

Guidelines for Adaptation of the WHO *Orientation Programme on Adolescent Health for Health Care Providers in Europe and Central Asia*



These guidelines have been produced
in the context of the Inter-Agency Group on Young People's Health,
Development and Protection in Europe and Central Asia
by the
United Nations Population Fund (UNFPA)
in collaboration with the
United Nations Children's Fund (UNICEF) Regional Office for CEE/CIS
and the
World Health Organization (WHO)

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The principles and policies of each agency are governed by the relevant decisions of each agency's governing body. Each agency implements the interventions described in this document in accordance with these principles, and within the scope of its mandate.

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FOREWORD

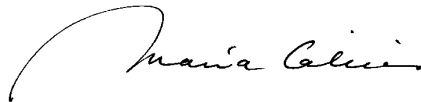
We are pleased to introduce you to the Guidelines for Adaptation of the WHO *Orientation Programme (OP) on Adolescent Health for Health Care Providers* in Europe and Central Asia. These guidelines have been developed to provide countries with a tool to assist them in adapting the WHO *OP* materials to fit with their local situation and national programme. The aim of the *OP* is to orient health care providers to the special characteristics of adolescence and to appropriate approaches to addressing some adolescent-specific health needs and problems. This will strengthen their ability to respond to adolescents more effectively and with greater sensitivity. The *OP* can play an important part in the development of a regional strategy for Adolescent or Youth Friendly Health Services (AFHS or YFHS).

Many countries in this region have already had experience with the *OP*, including Albania, Armenia, Bosnia & Herzegovina, Bulgaria, Kosovo (Serbia & Montenegro), Lithuania, Macedonia and Romania. They shared their experiences at the UNFPA workshop in Tirana (December 2005) and these provided the basis for the Guidelines for Adaptation. Their input has given the Guidelines a particular regional flavour, identifying issues and situations that are important and unique to this region. Local adaptation can give each country the possibility of ownership of their national *OP*, where the specific issues for young people in each country can be addressed.

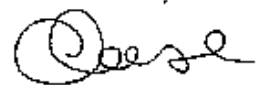
UNFPA, UNICEF and WHO look forward to continued joint efforts to advance the *OP* with national partners. However, these guidelines are only the beginning. The real work on country adaptation of the *OP* will be undertaken by the men, women, adolescents and young people in the regions who come together and use these guidelines to adapt the *OP* to facilitate the development and implementation of national plans for Adolescent and Youth Friendly Health Services.



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ACKNOWLEDGMENTS

We wish to extend our gratitude to Claudia Brann for her efforts to document these Guidelines in the most thorough, clear, and consultative manner.

Thanks are also due to our CST colleagues Robert Thomson and Katarina Hill, and also to our Inter-Agency partners for their consistently helpful feedback and support: David Rivett and Paul Bloem of WHO, and Diane Widdus and Hilary Homans at UNICEF.

We wish to thank the staff in each of UNFPA's South East European offices, especially Marta Diavolova, Zeljka Mudrovic, Stela Serghiuta, Rachel Hand, Manuela Bello, Albana Gribo, and Elsona Agolli: thank you for your practical feedback, now and as always.

We recall the participation of NGO and government participants at the Adaptation Workshop in Albania in December 2005. Through the application of their lessons learned, we hope these Guidelines will guide end users throughout the region to adapt the *OP* to each individual country's needs.

We have benefited from the wide academic experience and contribution of EuTEACH, based at the University of Lausanne, and look forward to continued collaboration and cooperation with them.

Finally, without the generous support of the Government of Germany to the UNFPA regional project entitled, "Improving the Sexual and Reproductive Health of Young People in South East Europe", the production of these Guidelines would not have been possible.

Our very warmest regards,

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INTRODUCTION

Background to the WHO Orientation Programme on Adolescent Health for Health Care Providers

The *Orientation Programme on Adolescent Health for Health Care Providers (OP)* was developed by the Department of Child and Adolescent Health and Development, WHO in 2003. A description of the *OP* and information on how to order it can be found at: www.who.int/child-adolescent-health/

The *OP* is grounded in the guiding principles that UNFPA, UNICEF and WHO have adopted in their Common Agenda for Action in Adolescent Health and Development:

- Adolescence is a time of opportunity and risk;
- Not all adolescents are equally vulnerable;
- Adolescent development underlies prevention of health problems;
- Problems have common roots and are interrelated;
- Social environment influences adolescent behaviour;
- Gender considerations are fundamental.

(Programming for Adolescent Health, WHO 1999)

The aim of the *OP* is to orient health care providers to the special characteristics of adolescence and to appropriate approaches in addressing some adolescent-specific health needs and problems. The *OP* aims to strengthen the abilities of the health care providers to respond to adolescents more effectively and with greater sensitivity. The *OP* can significantly contribute to building national and regional capacity on adolescent health and development.

The generic *OP* core modules focus on adolescents (10 to 19 years). The *OP* was designed for adolescents because of their particular biological, social, legal and economic vulnerability and the need to have health workers trained to understand these issues. However, the *OP* can also be used to support health workers who are also working with young people (10 to 24 years). In three of the optional modules (HIV, Substance Use and Injecting Drug Use) the modules focus on young people because these issues are important for young people up to age 24.

