

# MM-TI

## Miscarriage Management Training Initiative

### Training Outline:

#### Papaya Workshop

The Papaya Workshop follows the lecture on miscarriage management and introduces participants to the use of the Manual Vacuum Aspirator (MVA) by using papayas as uterine models. Clinicians and support staff can participate in the workshop and all benefit from the opportunity to handle the MVA. This interactive session creates a relaxed atmosphere to learn valuable skills.

<b>Goal</b>	To teach clinicians and support staff how to use a MVA for uterine aspiration.
<b>Objectives</b>	At the end of the training, participants will be able to: <ul style="list-style-type: none"><li>➤ Demonstrate use of the MVA</li><li>➤ Explain steps to a uterine evacuation procedure</li><li>➤ Describe the para-cervical block</li></ul>
<b>Time: 45 - 60 minutes</b>	15 minutes to set up stations 15 minute lecture reviewing use of MVA and uterine aspiration procedure 15 minutes for participants to practice 15 minutes to clean up and debrief
<b>Materials</b>	<ul style="list-style-type: none"><li>➤ One ripe papaya per participant (two learners can share one if the group is large.) <i>Note: Locate a store that can supply you with ripe “Hawaiin” or “Brazilian” papayas. Avoid the large Mexican papayas. They should be ripe and not too green. Rolling them between your hands may soften a hard papaya prior to the workshop.</i></li><li>➤ MVA</li><li>➤ Dilators (size 7 – 9 work the best)</li><li>➤ Cannula (size 8 – 9 )</li><li>➤ Syringes</li><li>➤ One and a half/21 gauge needles</li><li>➤ Paper cups(some for water some for papaya seeds)</li><li>➤ Paper towels</li><li>➤ Chuxs (one per station; paper towels could also be used)</li></ul> <p><i>A station with instruments used for uterine aspiration procedures may also be set up for learners to practice on.</i></p> <ul style="list-style-type: none"><li>➤ <i>Pelvic model (Sawbones Inc., makes an excellent pelvic model at a reasonable cost: <a href="http://www.sawbones.com/catalog/pdf/surgicaltraining.pdf">http://www.sawbones.com/catalog/pdf/surgicaltraining.pdf</a>)</i></li><li>➤ <i>Speculum</i></li><li>➤ <i>Tenaculums</i></li><li>➤ <i>Dilator, cannula and MVA</i></li></ul>

	Note: Pictures of Papaya Workshop are available
<b>Trainer Tip</b>	If possible, recruit help for set up and clean up.
<b>Prep</b>	<p>Set up one papaya station for every one to two learners.</p> <ul style="list-style-type: none"> <li>➤ Chux</li> <li>➤ Syringe</li> <li>➤ Paper cup for emptying papaya seeds into</li> <li>➤ Papaya</li> <li>➤ MVA</li> <li>➤ One or two dilators</li> <li>➤ Cannula (size of largest dilator)</li> </ul>

Time & Task	Trainer Notes
15 minutes Introduction and Demo	<p>Reproductive Access provides excellent Instructions to group leaders for the Papaya Workshop.  <a href="http://www.reproductiveaccess.org/tam/papayas.html">http://www.reproductiveaccess.org/tam/papayas.html</a></p> <p>General outline</p> <ol style="list-style-type: none"> <li>a. Review clinical indications</li> <li>b. Talk about size of uterus, size of dilators and cannula</li> <li>c. Demonstrate cervical block</li> <li>d. Review use of MVA</li> <li>e. Demonstrate use of MVA using the papaya as a uterine model</li> <li>f. Demonstrate physician communication with patient</li> </ol> <p>Sample Script:</p> <p><i>Hi, I'm _____, I will be your doctor today.</i></p> <p><i>[Ask questions regarding medical history, and review consent form]</i></p> <p><i>[Determine/confirm contraceptive method to be used by patient post-procedure]</i></p> <p><i>I'm going to start by doing an ultrasound to determine how pregnant you are. I will also do an internal exam to feel the size and direction of your uterus. Are you interested in seeing the ultrasound picture? Would you want to know if I see twins on the ultrasound?</i></p> <p><i>Now I'm going to start the procedure. I'm just putting on sterile gloves, and the first thing you will feel is the speculum. There is going to be pressure, but it shouldn't pinch or hurt. If it is pinching or hurting, please tell me because I can usually make that better.</i></p>

*Now I'm going to wash off your cervix with sterile soap. I'm going to do that 3 times. The soap is brown, so later, if you have some brownish vaginal discharge, don't be alarmed.*

*Now I'm going to put some numbing medicine right into your cervix. You may feel a pinch or a burn, but it should go away within the next 20 to 30 seconds. If you are feeling any discomfort, take a deep breath in, and blow it out.*

*There will be 3 injections total, and even though they may hurt, they will make the rest of the procedure easier for you.*

*Now I'm going to put a holder on your cervix, and I'm going to have you give me a big cough while I place this [wait for cough to clamp tenaculum]. I'm now going to check the dilation of your cervix, and I'm going to have to stretch it a few times. You may feel some "come and go" cramping with this, but it shouldn't last very long.*

*I'm now inserting the cannula, the straw-like instrument. I'm starting the process of emptying your uterus, and nothing bad or damaging is happening. You might feel some pulling or tugging, or some movement, but everything is going very well.*

*As your uterus starts to empty more completely, it sometimes cramps a little bit more. And even though that is more uncomfortable that is what we want the uterus to do. That keeps your uterus from bleeding too much. It also means I'm probably going to be done within the next 30 seconds or so.*

*Now, I'm done, and I'm just going to check for bleeding.*

*[If an IUD is to be placed]*

*I'm just going to put your IUD in, and you shouldn't feel any pain. Now I'm going to take all the instruments out, and you can scoot back, put your feet together, get a little bit more comfortable. I'm just going to go look at the tissue and make sure we have everything we need.*

*We have a hot water bottle or heating pad for you if you would like one. The worst of your cramping should go away in the next 5-10 minutes.*

*[The physician leaves the room to check the products of conception (POCs) rendered from the procedure]*

*[The physician returns]*

*The procedure is complete, your uterus is now empty and you are no longer pregnant. You can start your birth control today. I would like to see you back in a few weeks for a follow up visit. If you have any questions between now and then, please don't hesitate to call.*

15 minutes	<ul style="list-style-type: none"><li>➤ Participants practice uterine evacuation skills using the papaya and pelvic model (if available)</li><li>➤ Trainers circulate offering assistance and support</li></ul>
15 minutes	Debrief: <ul style="list-style-type: none"><li>➤ What questions do you have about the MVA?</li></ul>