

Session 9: IEC & Counselling

Duration: 120 min

Training objectives:

After completing this session participants will be able to:

1. Prepare Annual Plan for IEC and outline its implementation.
2. Establish linkages with NRHM for IEC plan
3. Enlist key messages and describe methods to disseminate
4. Describe counselling techniques area

Session Content:

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| 1. What is Communication, its process, and various channels of communication | 10 |
| 2. Key messages for the community to generate awareness regarding leprosy | 05 |
| 3. Planning of IEC activities | 10 |
| 4. Block leprosy awareness campaign (BLAC) | 10 |
| 5. Counselling skills | 15 |
| 6. Counselling PAL and family members | 15 |
| 7. Role play & discussion | 55 |

Required educational material

- Laptop, PowerPoint presentation, LCD projector, beamer, screen, whiteboard
- Adequate copies of instructions and check list for the participants
- IEC material for role play

Reading material for Trainees:

Chapters from NLEP training manual for Medical Officers in leprosy

- IEC & Counselling
- Annexure VII Stigma in Leprosy
- Annexure VIII Counselling
- Annexure IX Block Leprosy Awareness Campaign

Handouts:

Copy of the PP Presentations

Training methodology:

- Lecture discussion using power point presentation
- Role play for counselling a newly diagnosed leprosy patient &/ PAL with disability

Conduction of session:

1. Power point presentation covering basic principles of communication, stigma and other problems / issues to be solved by IEC activities, cost effective methods of spread of messages and BCC (Behaviour change communication), block leprosy awareness campaign, key messages for the community, leprosy affected persons & their family members, planning of IEC activities through strategic framework, counselling skills and process of counselling
2. Encourage participants to share their experiences related to liaison, coordination and group Advocacy meetings.
3. Organize a role play to illustrate process of counselling and key messages to be given to a newly diagnosed leprosy patient.

For role play you may divide the participants in two groups and ask them to synthesize a character of one/ two critical PAL for counseling. Cases could be newly diagnosed case with disability, drug defaulter or one with recurrent planter ulcer. Give instructions on key aspects for projected of behavior of PAL & health care provider separately without the knowledge of each other and ask two groups to work separately to build a character for role play of 10 minutes. Participant playing the role of health care provider is asked to give emphasis on the following aspects.

Check list for role play

- Identification of core problem
- Explorations to understand the situation
- Various options to solve the problem
- Selection of suitable option to solve the problem
- Support required in adopting the solution
- Messages to be given through counselling

All the other participants act as observer and asked to observe the following aspects

Check list for assessment of counseling

- Client feeling welcomed
- Environment for counseling pleasing
- Spontaneous interaction between counselor and client
- Counselor demonstrating active listening
- Explaining and paraphrasing to communicate
- Information provided is Specific and correct
- Information provided on all relevant points
- Cognitive, affective and behavioral changes noticed in counselee.

After the role play ask the participants playing the various characters, to comment on their feeling and observers to comment on the key observations. Ask the role player whether they agree to comments and provide their view. Conclude the session congratulating all the participants for their contribution and emphasizing that this is not a real life situation that would differ compared to this.

Session Planning:

1. Introduction to session
2. Lecture discussion using Power point presentation
3. Role play for counselling
4. Discussion for IEC activities

Recommended Reading material

<http://manlep.wikispaces.com/space/showimage/S2+Role-play+Patient+Education+at+diagnosis.doc>

Relevant websites:

Website on counseling: <http://hivinsite.ucsf.edu/InSite?page=kbr-07-01-04>