



HACETTEPE UNIVERSITY



WORLD HEALTH ORGANIZATION  
(WHO)

**HACETTEPE UNIVERSITY  
FACULTY of MEDICINE  
DEPARTMENT OF PUBLIC HEALTH**

**“WORLD HEALTH ORGANIZATION COLLABORATING CENTRE  
for RESEARCH and TRAINING  
in the SERVICE ASPECTS of REPRODUCTIVE HEALTH and  
FAMILY PLANNING”**

**Since 1978**

**REPORT**

**on**

**The Period of 2008-2012**

**Hacettepe University WHO Collaborating Centre for Research and Training  
in the Service Aspects of Reproductive Health and Family Planning**

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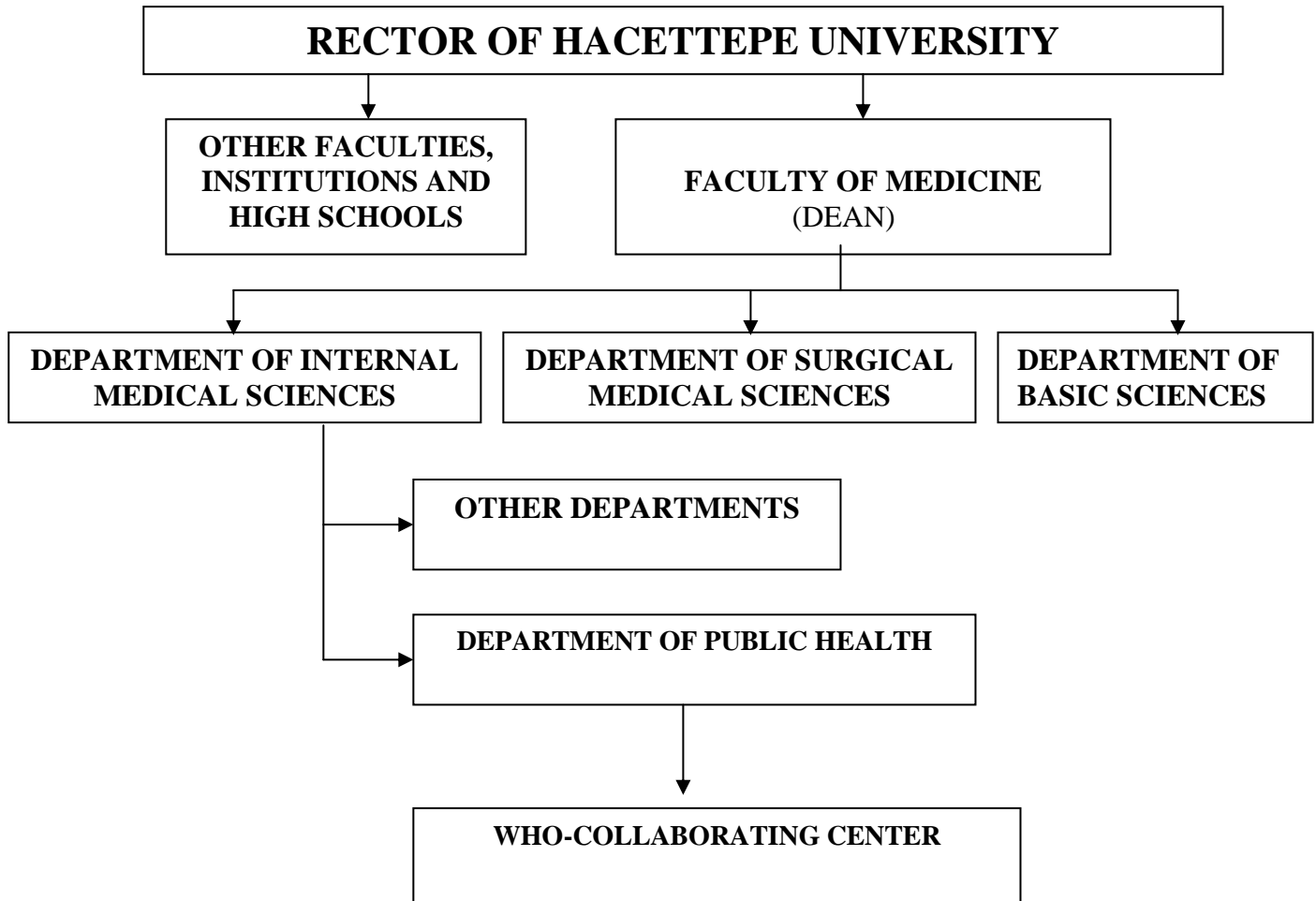
**HACETTEPE UNIVERSITY FACULTY OF MEDICINE**  
**PUBLIC HEALTH DEPARTMENT**  
**WHO COLLABORATING CENTRE**

Title of the Collaborating Centre:	<u>World Health Organization Collaborating Centre for Research and Training in the Services Aspects of Reproductive Health and Family Planning</u>
Institution Name:	<u>Hacettepe University</u> <u>Faculty of Medicine</u>
Exact Name of the department/unit/section/laboratory, etc. which would act as the WHO Collaborating Centre:	<u>Hacettepe University</u> <u>Faculty of Medicine</u> <u>Department of Public Health</u>
City and the Country of location:	<u>ANKARA/TURKEY</u>

