Clarifying Doubts: It provides an opportunity to address questions and concerns related to cervical cancer prevention, screening, and treatment.

Promoting Informed Decision- Making:

- Empowering Women: Counselling empowers women to make choices about their healthcare based on accurate information and their individual circumstances.
- Ensuring Consent: For screening tests and procedures, the healthcare provider explains the benefits and risks, obtaining informed consent from the patient



Follow-Up and Support:

- Informed consent is crucial, where the woman provides explicit permission for a procedure or test after receiving sufficient information to make an informed choice.
- This process respects the woman's autonomy and ensures she understands the facts about cervical cancer, screening, and potential outcomes.
- By providing comprehensive information and support, pre-cervical cancer counseling plays a vital role in preventing cervical cancer and ensuring women receive the necessary care and follow-up.

Who Provides Counseling?

- Healthcare providers at various levels, including nurses, midwives, clinical officers, and medical doctors, can provide cervical cancer counseling after competency-based training.
- Counseling Approaches:
 - Individual Counseling: One-on-one sessions tailored to the individual's needs and concerns.
 - Couples Counseling: Including a partner or spouse can facilitate open communication and support for decision-making.
 - Group Counseling: Used for general education, awareness raising, and addressing common myths and misconceptions.



Informed Consent:

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Summary

- Quality pre-cervical cancer counseling plays a vital role in:
- **Educating women:** Ensuring they have accurate information about cervical cancer prevention, screening, and treatment.
- **Empowering decision-making:** Helping women make informed choices about their health and participate actively in their care.
- **Reducing psychological burden:** Alleviating anxiety and fear associated with screening and potential diagnosis.
- **Promoting compliance:** Increasing adherence to screening and treatment recommendations.
- **Improving quality of life:** Enhancing emotional well-being and promoting overall well-being.