

CONTENTS

	<u>Page</u>
Authors' Introduction . . . . .	1
A. Family Planning: health hazards . . . . .	1
B. Changes in concepts and patterns of sexually transmitted diseases (STD) . . . . .	2
C. New Training: Objectives . . . . .	4
D. The plan of presentation . . . . .	5
E. Pretests . . . . .	6
 <u>MODULE 1 - Basic concepts and definitions</u>	 7
1.1 Learning objectives . . . . .	7
1.2 Pretest . . . . .	7
1.3 Answers to pretest . . . . .	8
1.4 Learning content . . . . .	9
1.5 Exercises . . . . .	10
1.6 Summary . . . . .	11
1.7 Evaluation . . . . .	12
 <u>MODULE 2 - Latest news of old problems</u>	 13
2.1 Learning objectives . . . . .	13
2.2 Pretest . . . . .	13
2.3 Answers to pretest . . . . .	14
2.4 Learning content . . . . .	14
2.4.1 Syphilis . . . . .	15
2.4.2 Gonorrhoea . . . . .	15
2.4.3 Chancroid (Ulcus molle, "soft chancre") . . . . .	16
2.4.4 Lymphogranuloma venereum (climatic bubo, Frei's disease, L. inguinale, LGV) . . . . .	16
2.4.5 Chlamydia trachomatis . . . . .	17
2.4.6 Granuloma venereum (inguinale, Donovanosis) . . . . .	17
2.5 Summary . . . . .	18
2.6 Exercises . . . . .	18
2.7 Evaluation . . . . .	19

<b>MODULE 3 - Infections caused by Chlamydia microbes</b>	<b>21</b>
3.1 Learning objectives . . . . .	21
3.2 Pretest . . . . .	21
3.3 Answers to pretest. . . . .	22
3.4 Learning content . . . . .	23
3.4.1 The expanding role of chlamydia . . . . .	23
3.4.2 Properties of chlamydia . . . . .	23
3.4.3 Chlamydia urethritis (NGU) in males . . . . .	24
3.4.4 Chlamydia urethritis in women . . . . .	25
3.4.5 Pelvic Inflammatory Disease (PID) . . . . .	26
3.4.6 Epidemiological trends . . . . .	27
3.4.7 Additional facts concerning chlamydia . . . . .	27
3.4.8 Treatment . . . . .	29
3.5 Summary . . . . .	29
3.6 Exercise . . . . .	30
3.7 Evaluation . . . . .	32
<b>MODULE 4 - Viruses and Mycoplasma as causes of STD</b>	<b>33</b>
4.1 Learning objectives . . . . .	33
4.2 Pretest . . . . .	33
4.3 Answers for checking . . . . .	34
4.4 Learning content . . . . .	35
4.4.1 Herpes viruses as causes of severe STD . . . . .	35
4.4.2 The causative agent and symptoms . . . . .	35
4.4.3 Other differences in Herpes viruses . . . . .	36
4.4.4 HSV and family planning . . . . .	37
4.5 Other viruses . . . . .	38
4.5.1 Cytomegalovirus (CMV) . . . . .	38
4.5.2 Hepatitis . . . . .	39
4.5.3 Human papillomavirus (HPV) . . . . .	40
4.5.4 Infectious mononucleosis (glandular fever) . . . . .	40
4.6 Mycoplasma infections . . . . .	41
4.7 Summary . . . . .	42
4.8 Exercises . . . . .	44
4.9 Evaluation . . . . .	44

<u>MODULE 5 - Acquired Immune Deficiency Syndrome (AIDS)</u>	45
5.1 First reports . . . . .	45
5.2 Spread of AIDS . . . . .	45
5.3 Signs of AIDS . . . . .	46
5.4 Isolation of a retrovirus . . . . .	46
5.5 Properties of HIV . . . . .	47
5.6 Transmission of infection . . . . .	48
5.7 Diagnosis of AIDS and ARC . . . . .	48
5.8 Responsibilities of health care personnel . . . . .	49
5.9 Primary risk groups for HIV, AIDS and ARC . . . . .	49
5.10 Other persons at risk . . . . .	51
5.11 Safety from infection . . . . .	51
5.12 Policies for family planning and sex counselling units . . . . .	52
5.13 Ethics and confidentiality . . . . .	52
5.14 Current prevalence of AIDS and HIV . . . . .	53
5.15 Precautions to be observed in clinics . . . . .	54
5.16 Prognosis and treatment of HIV, ARC and AIDS . . . . .	54
5.17 Exercises . . . . .	55
5.18 Note from Division of Communicable Diseases, World Health Organization, on the safe handling of blood-containing specimens . . . . .	55
<u>MODULE 6 - Vaginal inflammation and some other STDs</u>	60
6.1 Learning objectives . . . . .	60
6.2 Pretest . . . . .	60
6.3 Learning content . . . . .	60
6.3.1 Vaginitis . . . . .	60
6.3.2 Pretest answers . . . . .	61
6.4 Trichomoniasis . . . . .	61
6.5 Candida albicans and other yeasts in the vagina . . . . .	63
6.6 Haemophilus vaginalis infection . . . . .	64
6.7 Some other STDs and related conditions . . . . .	64
6.8 Summary . . . . .	65
6.9 Exercise . . . . .	65
6.10 Evaluation . . . . .	65
<u>MODULE 7 - Pelvic Inflammatory Diseases (PID): A major problem for family planning</u>	67
7.1 Learning objectives . . . . .	67
7.2 Pretest . . . . .	67