**Part I- Basic information about the Hacettepe University WHO Collaborating Center**

1.1 Name of the Director of the institution:	<u>Prof. Dr. Zafer Öztekin</u>
1.2 Name of the Head of the WHO Collaborating Centre (i.e. the person with overall responsibility for carrying out the work plan) :	<u>Prof. Dr. Zafer Öztekin</u>
1.3. Address of the institution	: Hacettepe University Faculty of Medicine Department of Public Health 06100 Sıhhiye Ankara Turkey
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### 1.8. Organizational chart



### 1.9. Facilities available

- Hacettepe University Research and Implementation Center on Women's Issues (HUWRIC) was established in 2001 within the physical facilities Public Health Department like WHO-HU Collaborating Center as they common topics they carried out their activities very closely.
- Gulveren Mother and Child Health and Family Planning Center and Health Center – They are first level Health Unit with over 20 thousand population in Ankara
- Kecioren District Training and Research Area where includes 34 Health Centers which are primary health care units and with 760 thousand population in Ankara
- Computer laboratory with internet system

- RH/Family planning training facility for national training program
- Several lecture halls and rooms
- Hacettepe University- Medico-Social Centers (3 Centers with 50 thousands target population)
- Mechanisms have been established for efficient and close collaboration in training and research activities on RH/FP with the following institutions, especially for “clinical trials: *Hacettepe University Medical School Department of Obstetrics and Gynecology, MoH Ankara Etlik Maternity and Gynecological Training Hospital and Dr. Zekai Tahir Burak Women’s Health Training and Research Hospital* (For instance, the WHO/HRP randomised multicenter trial on implantable contraceptives are currently being carried out in these 3 clinical sites under the coordination and supervision of our WHO-Collaborating Center. Similarly a clinical trial on medical abortion has been carried out in these 3 sites under the coordinaton & supervision of our collaborating center etc.)
- Close collaboration with the Ministry of Health especially with the General Directorate of MCH and FP and also General Directorate of Primary Health Care.
- Close collaboration with the General Directorate of Women’s Status with the mechanism of membership of National Advisory Board.

#### **1.10. Manpower of the CC:**

- Academic staff of the Department of Hacettepe University Medical School: 11 Professor, 5 Associate professor, 2 Assistant professor, 8 Assistants
- Non academic / technical staff of the Department: 9
- Staff of the University Health Centers: 23 Physicians, 60 other staff.

*Scientific fields of the staff of the CC are as follows;*

- Public health
- Administration, Management
- Epidemiology / Statistics
- Demography
- Reproductive Health / Women’s Health
- Adolescent Health

- Nutrition
- Communicable Diseases
- Environmental Health
- Health Education
- Occupational Health
- Health economics
- Emergencies / Disaster

## **Part II –Terms of Reference**

The Hacettepe WHO Collaborating Centre for “Reproductive Health /Family Planning” at the Department of Public Health, Hacettepe University Medical School carries out research, training and support activities in collaboration with the World Health Organization (WHO), other International Agencies, The Ministry of Health (MOH), scientific institutions such as universities and non-governmental organizations in the country. The Hacettepe Public Health Department was first designated in 1978 as a “*WHO Collaborating Center for Research and Training in the Service Aspects of Reproductive Health and Family Planning*” and this designation has been renewed several times the latest being in the year 2004. The Hacettepe University WHO Collaborating Centre collaborates with WHO Headquarters in Geneva (WHO/HQ) and with the European Office in Copenhagen (WHO/EURO) in research and training activities for the development and assessment of appropriate technologies, guidelines related to WHO programs and initiatives on Reproductive Health (RH) including service aspects of Family Planning (FP).

The scope of work of the Hacettepe University WHO Collaborating Centre has expanded its perspective and capacities according to the new global, regional and national development, strategies and needs since its first designation. Over the years it has developed a more comprehensive approach to reproductive and sexual health. While it has started as a family planning collaboration center, the scope of its activities expanded to include the different aspects of women’s health, reproductive and sexual health including sexually transmitted diseases, health of adolescents and many topics related to gender and health.

*Terms of Reference of Hacettepe University WHO Collaboration Center can be summarized as follows:*

- I. Conduct research and training activities on important reproductive health topics and employ research strategically as a means to direct the attention of relevant partners.
- II. Widely disseminate research procedures and results in the forms of publications, meetings, community programs and in media.
- III. Based on research results, design, implement and evaluate the intervention programs specific to the topic, region and context of Turkey.
- IV. Advocacy for changing in policy to remove the barriers and improve the provision and quality of reproductive health services.
- V. Collaborate with local, national and international agencies, institutions and non-governmental organizations to achieve its goals and to use the resources effectively

**The Activities of Hacettepe University WHO Collaboration Center  
for the period of 2008-2012 according to its TOR  
(WORK PLAN)**

- I. Conduct research and training activities on important reproductive health topics and employ research strategically as a means to direct the attention of relevant partners.*

This objective is addressed through such projects as adolescent sexual and reproductive health and studies on the relationship between gender and health including violence against women. The Center has a very strong research team and highly competent in employing both qualitative and quantitative methods and statistical analysis. Related to that objective the following activities have been carried out:

**A) Research Activities:**

**1.1. Multicenter Randomized Clinical Trial of Two Implantable Contraceptives for Women, Jadelle and Implanon**

A three year multi-country randomized comparative trial of 2-rod, 5-year levonorgestrel implant Jadelle and the 1-rod, 3-year etonorgestrel implant Implanon was undertaken by the World Health Organization, Department of Reproductive

