

MINISTRY OF HEALTH OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of Obstetrics and Gynaecology

APPROVED

Vice-rector for scientific and pedagogical work

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September 1st, 2025



WORK PROGRAM ON THE ELECTIVE DISCIPLINE
"FAMILY PLANNING. CONTRACEPTION"

Level of higher education: second (master's)

Field of knowledge: 22 "Health care"

Specialty: 222 "Medicine"

Educational and professional program: Medicine

The work program is composed on the basis of the educational and professional program "Medicine" for the training of specialists of the second (master's) level of higher education on the specialty 222 "Medicine" of the field of knowledge 22 "Health care", approved by the Academic Council of ONMedU from 27.06.2024 (protocol № 10).

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The work program was discussed at the meeting of the Department of Obstetrics and Gynaecology, 27.08.2025, protocol №1

Head of the department  Ihor GLADCHUK

Approved by the guarantor of the educational and professional program  Valeriia MARICHEREDA

Approved by the subject-cycle methodological commission on surgical disciplines of ONMedU

Protocol № 1 dated 28.08.2025

Head of the subject-cycle methodological commission on surgical disciplines of ONMedU  Vasyl MISHCHENKO

Revised and approved at the meeting of the Department of Obstetrics and Gynaecology

Protocol № _____ dated __/__/20__.

Head of the Department _____ Ihor GLADCHUK

Revised and approved at the meeting of the Department of Obstetrics and Gynaecology

Protocol № _____ dated __/__/20__.

Head of the Department _____ Ihor GLADCHUK

1. Description of the academic discipline

Name of indicators	Field of knowledge, specialty, specialization, level of higher education	Characteristics of the academic discipline
The total number of: Credits: 3.0 Hours: 90	Field of knowledge 22 "Health care"	Full-time education
		Elective discipline
	Specialty 222 "Medicine"	Year of training: 4
		Semesters VII - VIII
		Lectures (0 hours)
		Seminars (0 hours)
	Level of higher education second (master's)	Practical classes (30 hours)
		Laboratory classes (0 hours)
		Independent work (60 hours)
		including individual tasks (0 hours)
		The form of final control is credit

2. The purpose and tasks of the educational discipline, competences, program learning outcomes.

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in the field of "obstetrics and gynecology", improvement of skills and competences acquired during the study of previous disciplines.

Task: 1. Family planning counseling.

2. Drawing up a plan for laboratory and instrumental studies before making a decision on the use of a specific method of contraception.

3. Formation of skills in selecting a modern method of contraception according to the periods of a woman's life.

The process of studying the discipline is aimed at forming elements of the following competencies:

General (GC):

GC 1. – Ability to abstract thinking, analysis and synthesis

GC 2. – Ability to learn and master modern knowledge

GC 3. – Ability to apply knowledge in practical situations

GC 4. – Knowledge and understanding of the subject area and understanding of professional activity

GC 5. – Ability to adapt and act in a new situation

GC 6. – Ability to make reasonable decisions

GC 7. – Ability to work in a team

GC 8. – Ability to interpersonal interaction

GC 10. – Ability to use information and communication technologies

GC 11. – Ability to search, process and analyze information from various sources

GC 12. – Determination and persistence in relation to assigned tasks and assumed responsibilities

GC 16. – Ability to work in an international context

Special (SC):

SC 1. – Ability to collect medical information about the patient and analyze clinical data

SC 2. – Ability to determine the necessary list of laboratory and instrumental studies and evaluate their results

SC 12 – Ability to determine the tactics of physiological pregnancy, physiological childbirth and the postpartum period. Family planning counselling skills and contraceptive method selection

SC 26 – The ability to determine the management tactics of persons subjected to dispensary supervision.

Program learning outcomes (PLO):

PLO 2. Understanding and knowledge of basic and clinical biomedical sciences, at a level sufficient for solving professional tasks in the field of health care.

