



## Memorandum

Date October 15, 1981

From Michael E. Dalmat, Dr.P.H., Public Health Advisor, Program Evaluation Branch, Family Planning Evaluation Division (FPED), Center for Health Promotion and Education (CHPE)

Subject Foreign Trip Report (AID/RSSA): Ivory Coast, 7/30-31/81; Mali, 8/1-11/81; Tunisia, 8/12-14/81; Kenya, 8/16-20/81; Nigeria, 8/20-23/81; London, England, 8/23-29/81

To

William H. Foege, M.D.  
Director, Centers for Disease Control (CDC)  
Through: Horace G. Ogden  
Director, CHPE *HL*

## SUMMARY

- I. PLACES, DATES, AND PURPOSE OF TRAVEL
- II. PRINCIPLE CONTACTS ~
- III. BACKGROUND
- IV. RESULTS FROM CONSULTATIONS

## SUMMARY

During this trip, I reviewed with each of 4 of the 5 African authors, their critiques of the most current manuscript of the book, Contraceptive Technology (African Edition). I also explored alternative means of distributing the book with the authors as well as the number of copies that would be needed in specific countries. The authors also suggested appropriate criteria and methods to be employed in evaluating the use of the book. In addition, the organization of the book has been changed as a result of the author's input.

The two persons responsible for supporting family planning and population activities of the Agency for International Development (AID) in West Africa and in East Africa, Mr. William Bair and Dr. Anita Mackie, each briefed me on the status of family planning activities in the countries that fall within their area of responsibility. In addition, Mr. Bair and Dr. Mackie suggested key contacts in each country who are in a position to make valuable contributions to the development of distribution lists and plans for the book. They also made suggestions with respect to the evaluation of the book.

In London, I met with individuals from the International Planned Parenthood Federation (IPPF) for a variety of reasons: to request a technical critique of the book by IPPF professionals; to discuss the possibility of having a book review included in IPPF's periodical, "People," and to explore ways in which IPPF might assist in the distribution of the book in African countries. I also briefed IPPF staff on the results of the evaluation of family planning services in Mali, the completion of which was my principle assignment in Mali (see separate Foreign Trip Report, Mali, dated October 8, 1981).

## I. PLACES, DATES, AND PURPOSE OF TRAVEL

Abidjan, Ivory Coast, July 30-31, at the request of AID's Regional Economic Development Services Office/West Africa (REDSO/West Africa), to discuss aspects of the African edition of Contraceptive Technology with William Bair,

the Population Advisor, and to brief him on the results of the evaluation of family planning services in Mali.

Bamako, Mali, August 1-11, at the request of USAID/Mali and the Ministry of Public Health and Social Affairs (MOPHSA) to develop a distribution list and plan for the book in addition to concluding the evaluation of Malian family planning services with the MOPHSA and the Malian Family Planning Association (AMPPF) (see separate Foreign Trip Report, Mali, dated October 8, 1981).

- Tunis and La Marsa, Tunisia, August 12-14, at the request of USAID/Tunisia, to review Dr. Ben Falidel's critique of the book and her comments on its evaluation and to discuss distribution of Contraceptive Technology with representatives of the National Office of Population and Family Planning (ONPPF).

- Nairobi, Kenya, August 16-20, at the request of USAID/Kenya, to review Dr. Mati's critique of the book; to discuss its distribution with Dr. Anita Mackie (Health, Nutrition, and Population Advisor, REDSO/East Africa); to review the status of a community-based distribution proposal developed with the National Family Welfare Council (NFWC) with Dr. Gathing, its director; and to brief the regional staff of Family Planning International Assistance (FPIA) on the results of the Mali evaluation.

Lagos and Ibadan, Nigeria, August 20-23, to review Mrs. Grace Delano's critique of Contraceptive Technology and to discuss its distribution and evaluation with her as well as to brief U.S. Embassy staff on the status of the book.

London, England, August 23-29, to explore with representatives of IPPF the possibility of their critiquing the manuscript of Contraceptive Technology and assisting in its distribution through its network of family planning associations in Africa.

Travel was performed in accordance with the Resource Support Services Agreement (RSSA) between the Office of Population/AID/Washington and the Centers for Disease Control/CHPE/FPED.