Health and Research, Special Program of Research, Development and Research Training in Human Reproduction in 2001. The objectives of the trial were to compare the annual and 3-year cumulative rates of method continuation of Jadelle and Implanon and to compare the contraceptive effectiveness of the two implants. The results of the implants will be compared with the results from IUD patients as non-hormonal method in Turkey. Altogether 295 women were admitted to the study. 200 women were randomly allocated to use either Jadelle or Implanon. All women attended follow-up visits 2 weeks after admission, at 3<sup>rd</sup> and 6<sup>th</sup> month and then semi annually for the three year duration of the study. During those follow-up visits general health status of women, bleeding patterns of women were recorded and some examinations (such as Hb, blood pressure, weight, cervical cytology examination) are being done. The study is initiated in 7 countries including Turkey and the other participating countries are Thailand, Brazil, Zimbabwe, Dominican Republic, Chile, and Hungary. Hacettepe University WHO Collaborating Center is coordinating three study centers in Ankara. Namely, Hacettepe University Faculty of Medicine OBGYN Department, Ankara Etlik State Maternity Hospital (formerly SSK) and Zekai Tahir Burak (ZTB) State Maternity Hospital. The data collection for this project was started in 2003 and it is still continuing. The follow-up phase of the study was expected to be completed in 2007, however the study was extended by the WHO / RHR beyond three years to study the contraceptive effectiveness of Implanon 2 years more. At the extension phase, for the women who accepted to continue using their methods, follow-up visits are being done and the same procedures are valid for the extension period. The extension period was approved by the local and national ethical committees and the extended follow-up process is continuing in Turkey.

The data analysis, report writing and dissemination of the results will be done at the end of the extension period which will end at the year 2010. Based on the study results and depending on the success of the implants as an effective and practical contraceptive choice for Turkish women, H.U. WHO Collaborating Center will continue its efforts to receive license for Jadelle and for making these two implants widely available and in Turkey.

## **1.2. Peer Education Program to Increase Awareness of Young People in Sexual and Reproductive Health and other Health Issues**

In general peer education is used as an effective behavioral change strategy recently. Many studies demonstrate that peers can influence young people's attitudes and behaviors as they believe that they have the same concerns and similar tendencies. The main objective of the peer education study was to use "peer education" model while directing young people to sexual and reproductive health services. Based on the findings of the study on "Influential Factors of Sexual and Reproductive Health of Adolescents/Young People in Turkey" Study (Project Number: A05153) in 2000-2002, another project was conducted with the support of UNFPA which included a peer education component. Aiming to increase that further, a group consists of 12 candidates of trainers of peer educators from three universities (Hacettepe, Osmangazi and Cukurova University) were trained by the UNFPA in a standard training program for a week in 2008. It was believed that peer education supports young people in awareness raising and gaining knowledge in regard to sexual and reproductive health. Trained peer educators who can also benefited from the training programs, will start their mission to train young people as the "peer educators" at this three universities. It is planned to accelerate and extend the use of such approaches more.

### **1.3. Perspectives and Perceptions of Users and Providers on Medical Abortion**

In Turkey, since 1983, induced abortion is legal and provided by mainly surgical methods like D&C and vacuum aspiration. Since its legalization, numbers of unsafe abortion and its adverse outcomes decreased very much in the country. However, services only one in 5 cases were met by the public health institutions. The reasons for that are the high workload of the OB/GYN specialists at the public hospitals and the shortage of time for surgical interventions. As a result, unmet need in abortion services in Turkey is high. So that, since 2000, introduction of the medical abortion method was considered by the medical community as well as decision makers.

In 2000-2002, with the collaboration of the Population Council, a study was carried out on over 200 medical abortion cases, and it was observed that in Turkey, medical abortion method with 200 mg mifepristone and 400 µg misoprostol is safe and acceptable method with high efficacy rate. In this study, a group of medical abortion cases were matched and compared with the cases opted surgical abortion and it was found that satisfaction with medical abortion was higher and medical abortion did not carry risk of surgical method (like infection and injuries). In 2005, another study on



medical abortion was carried out with the collaboration of the Gynuity Health Project to assess the efficacy, acceptability and feasibility of two alternative simplified abortion regimens (200 mg mifepristone and 400 µg misoprostol) and also find out that when offered the choice what proportion of women would prefer to take misoprostol at home or at the clinic and which route they prefer to take it (orally or sublingually). The results of the second study were even better.

After completion of those two studies, the results were presented at the two large meetings in order to publicize and discuss the findings. At those meetings, most of the participants from the providers' side were supportive for the method but there were also strong oppositions.

It was believed that if medical abortion method is widely provided in the country, it could decrease the unmet needs in abortion services. Second issue caused concern among the providers was if medical abortion services are provided in Turkey its principles and protocols should be well defined and established. As the issue is significant from the public health perspective, as WHO Collaboration Center, we should continue research to find out further realities related to the main barriers which might come from either potential users or providers against medical abortion method before its formal adoption in the country.

So that, a project named "Perspectives and Perceptions of Users and Providers on Medical Abortion" proposed as a concept paper and submit to Specialist Panel for Social Science and Operations Research of WHO. The main goal of the project is to obtain evidences in order to support the effort spent for formal adoption of medical abortion in Turkey. The specific objectives of this study are:

1. to determine the perspectives and acceptability of "safe" abortion (clinically and socially) and medical abortion among urban, semi-urban and rural women.
2. to determine the provider perspectives on medical abortion in different settings and among different professions.
3. to determine the level of knowledge of and opinions about medical abortion of last year medical and nursing school students as the future potential providers.

To achieve the objectives above, different methodologies will be used. For the first two objectives, qualitative methods will be used, and for the third a descriptive study has been planned. The duration of the project will be 18 months.