PLO 5. – Collecting complaints, history of life and diseases, assessing the psychomotor and physical development of the patient, the state of organs and systems of the body, based on the results of laboratory and instrumental studies, evaluation of the information regarding the diagnosis (according to list 4), taking into account the age of the patient.

PLO 7. – Assigning and analyzing additional (mandatory and optional) examination methods (laboratory, functional and/or instrumental) (according to list 4) of patients with diseases of organs and body systems for differential diagnosis of diseases (according to list 2).

PLO 11. – Determination of the approach, plan and tactics of managing physiological pregnancy, physiological childbirth and the postpartum period by making a reasoned decision according to existing algorithms and standard schemes.

PLO 21. Searching for the necessary information in the professional literature and databases of other sources, analysing, evaluating and application of this information.

PLO33 – To be able to provide counseling on issues of family planning and selection of a contraceptive method.

As a result of studying the academic discipline, the student of higher education must:

Know: - Methods of contraception for certain categories of the population; WHO medical acceptance criteria for the use of contraception.

Be able:

- Collect data on the patient's complaints, medical history, life history.
- Evaluate information about the diagnosis using a standard procedure, based on the results of laboratory and instrumental studies.
- Determine the list of necessary clinical laboratory and instrumental studies and evaluate their results (list 4).
- To provide counseling on family planning issues in the conditions of a medical institution on the basis of anamnestic data, a general examination and a gynecological examination of a woman, using knowledge about the reproductive organs of a woman, observing the relevant ethical and legal norms, by making a reasoned decision, using a standard procedure:
 - carry out an assessment of the patient and WHO's medical acceptance criteria for the use of contraception;
 - determine the patient's examination plan before choosing a contraceptive method; - select a modern method of contraception for different categories of the population.
 - Reasonably formulate and demonstrate to the patient, relatives and specialists recommendations regarding the choice of contraception method; provide the necessary information about changes in a woman's body during the use of a contraceptive.
 - To use the skills of communication and clinical examination of the patient.

2. Content of the academic discipline

Topic 1. Family planning. Basics of counseling. Basics of counseling. Advantages of counseling. Stages of family planning counseling. Medical criteria for the acceptability of using contraceptive methods of the WHO. Assessment of the patient.

Topic 2. Modern methods of contraception (Part I). Hormonal contraception. Classification of modern methods of contraception. Hormonal contraception: classification, mechanism of action, advantages, disadvantages, rules for using hormonal contraceptives. Types of emergency contraception, indications for use, mode of use.

Topic 3. Modern methods of contraception (II part). Intrauterine contraceptives, barrier contraception, methods of recognizing fertility (natural methods), voluntary surgical sterilization: classification, mechanism of action, advantages, disadvantages, rules for using contraceptives.

Topic 4. Contraception for women of different age categories. Peculiarities of counseling sexually active persons under 18 years of age. Methods of contraception for teenagers. Peculiarities of counseling women in the perimenopausal period. Peculiarities of a woman's "transitional" period. Methods of contraception for women approaching menopause.

Topic 5. Postpartum and postabortion contraception. Peculiarities of counseling in the postpartum period. Methods of contraception in the postpartum period. The method of lactational amenorrhea. Peculiarities of counseling women after abortion. Methods of contraception in the post-abortion period.

Topic 6. Contraception for women with extragenital pathology. Peculiarities of counseling women with extragenital pathology. Drawing up a woman's examination plan before starting to use contraception, based on the specifics of her pathological condition. Methods of contraception for women with extragenital pathology. Peculiarities of counseling women with HIV. Methods of contraception in women with HIV.

Topic 7. Counseling on pregnancy and family planning. Family planning counseling. Selection of a modern method of contraception according to the periods of a woman's life. Training.

