



Training On Youth Friendly Sexual  
And Reproductive Health Services  
For Private General Practitioners In  
Yogyakarta

Angsamerah Institution  
September 2013





# TRAINING ON YOUTH FRIENDLY SEXUAL AND REPRODUCTIVE HEALTH SERVICES FOR PRIVATE GENERAL PRACTITIONERS IN YOGYAKARTA

By Angsamerah Institution with support from United Nations Population Fund (UNFPA)

On the 3rd of September 2013, UNFPA awarded Angsamerah Institution to manage the project called "Provision of Training on Youth Friendly Sexual and Reproductive Health Services in Yogyakarta". Project activities have been completed on the 27th of November 2013. The project duration was for 23 working days, and planned activities had been successfully completed as follow:

- Development of training assessment tools
- Assessment visit to meet the selected physicians (considered by the youth community and a number of NGOs to provide youth friendly sexual and reproductive health services).
- Development of module and handouts for training on friendly ASRH services for physicians in the private sector in DIY. One-day training of a trial for module training.
- Conducted four-days training on Friendly ASRH Services for Physicians in the private sector in DIY.
- Post-training mentoring visit.
- Developed SOPs.
- Written reports: field visit report, training report, mentoring report, and project completion report. All these reports are available upon request to UNFPA.

Eight documents submitted (during implementation period). The following documents are available upon request:

1. Pre-training assessment tools.
2. Notes of pre-training assessment field visit.
3. Training module and handouts on training of friendly ASRH Services for physicians in the private sector and related certification.
4. ASRH Training report.
5. Data base of training participants.
6. Post-training monitoring and mentoring tools.
7. Post-training mentoring report.
8. Twelve standard operational procedures (SOPs).

Summary of important points:

- Project has been completed successfully. Key stakeholders, training participants, and community members involved in the training gave encouraging support and feedback. Follow-up support is highly expected by all involved parties.
- The provision of friendly and comprehensive ASRH services in DIY is being fully supported by Gusti Pembayun, Daughter of Sultan HB X (Sultan of Yogyakarta), and also the Sultan himself. In combination of their support, with adequate financial support and a technically strong team the program thus shows great promise for success. During a conversation with Gusti Pembayun she made two important statements, which we would like to put here:

*"....I need a a team of people "crazy" enough to overcome the youth problems in Yogyakarta...."*

*"....we have to be "brave" to promote sexual and reproductive health education widely*

*among the youth, and the Sultan is very supportive for this action, as this is for saving adolescents's life"*

- It is important to highlight that the Indonesian Medical Association (IDI/Ikatan Dokter Indonesia) and the Provincial Health Office (PHO) have endorsed the ASRH training in DIY. We are optimistic that with the right strategy, IDI and/or the Ministry of Health will even go as far as adapting the training curriculum and endorse it to become the national training module for physicians in the private practice setting, as well part of the continuum of education for private physicians, who are interested in providing friendly ASHR services. AngsamERAH Institution has already been awarded by the Australasian Society for HIV Medicine (ASHM) to manage their partnership with IDI. We consider our partnership with IDI and ASHM as very helpful and strategic to leveraging the UNFPA goals related to the provision of friendly ASRH services for physicians who work in the private practice setting.
- Twelve (12) physicians, who work in the private sector in DIY, are excited to join the SF for friendly ASRH services. A network of discussion groups has been set up by the physicians, which will potentially attract more doctors to join in for clinical discussions and improve the referral mechanism. This will have a positive impact the quality of their services and thus benefit the adolescents.
- We appreciate UNFPA for giving AngsamERAH Institution the opportunity to manage this project. The working process has allowed us to learn and grow, with valuable lessons learnt.

#### The Training

The training was successfully held at Jentra Hotel – Jl Dagen 85 Malioboro Jogjakarta from the 28th until to 31st of October 2013, at Jentra Hotel – Jl. Dagen 85 Malioboro Jogjakarta. Of 17 physicians who were invited to attend the training twelve were able to join. Ten (10) of the participants are general practitioner and two (2) of them are obstetrician & gynecologist. Ten (10) of the general practitioners also work as government employees at a Puskesmas.