The concept paper was reviewed and well received by the Specialist Panel for Social Science and Operations Research. Therefore, the full proposal is being prepared to be submitted to the WHO in which the comments and suggestions made by the Panel will be taken into consideration.

### **B) Training and Educational Activities:**

#### **1.4. Training and certification of Hacettepe University Faculty of Medicine interns in family planning counseling and IUD application skills**

The objective of this project was to train students from medical schools and other health professions while they are still at school to enable them to start providing standardized high quality family planning services upon their graduation. The project was first initiated in 1992 based on the documented need for trained service providers to provide family planning services in Turkey both in the government and private sectors. Before this project, Turkish Ministry of Health (MOH) was the only authorized institution to conduct post-graduate certification programs for medical doctors, nurses and nurse-midwives. The capacity of the MOH was quite limited to train the necessary numbers of service providers through these programs. There were also concerns about the quality and standardization of family planning counseling and intrauterine device (IUD) application which needs formal certificate to provide, which is the most popular modern method in Turkey. This project addressed both the need to increase the number of family planning service providers and also the quality of these services.

This project was initiated with collaboration of the Johns Hopkins International Training in Reproductive Health Program (JHPIEGO) and funded by the USAID. Our collaboration center led overall project activities. Within the project initially senior trainers working in the departments of public health and obstetrics and gynecology of medical schools from all around Turkey were trained in Clinical Skills Standardization workshops. These workshops used adult learning principles; competency based training methodology and interactive training techniques and

integrated a comprehensive approach to family planning services. Topics such as infection prevention and sexually transmitted disease (STD) screening were also included in skill-based family planning counseling and IUD application sessions. Following the standardization of clinical skills, all trainers to work with students participated in Training Skills workshops that enabled them to improve their skills in demonstration, coaching and presentations. Several Advanced Training Workshops were designed and conducted for those trainers who demonstrated exceptional interest and skills in training. Hence, a cascade of training workshops was conducted, where each successive level of trainers trained another group. The workshops were initially conducted with the assistance of US consultants, but in time through successive trainings, a very talented and committed National Training Team was established in Turkey which had members through all around Turkey. On the other hand, service providers working in the MOH who were collaborating with the universities in student training also participated in the same workshops. These efforts ensured the students to be subject to a standardized and high quality training both in their theoretical sessions in the universities and also during their practical sessions in university or MOH clinics. The trainers who successfully completed the workshops trained students from medical, nursing and midwifery schools. All of the clinical training centers were also standardized in terms of their equipment, infection prevention services, counseling materials, STD screening materials and other facilities.

Seventeen medical schools, 10 nursing and midwifery schools that represent different geographical regions of Turkey participated in this project. Overall, more than 120 trainers were trained in the several workshops conducted. These trainers in turn, trained and certified more than 3,000 students from medical, nursing and midwifery schools in family planning counseling and IUD application skills. The students who were certified and authorized by the MOH to provide these services upon graduation were given priority to be employed in maternal and child health and family planning (MCH/FP) centers.

This project was revolutionary in Turkey from several aspects. Firstly, by allowing pre-graduation certification of health profession students, the project has greatly eased the burden on the MOH, which had limited resources to train service providers. The

standardization of all service procedures, use of a humanistic approach and integration of STD screening and infection prevention greatly enhanced the quality of services in Turkey. Participation from provinces such as Diyarbakir, Erzurum, Adana universities and their collaborating MOH centers also helped to disseminate the high quality standardized training through a major geographical area of Turkey. This project also funded the basis of training skills curriculum developments in several of the medical schools. Most notably, in Hacettepe, Ankara, Marmara, Dokuz Eylul and Uludag Universities, the core members of the National Training Team applied their master training skills to other reproductive health curriculums. The same trainers also participated in other health related programs and curriculum development programs for medical schools and other health profession schools. Hacettepe University Faculty of Medicine and other 16 project universities are currently conducting medical student training and certification workshops through using their own resources. Hacettepe University Department of Public Health is monitoring and conducting these training workshops up to 10 times a year to train and certificate 50-60 medical interns yearly in family planning. Gulveren Training and Research Center Family Planning Unit and Hacettepe University Department of Obstetrics and Gynecology and ZTB State Maternity Hospital are functioning as training sites.

This ongoing national training program of the Hacettepe University WHO collaborating center has been carried out routinely since 1992 and still continuing. Every year approximately 40-50 medical students receive 2 weeks training and they are certified on their graduations by the Ministry of Health.

### **1.5. Public Health Education Activities**

Several educational activities are being carried out with the collaboration of local authorities in Ankara. Small or large group of people are informed on reproductive health issues and group discussions are also done. For instance, Hacettepe University WHO Collaborating Center has trained the women who participate to Ankara-Çankaya Municipality Public Solidarity Center's (TODAM) program on various reproductive and sexual health issues in collaboration with Ankara Çankaya Municipality. Training activities at TODAM will continue during the next years.

### **1.6. Çankaya Municipality Women Shelter Establishing Activities**

According to population based survey newly conducted, one third of every married women physically assaulted in Turkey. Therefore violence against women is a public health problem in Turkey. According to EU recommendations for every 7500-10 000 women one women shelter has to establish. In Turkey there are more than 20 million adult women, so there is a need to have hundreds of shelters for women. The total number of women shelters in Turkey is only 47. Therefore, there is an enormous need to new shelters. Çankaya Municipality (which is the largest local administration and one of the most crowded areas located in Ankara) and our collaborating center constituted a protocol to establish a women shelter in October 2007. The collaborating center consulted all the stages of the establishment period in closed collaboration with HUWRIC of women shelter till the construction of the shelter building to the engagement of staff of the shelter and their adaptation training. The women shelter of Çankaya Municipality started to provide the services to women who are the victims of violence and to their children with a capacity of 50 beds for them and 50 beds for their children on 07.03.2008. Concurrently “Consultation Committee” was established to support the activities of the shelter and three members of the collaborating center are the members of this committee.