4. The structure of the academic discipline

Names of topics	Number of hours					
	Total	including				
		lectures	seminars	practical	laboratory	IW
Topic 1. Family planning. Basics of counseling.	10	0	0	4	0	6
Topic 2. Modern methods of contraception (Part I). Hormonal contraception.	16	0	0	6	0	10
Topic 3. Modern methods of contraception (II part).	14	0	0	4	0	10
Topic 4. Contraception for women of different age categories.	12	0	0	4	0	8
Topic 5. Postpartum and postabortion contraception.	12	0	0	4	0	8
Topic 6. Contraception for women with extragenital pathology.	12	0	0	4	0	8
Topic 7. Counseling on pregnancy and family planning.	14	0	0	4	0	10
Credit						

Total:	90	0	0	30	0	60
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5. Topics of lectures / seminars / practical / laboratory classes

5.1. Topics of lectures

Lectures are not provided.

5.2. Topics of seminar classes

Practical classes are not provided.

5.3. Topics of practical classes

№	Topic	Hours
1.	Topic 1. Practical lesson 1. Basics of counseling. Advantages of counseling. Stages of family planning counseling.	2
2.	Topic 1. Practical lesson 2. Medical criteria for the acceptability of using WHO contraception methods. Assessment of the patient.	2
3.	Topic 2. Practical lesson 3. Classification of modern methods of contraception. Hormonal contraception: classification, mechanism of action, advantages, disadvantages, rules for using hormonal contraceptives.	2
4.	Topic 2. Practical lesson 4. Hormonal contraception: classification, mechanism of action, advantages, disadvantages, rules for using hormonal contraceptives.	2
5.	Topic 2. Practical session 5. Types of emergency contraception, indications for use, mode of use.	2
6	Topic 3. Practical lesson 6. Intrauterine contraceptives, barrier contraception: classification, mechanism of action, advantages, disadvantages, rules for using contraceptives.	2
7	Topic 3. Practical lesson 7. Methods of recognizing fertility (natural methods), voluntary surgical sterilization: classification, mechanism of action, advantages, disadvantages, rules for using contraceptives.	2
8	Topic 4. Practical lesson 8. Peculiarities of counseling sexually active persons under 18 years of age. Methods of contraception for teenagers.	2
9	Topic 4. Practical lesson 9. Peculiarities of counseling women in the perimenopausal period. Peculiarities of a woman's "transitional" period. Methods of contraception for women approaching menopause.	2
10	Topic 5. Practical lesson 10. Peculiarities of counseling in the postpartum period. Methods of contraception in the postpartum period. The method of lactational amenorrhea.	2
11	Topic 5. Practical lesson 11. Peculiarities of counseling women after an abortion. Methods of contraception in the post-abortion period.	2
12	Topic 6. Practical session 12. Peculiarities of counseling women with extragenital pathology. Drawing up a woman's examination plan before starting to use contraception, based on the specifics of her pathological condition. Methods of contraception for women with extragenital pathology.	2
13	Topic 6. Practical lesson 13. Peculiarities of counseling women with HIV. Methods of contraception in women with HIV.	2
14	Topic 7. Practical lesson 14. Family planning counseling. Selection of a modern method of contraception according to the periods of a woman's life.	2

15	Topic 7. Practical lesson 15. Training.	2
	Test	
	Total	30

5.4. Topics of laboratory classes

Laboratory classes are not provided.

6. Independent work of a student

№ п/п	Types of IW	Hours
1	Topic 1. Preparation for practical classes 1-2	6
2	Topic 2. Preparation for practical classes 3-4-5	10
3	Topic 3. Preparation for practical classes 6-7	10
4	Topic 4. Preparation for practical classes 8-9	8
5	Topic 5. Preparation for practical classes 10-11	8
6	Topic 6. Preparation for practical classes 12-13	8
7	Topic 7. Preparation for practical classes 14-15	10
	Total hours	60

7. Teaching methods

Practical classes: conversation, role-playing, solving clinical situational problems, practicing the skills of counseling patients on family planning issues, practicing the skills of assessing the patient and prescribing the necessary examination before using the contraceptive.

Independent work: independent work with recommended main and additional literature, with electronic information resources.