## II. PRINCIPAL CONTACTS

### Abidjan, Ivory Coast

1. Mr. Gordon Evans--Director, REDSO/West Africa
2. Mr. William Bair--Population Advisor, REDSO/West Africa

### Bamako, Mali

1. Mr. Thomas Park--Health, Nutrition, and Population Advisor, USAID
2. Mr. Tata Sangare--Assistant Health, Nutrition, and Population Advisor, USAID
3. Dr. S. Konate--Deputy Director of Planning, MOPHSA
4. Dr. Liliane Barry--Chief, Family Health Division

### Tunis and La Marsa, Tunisia

1. Dr. Samiha Ben Fadhel--Director, Dept. of Obstetrics & Gynecology, La Marsa Hospital
2. Mr. Allan Getson--Population Officer, USAID
3. M. Dale Gibbs--Health Officer, USAID

4. Mr. Anwar Bachbaouab--Assistant Health and Population Officer, USAID
5. Mme. Souab Chater--Director, National Population & Family Planning Office (ONPPF)
6. Dr. Mohsen Kechrid--Medical Supervisor, Medical Division, ONPPF
7. Dr. Abderruzak Thraya--Director, National Training Center, ONPPF

Nairobi, Kenya

1. Professor Japheth Kimanzi Mati--Chairman, Dept. of Obstetrics & Gynecology, University of Nairobi, Kenyetta National Hospital
2. Mr. Jack Slattery--Health, Nutrition Officer, USAID
3. Dr. Irene Gathing--Director, National Family Welfare Center
4. Dr. Anita Mackie--Health, Nutrition, and Population Advisor, REDSO/ East Africa
5. Mr. Andrew Franklin--Assistant Director for Africa, Family Planning International Assistance (FPIA)
6. Mr. Paul H. Sossa--Program Officer, Africa Region, FPIA
7. Dr. Katja Janovsky--Evaluation Officer, African Medical and Research Foundation (AMREF or "Flying Doctors")

Lagos and Ibadan, Nigeria

1. Mr. Richard H. Appleton--Economic Officer, U.S. Embassy
2. Ms. Grace Eban Delano--Chief Coordinator, Fertility Research Unit and Family Planning Program, University College Hospital, University of Ibadan

London, England

1. Professor Frederick T. Sai--Professor of Public Health, UN University, Tokyo
2. Dr. Pram Senanayaka--Director, Biomedical Sciences, IPPF
3. Mr. James Chapman--Director, Management and Procurement, IPPF
4. Dr. Dorine Kramer--Reproductive Health Epidemiologist, IPPF
5. Mr. Jeromy Hamand--Assistant Editor, "People," IPPF

III. BACKGROUND

The FPED is revising and adapting the American edition of Contraceptive Technology to reflect the contraceptive programs and practices of the African continent. Both an Anglophone and a Francophone edition of the book are being prepared by five American and five African authors. Three of the authors of the American edition of the book, Drs. Robert Hatcher, Felicia Stewart, and Gary Stewart, are also working on the African edition along with two new authors, Ms. Deborah Kowal, author/editor of "Contraceptive Technology Update," and me.

During the past 12 months, the American authors visited Kenya, Tanzania, Tunisia, Ghana, Senegal, Mali, Nigeria, and the Ivory Coast as part of the preparation of the book. The five African authors have rewritten a number of chapters and have critiqued the work of the American authors. Three weeks prior to the trip, which is the subject of this report, each African author received a copy of the third draft of the complete manuscript. I visited four of the African authors during this trip to obtain their final comments on the manuscript and to discuss the evaluation and distribution of the book. Highlights of the changes made in the book as an outcome of this trip are included in Section IV of this report, "Results from Consultations."

#### IV. RESULTS FROM CONSULTATIONS

##### Ivory Coast

Mr. Bair reviewed the status of family planning in West African countries in terms of their policies, programs, perception of the role that family planning plays in development, assistance received from donor agencies, and receptivity to and interest in the types of activities for which FPED provides assistance. He also identified individuals within each country who, if so requested, would be willing to help determine who should receive copies of the book, Contraceptive Technology (African edition), how many copies would be required, and how to get the books to the recipients.

Mr. Bair also elaborated on the types of questions that should be asked of recipients of the book in order to assess their use of the book and its usefulness to them. He also suggested that information to be obtained from different strata of recipients will need to be collected in different ways: e.g., an evaluation insert for students, a special questionnaire for faculty members, a different questionnaire for program managers.

Further, Mr. Bair recommended making use of the existing networks developed by other intermediaries, e.g., IFRP, JHPIEGO, INTRAH, Columbia University, Pathfinder, University of Chicago, IPAVS, to publicize and distribute Contraceptive Technology.