### **1.7. To coordinate a network of public health departments in medical schools in different provinces of Turkey for research and training in reproductive health:**

Within Turkey, public health departments and medical schools provide important resources in terms of expertise and their key role in shaping and designing reproductive health issues and solving the problems. Therefore Hacettepe University WHO Collaborating Center always spends maximum efforts to include these institutions from a variety of regions in its programs. The resources and perspectives of these other institutions provide valuable contributions to improvement of reproductive health in Turkey. Related to that objective the following activities have been carried out and will be continued in coming years.

#### **1.7.1. Training Course for Research Assistants in Women’s Health/Reproductive and Sexual Health**

This is a routine training program and run annually with the participation of public health assistants from different universities of Turkey. Overall duration is 5 months;

however, sexual and reproductive health in the program is about 3 weeks. So far, numbers of trainees have been trained. The last one was in 2007 and 30 physicians from different universities of Turkey participated to the program. Next training course will be conducted for new public health research assistants in 2009

### **1.7.2. Post Graduate MSc and PhD Course on Public Health**

Training on sexual and reproductive health issues have took place as a part of post-graduate MSc and PhD course on Public Health programs during two academic semesters every year. Physicians and non physicians have participated in this program from various disciplines and universities. Content of the postgraduate training program includes status of women, potential and existing health problems in life cycles of women, factors affecting women's health, indicators of women's health, activities for women at the international platforms, health targets on women's health, reproductive health/sexual health.

### **1.8. Developing Modules on Violence Against Women**

As a second part of "A Program on wide spreading of Gender Equality", "A Project to Combat with Domestic Violence" has been started in Turkey since the beginning of 2007. As a part of this program of the General Directorate of Women's Status "Violence against Women (VAW) Health Personnel In-service Training Capacity Building Project" was carried out by the General Directorate of Women's Status which was financially supported by UNFPA. Under that project a training module has been prepared with collaborative efforts of the national experts. Separate guidelines for trainers and trainees have been prepared on domestic VAW.

The preparations of the mentioned module and developing a five-days training program for TOT and one-day training program for service providers has been coordinated and technically supported by two experts of the HU-Collaborating Center. All those activities will continue through 2008. The health module will be in use in the countrywide in-service training program of MOH on domestic VAW in coming years.

## ***II. Widely disseminate research procedures and results in the forms of publications, meetings, community programs and in media.***

### **Activities on the International Women’s Day (8<sup>th</sup> of March)**

The Hacettepe University Research and Implementation Center on Women’s Issues (HUWRIC) routinely carry out the activities on “International Women’s Days on 8<sup>th</sup> of March every year, the Hacettepe University WHO Collaborating Center participated in those activities. For instance, in 2008 the theme of the meeting was “Violence against Women”. 1<sup>st</sup> Women’s Health Congress was held at Hacettepe University Cultural Center Red Hall between 20 and 22 March, 2008 with the joint efforts Turkish Medical Association Women Physicians and Women’s Health Branch. **“Violence Against Women”** which was specified as the main subject of this year was discussed and examined with the participation of approximately 700 participants from different sectors all over the country. The Congress had a very rich program, namely 7 panels, 4 conferences, a course (“Examining Domestic Violence through a Psychosocial Perspective), 63 posters and 33 oral presentations. In addition to these, 4 workshops were conducted on “Training Health Personnel on Violence against Women”, “Organizing Health Care Provision to Women who are Victims of Violence”, “Preventive Medicine, Diagnosis and Treatment Approaches for Women who suffer from Violence”, and “How Should be the Sectoral Collaboration for Women who are exposed to Violent Acts”. The Congress Book which was published 750 copies by supporting UNFPA distributed to the participants to the congress.

### **2.2. Publications of the book named “*Gender, Health and Women*” and “*Realities in Gender and Women’s Health in Turkey*”**

Two previous publications of HUWRIC which are “*Gender, Health and Women*” and “*Realities in Gender and Women’s Health in Turkey*” will be updated and published with the support of the Hacettepe University WHO Collaborating Center.

### ***III. Based on research results, design, implement and evaluate the intervention programs specific to the topic, region and context of Turkey.***

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*IV. Advocacy for changing in policy to remove the barriers and improve the provision and quality of reproductive health services and other women's health services*

**4.1. Eliminating Violence against Women and Children**

Violence against women and children has its roots at those countries' traditions and social values and rules. In Turkey unfortunately "honor killings" and other forms of violence against women and children still exist. Lately that subject was given increased attentions by almost all sectors in the country, advocacy activities are increased by public, private and NGO sectors. In 2006 , under the direction of Grand National Assembly of Turkey a commission was formed aiming at determining the reasons of honor killings against women and children in Turkey and specifying the preventive strategies to eliminate honor killings and other forms of violence against women and children. The commission requested an expert from the Hacettepe University WHO Collaborating Center and HUWRIC to participate all activities of the commission so that an expert was nominated to contribute to the work of the commission. The Commission started their activities on the 18<sup>th</sup> of October 2005 and continued for 6 months. The commission organized meetings, carried out nationwide investigations, also collaborated with academicians, representatives of public and private institutions, nongovernmental organizations. At the end of this period, the commission prepared a 288 page report which is published by the General Directorate of the Status of Women. The follow up activities of the plan of action on Combating WAV will be continuing and a representative from HUWRIC and the WHO-HU Collaborating Center will be a member of the follow up committee.