8. Forms of control and assessment methods

(including criteria for evaluating learning outcomes)

Current control: oral survey, assessment of communication skills during role play, solving situational clinical tasks, assessment of activity in class.

Final control: credit.

Evaluation of the current educational activity in a practical lesson:

1. Evaluation of theoretical knowledge on the subject of the lesson:

- methods: survey, solving a situational clinical problem

- maximum score – 5, minimum score – 3, unsatisfactory score – 2.

2. Assessment of work with patients on the subject of the lesson:

- methods: assessment of: a) communication skills of communication with the patient b) the correctness of prescribing and evaluating laboratory and instrumental studies before using a contraceptive c) the ability to conduct family planning counseling.

- maximum score – 5, minimum score – 3, unsatisfactory score – 2.

The grade for one practical lesson is the arithmetic average of all components and can only have a whole value (5, 4, 3, 2), which is rounded according to the statistical method.

Criteria of ongoing assessment at the practical class

«5»	The student is fluent in the material, takes an active part in discussing and solving a
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	situational clinical problem, confidently demonstrates practical skills and interprets the results of clinical, laboratory and instrumental studies, expresses his opinion on the topic, and demonstrates clinical thinking.
«4»	The student is well versed in the material, participates in the discussion and solution of situational clinical problems, demonstrates practical skills during the examination and interprets the results of clinical, laboratory and instrumental studies with some errors, expresses his opinion on the topic, and demonstrates clinical thinking.
«3»	The student does not have enough material, uncertainly participates in the discussion and solution of the situational clinical problem, demonstrates practical skills during the examination and interprets the results of clinical, laboratory and instrumental studies with significant errors.
«2»	The student does not have the material, does not participate in the discussion and solution of the situational clinical problem, and does not demonstrate practical skills during the examination and interpret the results of clinical, laboratory and instrumental studies.

Credit is given to the student who completed all tasks of the work program of the academic discipline, took an active part in practical classes, completed and defended an individual assignment and has an average current grade of at least 3.0 and has no academic debt. Assessment is carried out: at the last lesson before the beginning of the examination session - with the tape system of learning, at the last lesson - with the cycle system of learning. The credit score is the arithmetic mean of all components according to the traditional four-point scale and has a value that is rounded according to the statistics method with two decimal places after the decimal point.

9. Distribution of points received by students

The obtained average score for the academic discipline for students who have successfully mastered the work program of the academic discipline is converted from a traditional four-point scale to points on a 200-point scale, as shown in the table:

Conversion table of a traditional assessment into a multi-point scale

National assessment for the discipline	The sum of points for the discipline
Perfect «5»	185 – 200
Good «4»	151 – 184
Satisfactory «3»	120 – 150
Unsatisfactory «2»	<120

A multi-point scale (200-point scale) characterizes the actual success of each applicant in learning the educational component. The conversion of the traditional grade (average score for the academic discipline) into a 200-point grade is performed by the information and technical department of the University. According to the obtained points on a 200-point scale, the achievements of the students are evaluated according to the ECTS rating scale. Further ranking according to the ECTS rating scale allows you to evaluate the achievements of students from the educational component who are studying in the same course of the same specialty, according to the points they received. The ECTS scale is a relative-comparative rating, which establishes the applicant's belonging to the group of better or worse among the reference group of fellow students (faculty, specialty). An "A" grade on the ECTS scale cannot be equal to an "excellent" grade, a "B" grade to a "good" grade, etc. When converting from a multi-point scale, the limits of grades "A", "B", "C", "D", "E" according to the ECTS scale do not coincide with the limits of grades "5", "4", "3" according to the traditional scale. Acquirers who have received grades of "FX" and "F" ("2") are not included in the list of ranked

acquirers. The grade "FX" is awarded to students who have obtained the minimum number of points for the current learning activity, but who have not passed the final examination. A grade of "F" is assigned to students who have attended all classes in the discipline, but have not achieved a grade point average (3.00) for the current academic activity and are not admitted to the final examination. Students who study in one course (one specialty), based on the number of points scored in the discipline, are ranked on the ECTS scale as follows: Conversion of the traditional grade from the discipline and the sum of points on the ECTS scale