##### Mali

Mr. Thomas Park and Mr. Tata Sangare of USAID/Mali assisted me in developing a distribution list for the book in Mali. They identified health facilities, universities, other training programs, nongovernmental agencies, and special interest groups that could make use of Contraceptive Technology. They also suggest the number of copies to be received by each category.

##### Tunisia

Prior to my visit to Tunisia, Dr. Ben Fadhel had rewritten portions of Chapter 12, "Contraceptive Injections and Other Progestin-Only Contraceptives." Dr. Hatcher, Deborah Kowal, and I incorporated Dr. Ben Fadhel's inputs and those of other authors and contributors into a revised edition of this chapter. Dr. Ben Fadhel received a copy of this revision along with the revised editions of all other chapters 5 weeks prior to my arrival in Tunisia. While there, Dr. Ben Fadhel suggested a few modifications, mostly editorial, that could improve Chapter 12.

In Chapter 11, "Combined Oral Contraceptives (The Pill)," Dr. Ben Fadhel suggested that the narrative introduction to Figure 11.2 on pages 11-12, "The Relative Potency of Estrogens and Progestins in Currently Available Oral Contraceptives," be bolstered so as to enable the reader to interpret and use the information presented without difficulty.

Dr. Ben Fadhel suggested that the wording of paragraph 3 on page 23-34 in the "Sterilization" chapter be modified to convey the following information: reversal of sterilization is technically feasible but one cannot depend on its success. Also, these procedures are expensive.

Dr. Ben Fadhel volunteered to find Tunisian data for use in a number of chapters to complement the data from Sub-Saharan Africa. She also suggested including a section in the book that would discuss the influence of laws on the practice of family planning, as illustrated by Tunisian law and the laws of other countries. Examples might include the legal age of marriage, the legality of circumcision, laws pertaining to adolescent births, women's rights, abortion, and sterilization.

Almost all of Dr. Ben Fadhel's suggestions have been incorporated into the latest draft of Contraceptive Technology. However, the inclusion of a legalistic section is something that I am still discussing with other authors.

Dr. Ben Fadhel introduced me to Mme. Chater (Director, ONPPF), Dr. Kechrid (Medical Supervisor, ONPPF), and Dr. Thraya (Director, National Training Center, ONPPF) with whom I discussed the distribution of the book. I learned that the ONPPF periodically distributes continuing education materials to health workers throughout the country and would be willing to distribute copies of Contraceptive Technology through its established network. With Dr. Ben Fadhel's assistance, we will be able to distribute books to the medical and nursing schools.

#### Kenya

Professor Mati received his copy of the third draft manuscript 6 weeks prior to my arrival in Kenya. He had previously rewritten the "Infertility" chapter (6) and had contributed numerous references to the chapter, as well as to others.

During this consultation, Professor Mati shared with me his critique of Chapter 1, "Why an African Edition of Contraceptive Technology;" Chapter 6, "Infertility;" Chapter 7, "Sexually Transmitted Infections;" Chapter 12, "Contraceptive Injections and Other Progestin-Only Contraceptives;" and Chapter 19, "Lactation."

#### Chapter 1

Editorial comments only.

#### Chapter 6

1. Corrected and added references.
2. Modified presentation of tables.
3. Made technical corrections on Figure 6.2, "Causes of Infertility in man".
4. Pointed out that there is not general agreement as to whether filariases and other infectious diseases are, in fact, underlying causes of male and female infertility (page 6-15).
5. Suggested defining "trigage" in a footnote (page 6-20).
6. Took issue with the relationship between coital technique and likelihood of conceiving as discussed on page 6-27.
7. Would like more clarification on trichomoniasis and abnormal pap smears on page 7-15.

#### Chapter 12

1. Suggests mentioning horistent because of trials in Nigeria, Kenya, and Egypt.
2. Corrected references.

Chapter 19

Suggest that we should include an anatomical diagram of the breast depicting the physiology of breastfeeding and the "let-down" reflex.

Nigeria

Mrs. Grace Delano received her copy of the manuscript 6 weeks prior to my arrival in Ibadan. Mrs. Delano reviewed the entire text, making editorial corrections in several of the chapters. The following are a few of her technical recommendations:

Chapter 5

1. Provide answers along with the questions commonly asked by adolescents about contraception and sexuality (page 5-7).
2. Eliminate reference to abortion on page 5-10.
3. Alter graphics in this chapter and throughout the book to depict women with various head dresses instead of Western "Afros."