*V. Collaborate with local, national and international agencies, institutions and non-governmental organizations to achieve its goals and to use the resources effectively*

**5.1. To continue to work closely with Turkish Ministry of Health, specially the General Directorate of Maternal and Child Health, General Directorate of the Primary Health Care Services and the General Directorate of the Curative Health Services and another important government institution, the Center**



**collaborates with is the General Directorate of Women’s Status for the research and training needs in reproductive health**

MOH is still the major service provider of reproductive health services in Turkey and the MOH departments are crucial particularly in implementation and expansion of evidence-based effective reproductive health services. The Collaborating Center has been very effective in advocacy for reproductive health and rights through its long term good relations with these government institutions. Future projects will also emphasize this collaboration to improve health policy.

**Contributing International Training Program on “Adolescence and adolescent reproductive health” conducted by ICC**

ICC has been organizing international 2-week training courses every year since 2001 in collaboration with United Nations Population Fund (UNFPA) on “adolescence and adolescent reproductive health” to empower managerial level health service providers with knowledge and skills on adolescents/youth and reproductive health for participants from Newly Independent States like Albania, Afghanistan, Armenia, Azerbaijan, Bosnia Herzegovina, Bulgaria, Georgia, Greece, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Pakistan, Romania, Russia and Uzbekistan. Lectures on “Gender and adolescent health” and “Violence against women” are presented by the staff of Hacettepe WHO-Collaborating Center in those training courses. Those training programs will be continuing in coming years.

**5.3. To continue close collaborations with other International Health Agencies** on research and training related to RH, like UNFPA, GTZ, JICA, Population Council, ICC, Gynuity Health Project which are very important in terms of their expertise, resources and perspectives they can provide. Therefore the WHO-HU Collaborating Center will continue to have opportunities to collaborate with those agencies.

**VI. *Function as a local, national and international reference center and conduct consultancy activities with different bodies to increase capacities mutually***

**6.1. To establish collaborative links with other developing countries for research on the reproductive health needs of adolescents:**

Work on adolescent reproductive health and especially provision of fertility regulation methods to include abortion is relatively new in Turkey. The Center is a pioneer in conducting these activities, especially in a Muslim country where traditional values about sexuality and reproduction still prevail and the conditions of working with adolescents is vastly different than conditions in more developed countries. Our experience in working with Turkish adolescents will be valuable to apply in other settings, as much as Turkey will benefit from the experiences of other developing countries. One of the plans of the Center is to continue its mission as an international training center to initiate collaborative activities with The Newly Independent States for research and training in reproductive health.

## **PREVIOUS ACTIVITIES OF THE COLLABORATING CENTER**

### **ANNEX I - Training and Research Activities of the Hacettepe University Faculty of Medicine Department of Public Health WHO Collaborating Center for Reproductive Health, Narrative Report for 2004-2008**

Within this framework, training and research activities according to the main objectives of the Hacettepe University WHO Collaboration Center for this period are as follows;

#### ***1. To continue strengthening research and training activities for psycho-social and epidemiological aspects of reproductive and sexual health***

This objective is addressed through such projects as maternal mortality survey, adolescent sexual and reproductive health study and studies on the relationship between gender and health including violence against women. The Center has a very strong research team and highly competent in employing both qualitative and quantitative methods and statistical analysis. Related to that objective the following activities have been carried out:

#### **A) Research Activities:**

##### **1.1. Multicenter Randomized Clinical Trial of Two Implantable Contraceptives for Women, Jadelle and Implanon**

A three year multi-country randomized comparative trial of 2-rod, 5-year levonorgestrel implant Jadelle and the 1-rod, 3-year etonorgestrel implant Implanon was undertaken by the World Health Organization, Department of Reproductive Health and Research, Special Program of Research, Development and Research Training in Human Reproduction in 2001. The objectives of the trial were to compare the annual and 3-year cumulative rates of method continuation of Jadelle and Implanon and to compare the contraceptive effectiveness of the two implants. The results of the implants will be compared with the results from IUD patients as non-hormonal method in Turkey. Altogether 295 women were admitted to the study. 200 women were randomly allocated to use either Jadelle or Implanon. All women attended follow-up visits 2 weeks after admission, at 3<sup>rd</sup> and 6<sup>th</sup> month and then semi annually for the three year duration of the study. During those follow-up visits general health status of women, bleeding patterns of women were recorded and some examinations (such as Hb, blood pressure, weight, cervical cytology examination) are being done. The study is initiated in 7 countries including Turkey and the other

participating countries are Thailand, Brazil, Zimbabwe, Dominican Republic, Chile, and Hungary. Hacettepe University WHO Collaborating Center is coordinating three study centers in Ankara. Namely, Hacettepe University Faculty of Medicine OBGYN Department, Ankara Etlik State Maternity Hospital (formerly SSK) and Zekai Tahir Burak (ZTB) State Maternity Hospital. The data collection for this project was started in 2003 and it is still continuing. The follow-up phase of the study was expected to be completed in 2007, however the study was extended by the WHO / RHR beyond three years to study the contraceptive effectiveness of Implanon 2 years more. At the extension phase, for the women who accepted to continue using their methods, follow-up visits will be done and the same procedures will be valid for the extension period. The extension period was approved by the local and central ethical committees and the extended follow-up process is continuing in Turkey.