The needs of the region (as identified in epidemiological and behavioural surveys) indicate that it may be important for the *OP* adaptation to focus on young people rather than only on adolescents. If this is so, it is important that the special circumstances of adolescents are also addressed, especially in

relation to sensitive issues of sexuality, substance use and injecting drug use. Each country needs to consider their particular situation for adolescents and young people and then decide which age group the *OP* adaptation will target.

The *OP* package has core modules and optional modules that cover a range of issues relating to adolescent health and development. The WHO *OP* modules are as follows:

Core modules

- A. Introduction
- B. Meaning of Adolescence and Its Implications for Public Health
- C. Adolescent Sexual and Reproductive Health
- D. Adolescent Friendly Health Services
- E. Adolescent Development (under development*)
- F. Concluding

Optional Modules

- G. Sexually Transmitted Infections in Adolescents
- H. Care of Adolescent Pregnancy and Childbirth
- I. Unsafe Abortion in Adolescents
- J. Pregnancy Prevention in Adolescents
- K. Young People and Substance Use (available August 2006)
- L. Mental Health in Adolescents (under development)
- M. Nutrition in Adolescents (under development*)
- N. Young People and HIV (available August 2006)
- O. Chronic Diseases in Adolescents (under development*)
- P. Endemic Diseases in Adolescents (under development*)
- Q. Injuries and Violence in Adolescents (under development*)
- X. Young People and Injecting Drug Use (available August 2006)

The core modules cover essential topics necessary for participants to understand before moving to optional modules. Countries will decide which modules they choose to define as “core” (or foundation, or basic) and “optional” (or additional, or extra) for their *OP* adaptation. Additionally, the selection and order of the modules for each training workshop may need to be changed according to the health care provider group present (i.e. mix of professional training and gender).

Modules consist of Facilitators’ Guidelines, Handouts, Slides and Flipcharts. The methodologies used in the modules are interactive and experiential, with group and individual work, lectures and role play. The *OP* was developed as a generic tool that can be used all over the world. Many issues for adolescents are the same wherever they live, however there is a need for the addition of a local context and the inclusion of specific local

issues, to ensure that the modules reflect the real situation in each region or country. Some countries have already completed national adaptations and are already using the nationally adapted *OP* materials. However, they do not yet have a completed set of the adapted modules.

* Several of the modules were under development at the time of printing of the Guidelines for Adaptation, and a date of completion was not yet available. The Adaptation Workshop in Tirana in 2005 generated suggested content for several of the modules under development. Countries wishing to pursue development of those modules may consult the Adaptation Workshop Report as well as additional references suggested in the Annex.

Experience with the *OP* in Europe and Central Asia

UNFPA, in cooperation with WHO and UNICEF, developed a pre-testing protocol in June 2005. Using this protocol, the *OP* core modules were pre-tested in Albania, Bulgaria, Bosnia & Herzegovina, Kosovo (Serbia & Montenegro) and Romania. Additionally, during 2005 Armenia and Lithuania adapted the *OP* materials to their local context with the addition of regional and local data, and Ukraine field-tested the draft HIV, Substance Use and Injective Drug Use modules. In Latvia drafts of the *OP* modules were used in 2002 and 2003 to develop a manual for health care providers on Youth Friendly Sexual and Reproductive Health Services (including HIV prevention). These countries are ahead in the process of adaptation and can assist other countries in planning and preparing *OP* adaptations.

In December 2005, UNFPA Division for Arab States, Europe and Central Asia (DASECA) organized and executed an Inter-Agency Group Adaptation Workshop in Tirana, Albania to share and analyse the lessons learned in each of the pre-testing countries. Members of each National Review Group gave a presentation on the experience with the *OP* in their country. In addition, the workshop included small group sessions in which two or three modules at a time were examined in closer detail by participants. These Guidelines are based on the country experiences of field testing the *OP* in the region and on the feedback and recommendations from participants at the Tirana workshop.

These Guidelines are intended to be used together with the *OP* Adaptation Workshop Report. This report contains the specific and detailed recommendations for each module that would need to be taken into consideration during the national adaptation process. The recommendations were generated through practical, country-level experience by National Review Groups in Europe and the CIS.

STEPS IN PREPARING A NATIONAL ADAPTATION OF THE *OP*

- | | |
|---------------|--|
| STEP 1 | TRANSLATE <i>OP</i> TO THE NATIONAL LANGUAGE |
| STEP 2 | APPOINT A NATIONAL REVIEW GROUP (NRG) |
| STEP 3 | PLAN AND CARRY OUT AN <i>OP</i> PRE-TESTING WORKSHOP (3-5 DAYS) |
| STEP 4 | PLAN AND CARRY OUT <i>OP</i> COUNTRY ADAPTATION WORKSHOP FOR NRG (2-3 DAYS) |
| STEP 5 | PREPARE AN OPERATIONAL PLAN |
| STEP 6 | FIELD TEST THE DRAFT <i>OP</i> ADAPTATION |
| STEP 7 | COMPLETE <i>OP</i> ADAPTATION |
| STEP 8 | ASSIST IN IMPLEMENTING ROLL OUT OF THE <i>OP</i> |
| STEP 9 | ONGOING SUPPORT FOR NATIONAL ADOLESCENT FRIENDLY HEALTH SERVICES/YOUTH FRIENDLY HEALTH SERVICES (AFHS/YFHS) |

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index?reportId=5_29748