Chapter 13

1. Suggested adding specific equipment to Figure 13.2 on page 13-6.
2. Proposes reorganizing pages 13-32 through 13-35.

Chapter 19

Questioned statements made on page 19-20 (paragraph 2) about case fatality rates for hospitalized infants. Suggested we find African references to substantiate the point.

Chapter 20

Suggests that it is better to perform menstrual regulation 10 days after having missed a period to avoid incomplete procedures and unnecessary ones as well (page 20-6).

Mrs. Delano also obtained the assistance of the head of the laboratory in the Fertility Research Unit to critique Chapter 21, "Pregnancy Testing." In addition, Mrs. Delano assisted me in developing a strategy and budget for distributing copies of Contraceptive Technology in Nigeria.

London

Because Dr. Sai was traveling extensively at the time of our meeting in London, he had not received the copy of the latest manuscript that we had sent to Ghana. Nonetheless, he critiqued two chapters: Adolescent Pregnancy (5), and Lactation (19). In addition to the technical critique of these chapters, Dr. Sai proposed altering the sequence of chapters within a framework of topical sections as noted in Attachment 1.

Chapter 5

1. Suggested that we use African references in the first paragraph when discussing rates of prematurity, low birth weights, maternal and infant mortality, anemia, and preeclampsia associated with adolescent pregnancy as compared to rates associated with the pregnancies of older women.
2. Pointed out that the incidence of child abuse and infanticide is influenced by the rearing of children, whether by the biological parents or by the nonbiological parents (page 5-1, paragraph 2).

3. Suggested that we include criteria for identifying high risk adolescents and that family planners in Africa focus their attention on serving these individuals rather than attempting to screen and educate all adolescents (page 5-3, paragraph 1).
4. Proposed two specific interventions for consideration by African family planners:

Education and information directed to adolescents and their parents. Presentation and reinforcement of positive role models should be one technique used.

Family planning education and contraceptive services should be provided to young couples, particularly adolescents, to assist them in postponing their first pregnancy until they are ready (page 5-3).

5. Requested that we should be more explicit and expand on the point made in paragraph 5, page 5-8: "Do your homework. Find out what your listeners want to learn. Focus on those subjects first."
6. Provided two additional African references to strengthen this chapter.

#### Chapter 19

1. Suggests that we discuss the role that prenatal care and societal practices play in influencing the practice of breastfeeding (Page 19-5, paragraph 2).
2. Inserted that while "some infants have diarrhea when fed breast milk," they are few in number, especially in comparison with bottle-fed babies (page 19-14, paragraph 2).
3. Added that it is preferable for full weaning to be delayed until 9 months or later to increase the baby's chance of survival (page 19-18, paragraph 2).

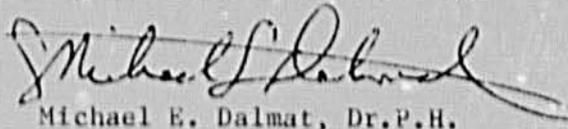
I spoke with Jeromy Hamand, Deputy Editor of IPPF's "People" magazine, at the suggestion of Mr. Anthony Boni (CDC-AID/RSSA monitor, AID/Washington). Mr. Hamand would like to include a book review of Contraceptive Technology (African Edition) in both the English and French editions of his quarterly magazine, which comes out in January, April, July, and October. He requires a 4-month lead time to include the review in a given issue. He would like to release the French and English editions simultaneously. This implies that they will wait until the Francophone edition of the book is completed and is available, which will follow the completion and availability of the Anglophone copy.

In our discussions, Dr. Senanayaka said that a decision to ask the family planning associations of Africa to assist in distributing copies of the book would await (1) an independent IPPF reading of the book and (2) a written request from Dr. Rochat soliciting this type of collaboration.

When I mentioned that a technical critique of the book from IPPF professionals would be welcomed, Dr. Senanayaka offered to review the book herself and to ask Dr. Ron Kleinman to comment on it as well. They responded quickly, and we

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have already received their inputs. Their response was timely as we are able to incorporate them into the final draft of the manuscript. Dr. Senanayaka also suggested that we ask Dr. Sabwa Matanda, a former IPPF employee who is now with the UNFPA, to critique the Francophone edition of the book.

A handwritten signature in cursive script, appearing to read "Michael E. Dalmat".

Michael E. Dalmat, Dr.P.H.