<b>7.3</b>	<b>Learning content . . . . .</b>	<b>68</b>
7.3.1	Clinical epidemiology of PID . . . . .	68
7.3.2	Symptoms . . . . .	70
7.3.3	Late complications . . . . .	71
<b>7.4</b>	<b>PID and IUD . . . . .</b>	<b>72</b>
<b>7.5</b>	<b>Treatment . . . . .</b>	<b>73</b>
<b>7.6</b>	<b>Exercises . . . . .</b>	<b>73</b>
<b>7.7</b>	<b>Summary . . . . .</b>	<b>74</b>
<b>7.8</b>	<b>Evaluation . . . . .</b>	<b>74</b>
<b>MODULE 8 - Revision - General effects of STDs</b>		<b>76</b>
<b>8.1</b>	<b>Learning objectives . . . . .</b>	<b>76</b>
<b>8.2</b>	<b>The main changes in pattern of STDs . . . . .</b>	<b>76</b>
<b>8.3</b>	<b>Special problems . . . . .</b>	<b>78</b>
<b>8.4</b>	<b>Summary . . . . .</b>	<b>79</b>
<b>8.5</b>	<b>Evaluation . . . . .</b>	<b>79</b>
<b>MODULE 9 - Case studies of STD</b>		<b>80</b>
<b>9.1</b>	<b>Learning objectives . . . . .</b>	<b>80</b>
<b>9.2</b>	<b>Differences in types of service . . . . .</b>	<b>81</b>
<b>9.3</b>	<b>Urethral symptoms . . . . .</b>	<b>81</b>
<b>9.4</b>	<b>Vaginal discharge . . . . .</b>	<b>83</b>
<b>9.5</b>	<b>Symptoms of pelvic inflammation (PID) . . . . .</b>	<b>84</b>
<b>9.6</b>	<b>Guidelines concerning PID . . . . .</b>	<b>84</b>
<b>9.7</b>	<b>IUDs . . . . .</b>	<b>86</b>
<b>9.8</b>	<b>Infertility . . . . .</b>	<b>86</b>
<b>9.9</b>	<b>Genital ulcers and herpetic lesions . . . . .</b>	<b>87</b>
<b>9.10</b>	<b>Summary . . . . .</b>	<b>89</b>
<b>9.11</b>	<b>Exercise . . . . .</b>	<b>90</b>
<b>9.12</b>	<b>Evaluation . . . . .</b>	<b>90</b>
<b>MODULE 10 - Programmes for the control of STDs</b>		<b>91</b>
<b>10.1</b>	<b>Learning objectives . . . . .</b>	<b>91</b>
<b>10.2</b>	<b>Pretest . . . . .</b>	<b>91</b>
<b>10.3</b>	<b>Control at different levels and updating the control (including answers to pretest) . . . . .</b>	<b>91</b>
<b>10.4</b>	<b>Training . . . . .</b>	<b>93</b>
<b>10.5</b>	<b>Summary . . . . .</b>	<b>94</b>
<b>10.6</b>	<b>Exercise . . . . .</b>	<b>95</b>
<b>10.7</b>	<b>Evaluation . . . . .</b>	<b>95</b>

<u>MODULE 11 - Comprehensive post-tests - Proposals for discussion</u>	96
11.1 Aims . . . . .	96
11.2 Some questions . . . . .	96
11.3 Points to be included in answers to the questions . . .	97
11.4 Proposals for discussion . . . . .	101
11.4.1 Collaboration . . . . .	101
11.4.2 Relevant health education . . . . .	102
11.5 Points for discussion . . . . .	102
11.6 New responsibilities and opportunities . . . . .	103

Appendices

Appendix 1 - Sexually transmitted diseases due to bacteria. . .	105
Appendix 2 - Sexually transmitted diseases due to viruses . . .	106
Appendix 3 - Sexually transmitted diseases due to miscellaneous agents . . . . .	107
<b>Bibliography and References . . . . .</b>	<b>108</b>

Tables

Table 3.1 - Chlamydial Infection . . . . .	28
Table 5.1 - AIDS in Europe (total numbers and rates per million population) . . . . .	58
Table 5.2 - AIDS in Europe (transmission, group and sex) . . .	59

Evaluation: A suggested evaluation questionnaire for the teacher to use - see end of module