The data analysis, report writing and dissemination of the results will be done at the end of the extension period. Based on the study results and depending on the success of the implants as an effective and practical contraceptive choice for Turkish women, H.U. WHO Collaborating Center will continue its efforts for making these two implants widely available in Turkey.

### **1.2. An Intervention Study to Provide Sexual and Reproductive Health Services for Students at the University Health Centers and Evaluation of Its Impact**

This intervention study was designed as a response to the “Study on the Influential Factors of Sexual and Reproductive Health of Adolescents/Young People in Turkey” which was carried out by the CC with the collaboration of the WHO/RHR-Geneva (Project Number: A05153). In Turkey, approximately 2 million youth attends universities. Students get health services free of charge from the Medico-Social Centers of the universities. Based on the findings from the adolescent sexual and reproductive health study, it was clear that the current level of service provision from these centers did not meet the needs of the young people. The university medico-social services do not provide any reproductive and sexual health counseling services or any other form of reproductive health care. It is also clear that the young people are at increasingly higher risk of unwanted pregnancies, sexually transmitted diseases and other reproductive problems. The socio-cultural environment has also been changing in Turkey and although the general climate is still on the more traditional side in

terms of stigmatization of pre-marital sexual relationships, especially for women, factors such as increased age at first marriage and increased levels of female education and increased participation of females in the work force are challenging the traditional value systems in gender roles and expectations.

Based on the background situation and context of Turkey, the objectives of this study which were identified as: 1) development of youth friendly reproductive/sexual health and psychological counseling services at university medico-social centers; 2) development of information, education and communication (IEC) material for enhancement of sexual and reproductive health knowledge among university students; 3) provision of all modern contraceptive methods at university medico-social centers (such as combined oral contraceptives, injectables, condoms and IUDs); and 4) integration of the reproductive/sexual health services into the routine health services.

To achieve the objectives, Sexual and Reproductive Health Counseling Units were established in the 10 medico-social centers of 8 universities. These universities are: Bilkent and Hacettepe in Ankara, Dicle in Diyarbakır, Osmangazi in Eskişehir, Boğaziçi, Yeditepe and Koc in İstanbul, and Ege in İzmir. From each university, 2 physicians and 2 psychologists were trained on youth counseling and specifically on sexual and reproductive health problems. At the same time, for a comprehensive approach group counseling programs were established at these centers which cover a wide variety of topics such as tobacco, alcohol and drug problems, nutrition and fitness apart from sexual/reproductive health. A new registration system was also developed at these centers for follow-up, monitoring and evaluation purposes. The project was started in 2002 and continued till the end of 2005.

In this study, trained physicians and psychologists provided sexual and reproductive health counseling, and also providing contraceptives and other S/RH services to university students. Data collection is also being continued. In 2005 the medico-social centers also started peer education in sexual and reproductive health. Additionally youth groups were formed to address health problems as defined by the youth themselves. An interim evaluation was conducted at the end of 2004 to monitor the process and demonstrate the impact of establishing a youth friendly counseling unit at the University Health Center, if needed make necessary adjustments to improve

service provision and impact of the project. That evaluation exercise was only done at the “Hacettepe University Health Center at the Beytepe Campus”. All information on the utilization of the health center and the reasons for it in 6 months prior to the establishment of the youth friendly services (YFS) were analyzed and similar information for 6 months after the YFS were functioning for one year was also analyzed and these two results were compared to see the differences. The most striking results of that study were not only steady increase in utilization of the YFS but also the overall utilization of the entire health services were increased significantly. A report was prepared and published and disseminated. That was very encouraging to make a plan to extend such type of services in other university health centers in Turkey.

### **1.3. Evaluation of the knowledge, views and behavior of the last year university students on Sexual and Reproductive Health in H.U. Beytepe Campus**

As a part of the previous WHO collaborative study on SRH of the first year university students conducted in Beytepe Campus of the H.U in 2001-2002 (Project Number: A05153), a new study was planned. Since the first study, several interventions were made to improve their KAP related to SRH. After 4 years they became last year university student therefore a study was designed to evaluate the changes in their knowledge and behaviors related to SRH. In this study, 1798 last year students were surveyed using the same questionnaire of the first study with few additional questions. The results of that study was published and disseminated. According to the survey; utilization of the health center increased significantly, awareness of the YFS was relatively high, despite all interventions and being in University environment the SRH knowledge of the students are still not at a desired level. In that context male students need more attention. Among 4<sup>th</sup> year university students gender stereotypes and discriminatory beliefs are quite common which indicate the importance of the values of the families and society, even at university period difficult to change them. The findings of that study also emphasized that all intervention programs at the university to improve their KAP related to SRH should be initiated as early as possible and also should be sustainable. Demonstration of the high unmet needs in SRH services in even last year university students strengthens the need to expand such YFS to other universities in Turkey.

#### **1.4. Peer Education Program to Increase Awareness of Young People in Health Issues**

Peer education is used as an effective behavioral change strategy recently. Many studies demonstrate that peers can influence young people's attitudes and behaviors as they believe that they have the same concerns and similar tendencies. The main objective of the peer education study was to use "peer education" model while directing young people to sexual and reproductive health services. As a component of above mentioned "Influential Factors of Sexual and Reproductive Health of Adolescents/Young People in Turkey" Study (Project Number: A05153), peer education study was conducted with the support of rectorship of Hacettepe University. By integrating Youth Counseling Units to health centers of universities, it is determined that young people begin using health centers for service utilization more. Aiming to increase that further, a group consist of 11 people was trained by the UNFPA in a standard training program for a week. It was believed that peer education can support young people in awareness raising and gaining knowledge in regard to sexual and reproductive health. Trained peer educators who can also benefited from the training programs, started their mission to inform young people. It is planned to accelerate and extend the use of such approaches more.