Conversion of traditional assessment in the discipline and the amount of points on the ECTS scale

Assessment on the ECTS scale	Statistical indicator
A	The best 10% of students
B	The next 25% of students
C	The next 30% of students
D	The next 25% of students
E	The next 10% of students

10. Methodological support

- Working program of the academic discipline
- Syllabus
- Methodical recommendations for practical classes
- Methodical recommendations for independent work of student
- Multimedia presentations
- Situational clinical tasks and test tasks
- Scenarios of role-playing games (if necessary)

11. List of theoretical questions from the discipline "Family Planning. Contraception"

1. Special gynecological history.
2. General and special methods of examination of gynecological patients.
3. General symptomatology of gynecological diseases.
4. Basics of counseling. Advantages of counseling. Stages of family planning counseling.
5. Medical criteria for the acceptability of using contraceptive methods of WHO. Assessment of the patient.
6. Classification of modern methods of contraception.
7. Hormonal contraception: classification, mechanism of action, advantages, disadvantages, rules for using hormonal contraceptives.
8. Types of emergency contraception, indications for use, mode of use.
9. Intrauterine contraceptives: mechanism of action, advantages, disadvantages, rules for using contraceptives.
10. Barrier contraception and spermicides: mechanism of action, advantages, disadvantages, rules for using contraceptives.
11. Fertility detection methods (natural methods): mechanism of action, advantages, disadvantages, rules of use.
12. Voluntary surgical sterilization: mechanism of action, advantages, disadvantages.
13. Peculiarities of counseling sexually active persons under 18 years of age. Methods of contraception for teenagers.
14. Peculiarities of counseling women in the perimenopausal period. Methods of contraception for

women approaching menopause.

15. Peculiarities of counseling in the postpartum period. Methods of contraception in the postpartum period. The method of lactational amenorrhea.

16. Peculiarities of counseling women after abortion. Methods of contraception after abortion.

17. Peculiarities of counseling women with extragenital pathology. Drawing up a woman's examination plan before starting to use contraception, based on the specifics of her pathological condition.

18. Methods of contraception for women with extragenital pathology.

19. Peculiarities of counseling women with HIV. Methods of contraception in women with HIV. Family planning for people living with HIV

12. Recommended literature

Basic:

1. Dutta, Durlav Chandra. D. C. Dutta's Textbook of Gynecology including Contraception / D.C. Dutta; ed/ Hiralal Konar. – 7th.ed. – New Delhi: Jaypee Brothers Medical Publishers, 2016. – XX, 574 p.

2. DC Dutta's Clinics in Obstetrics / edited by [Hiralal Konar](#)- 2021- 306 pp.

3. Llewellyn-Jones Fundamentals of Obstetrics and Gynaecology (10th Ed). Jeremy Oats, Suzanne Abraham. Elsevier. 2016. – 384 pp.

4. The FIGO Textbook of Pregnancy Hypertension. An evidence-based guide to monitoring, prevention and management. L. A. Magee, P. Dadd, W. Stones, M. Mathai (Eds), The Global Library of Women's Medicine. – 2016. – 456 pp.

6. Mayo Clinic Guide to a Healthy Pregnancy. (2nd Ed) Myra J. Wick / ebook- 2018. – 946 pp.

5. Clinical Obstetrics and Gynaecology: 4th Edition/ Brian A. Magowan, Philip Owen, Andrew Thomson. - 2018. – 416 pp.

6. Gynecologic Health Care: With an Introduction to Prenatal and Postpartum Care: With an Introduction to Prenatal and Postpartum Care 4th Edition / K. D. Schullinger, F. E. Likis – 2020/- 500 pp.