This training applied the Andragogy learning approach, which is a participatory method of adult learning, where every participant is encouraged and able to voice his or her opinion and ideas as each individual is believed have to have valuable experiences that can be used as a source of information.

Participants were encouraged to actively take part during the sessions, which applied the following learning methods:

- Brainstorming
- Role-play
- Assignments (Case study, group work)
- Lectures followed by Questions & Answers
- Applying visual aids
- Power point presentations
- Energetic exercises

The training was facilitated by a Team from AngsamERAH Institution

- Dr. Nurlan Silitonga MMed,
- Ms. Adhe Zamzam Prasasti SPsi
- Dr. Ratna Mardiati SpKJ
- Dr Asti Widiastuti MHC
- Yeyen Subandi, Admin Assistant



External experts who contributed to this training:

- Dr. Anung Trihadi, Provincial Health Office, DIY
- Dr. Ova Emilia, M.Med,ED.,Ph.D.,SpOG(K), from Happy Land Hospital
- Dr. Pandu Priono MPH, Indonesian Medical Association (National)
- Dr. M. Nurhadi Rahman, SpOG from Happy Land Hospital
- Ms. Nari, PKBI
- Ms. Putri, Youth Forum

Youth who acted as the expert patients during the role-play exercises.

- Syaiful Huda (Itonk)
- Lavenia Riza Santika,
- Fisa Sasmawati
- Veronica Sri
- Syofara Mukti Wijayanto

## Words from the participants

Dr. Luci

*"The training was fun, not boring and enjoyable till the end of the session. The facilitators are pretty and cool, down to earth, and do no patronize..."*



Dr. Endar

*"It refreshed my knowledge, gave new experiences and perspective on how to understand the patient's needs, especially for the adolescents who have problem related to reproductive and sexual health"*



Dr. Diah

*"It was a relaxed training, not boring and it met with the training objectives, training was interactive, not only sitting still and listening but also role playing and we learned about our weaknesses."*



Dr. Danang

*"Not boring, it applied various interactive methods between participants and facilitators, and the training gave new knowledge and skills. The role-playing enhanced our communication skills, as we learned about our weaknesses and learned how to communicate well with adolescents and we also gained the skill to ask questions promptly, because doctors often forget about this."*

*"Also, this training gave us new insights of knowing better about the adolescent, as well as learning how to communicate with them better. The training has been extremely useful"*



Dr. Suharno

*"Good and role-play exercises was great...."*



Dr. M. Nurhadi Rahman, SpOG

*"... Superb, this should be done more often, the subject is ok and refreshing, unfortunately time availability of the participants attendance is quite difficult, may be next time, should be done outside of the town and make it for two days full class till night ☺..... "*



Dr. Evita

*“It was fun and refreshing. Also I learned many new things about adolescents in particularly related to reproductive health. Thank you for the opportunity to attend this training....”*



#### Acknowledgement

Angsamerah Institution is utterly grateful to the team from UNFPA, Provincial Health Office DIY, PKBI, and Happy Land Hospital, the youth community and IDI for supporting this training activity.

Special thanks go to Dr. Anung, Representative PHO, DIY, Dr. Pandu Priono, Head of Commission HIV Program IDI, Dr. Ova Emelia, Dr. M Nurhadi Rahman, SpOG, Ms Nari and Ms Putri from PKBI for their contribution by sharing their knowledge and experiences during this training, and to the youths, who acted as trained patients in the role play exercises, also Mr. Yeyen Subandi, the training assistant, who helped the training activities in class run smoothly.

Finally, this project would not have been possible without the leadership, intelligent insights and advices from Dr. Margaretha Sitanggang, National Programme Officer on Youth and ASRH UNFPA, Indonesia, with her team members; Ms Ayu Ajiasmoro and Ms Samantha Mannix.