7. Oats, Jeremy Fundamentals of Obstetrics and Gynaecology [Text]: Llewellyn-Jones Fundamentals of Obstetrics and Gynaecology / J.Oats, S.Abraham. – 10th ed. – Edinburgh [etc.]: Elsevier, 2017. – VII, 375 p.

8. Obstetrics: Normal and Problem Pregnancies, 7th Edition S. Gabbe, J. R. Niebyl, J. L. Simpson, M. B. Landon, H. L. Galan, E. R. M. Jauniaux, D. A. Driscoll, V. Berghella and W. A. Grobman, Elsevier. – 2017. – 1320 pp.

9. Obstetrics and Gynecology: in 2 vol.: textbook. Vol. 1. Obstetrics / V.I. Gryshchenko, M.O. Shcherbina, B.M. Ventskiy et al.; edited by V.I. Gryshchenko, M.O. Shcherbina. — 2nd edition. — K.: AUS Medicine Publishing, 2018. — 392 p.

10. Oxford Textbook of Obstetrics and Gynaecology / edited by [Sabaratnam Arulkumaran](#), [William Ledger](#) et al/ - 2020- 2546 pp.

Additional:

1. Obstetrics: Normal and Problem Pregnancies, 7th Edition S. Gabbe, J. R. Niebyl, J. L. Simpson, M. B. Landon, H. L. Galan, E. R. M. Jauniaux, D. A. Driscoll, V. Berghella and W. A. Grobman, Elsevier. – 2017. – 1320 pp.

2. Obstetrics by Ten Teachers (20th ed) Louise C. Kenny, Jenny E. Myers. – CRC Press. – 2017. – 342 pp.

3. Current Progress in Obstetrics and Gynaecology. Vol 4. Eds. J. Studd, Seang Lin Tan, F. Chervenak. – 2017. – 419 pp.
4. Recent Advances in Obstetrics and Gynaecology. Vol 26. W. Ledger, J. Clark. – JP Medical. – 2015. – 230 pp.
5. Proactive Support of Labor. Reuwer P., Bruinse H., Franx A. – 2015. – 216 pp.
6. The model of screening for preeclampsia in the second and third trimesters of gestation / L. Berlinska, V. Marichereda, O. Rohachevskyi, A. Volyanska, G. Lavrynenko // Electronic Journal of General Medicine. - 2023 - 20(3), em473, <https://www.ejgm.co.uk/>
7. Current "Clinical protocols", approved by order of the Ministry of Health of Ukraine for Obstetrics and Gynecology.

Informational resources:

- educational literature;
- methodical development of practical classes;
- methodical development of lectures;
- multimedia presentations of lectures.
- modern technical means of education;
- regulatory documents of the Ministry of Health of Ukraine on obstetrics and gynecology:
 - Order of the Ministry of Health of Ukraine dated August 9, 2022 No. 1437 "On approval of standards of medical care "Normal pregnancy".
 - Order of the Ministry of Health of Ukraine dated January 26, 2022 No. 170 "On approval of the Unified clinical protocol of primary, secondary (specialized), tertiary (highly specialized) medical care "Physiological childbirth".
 - Order of the Ministry of Health of Ukraine dated January 24, 2022 No. 151 "On approval of the Unified clinical protocol of primary, secondary (specialized), tertiary (highly specialized) medical care "Hypertensive disorders during pregnancy, childbirth and the postpartum period."
 - Order of the Ministry of Health of Ukraine dated 09/24/2022 No. 1730 "On approval of standards of medical care "Ectopic pregnancy".

13. Electronic information resources

1. <https://www.cochrane.org/>
2. <https://www.ebcog.org/>
3. <https://www.acog.org/>
4. <https://www.uptodate.com>
5. <https://online.lexi.com/>
6. <https://www.ncbi.nlm.nih.gov/>
7. <https://pubmed.ncbi.nlm.nih.gov/>
8. <https://www.thelancet.com/>
9. <https://www.rcog.org.uk/>
10. <https://www.npwh.org/>
11. <http://www.aagu.com.ua/> асоціація акушер-гінекологів України