#### **1.5. "Establishment of Youth Friendly Sexual and Reproductive Health Services in Additional Five Universities**

In the light of the favorable results of the previous three studies on "SRH of the university students" as explained in above sections, it was believed that such services should be widespread at the universities in Turkey. Therefore a project proposal was prepared aiming to establish similar units at 5 other universities at different provinces of Turkey (Erciyes University - Kayseri, Cumhuriyet University - Sivas, Çukurova University - Adana, Dokuz Eylül University – İzmir and Gazi University – Ankara). This one year project was supported by the European Union (DELTUR/2005/111-455) and carried out with the coordination of Hacettepe University WHO Collaborating Center, Hacettepe University Research and Implementation Center on Women's Issues (HUWRIC), The Health and Social Welfare Foundation and Hacettepe University AIDS Treatment and Research Center (HATAM). As an output of the study, changes in the utilization of health centers, the knowledge, and behavior

profiles of Faculty of Education 1<sup>st</sup> and 2<sup>nd</sup> grade students on sexual and reproductive health were evaluated by pre and post tests on 2500 students.

The study was conducted as a two-phase study as it is both a descriptive and an intervention study. The descriptive and implementation phase of the project are completed in 2006. According to the pre and post test of the study; although intervention period was quite short, still significant increase was observed in raising awareness of the YFS and also improvements in knowledge on SRH of the students who were targeted for educational programs.

The preliminary report of the project was printed and distributed and shared with several sectors at a large meeting held in Hacettepe University at 15<sup>th</sup> and 16<sup>th</sup> of December, 2006, where the results of the study were presented and discussed. Follow-up visits to those 5 universities are planned to be carried out during 2007 in order to standardize the physical conditions as well as the provided services of the youth counseling units and ensure sustainability.

#### **1.6. To Develop National “Gender Sensitive Indicators”**

A study was conducted by the General Directorate of Status of Women of Turkey. Several staff of HU-CC and HUWRIC participated in this study. Within the context of this study, gender sensitive health indicators were drafted for national data collection which is also mentioned in several international agreements that Turkey already agreed upon. It is hoped that after its pilot testing these indicators will be finalized.

#### **1.7. Study on Medical Abortion by Using Different Routes for Misoprostol in Three Clinical Sites in Turkey**

The objective of this study was to examine the acceptability of a mifepristone-misoprostol medical abortion regimen that offers two alternatives of administration of misoprostol, either oral or sublingual. The study seek answers for women’s preference of either route of administration and also women’s preference of the site to take the pills, that being at home or at a clinic. Research was carried out in four research centers: Hacettepe University Faculty of Medicine, OBGYN Department, Hacettepe University Health Center, ZTB State Maternity Hospital and Ankara Etlik State Maternity Hospital (former SSK). Women presenting for voluntary termination of



pregnancy with 56 days or less from the last menstrual period and with intra-uterine pregnancies were offered the option to participate in the study. Women who enrolled in the study received 200 mg mifepristone orally in the clinic. Then they were offered the option to take 400 µg misoprostol either orally or sublingually and either at home or in the clinic. All women were instructed to administer misoprostol two days after taking mifepristone. For pain control, all women were offered analgesics to take as needed. Women were asked to return to the clinic twelve days following the administration of misoprostol for an assessment of their abortion status. Women with ongoing, viable pregnancies were offered surgical abortions.

Data collection for this study was completed in 2005. Data analysis and report writing completed in 2006. This study had very important implications for Turkey. Medical abortion is a safe, effective and feasible method of pregnancy termination and it has been receiving considerable attention by both developed and developing countries. The results and data analysis demonstrated that, medical abortion poses significantly less risk of infection with medical abortion when compared with surgical abortion. On the other hand, this study also enhanced the dissemination of information and practice about the use of medical abortion for both women and health professionals. Women will also be benefited by possibly avoiding surgical abortion with its potential side effects and complications and had a choice to terminate their pregnancy in the privacy of their home, in a more convenient and less expensive way. Findings are being used to inform the integration of the method into reproductive health services in Turkey. The results of the study were disseminated at an international meeting with the participation of a large group including national and international experts, decision makers and academicians. The Turkish and English reports of the study were prepared and distributed and the medical abortion protocol was developed and shared with the participants at the meeting. It is hoped that introducing medical abortion method into the natural RH services will contribute to decrease the unmet needs in abortion services in Turkey.

### **1.8. Operation Research on Key STI's in Turkey - Second Generation Sentinel Surveillance Among Specific Target Groups**

The project was started to be implemented in May, 2006 in collaboration with ICON, ANTWERB Institute and Hacettepe University Public health Department which is the

WHO Collaborating Center on S/RH. The project was supported and funded by the European Commission, Delegation to Turkey and Turkish Republic Ministry of Health. Hacettepe University HIV/AIDS Treatment and Research Center, Health directorates of 5 provinces in Turkey and some NGO's were also contributed to the implementation of the project. Project was carried out at 5 provinces in Turkey, namely Ankara, İstanbul, İzmir, Gaziantep and Trabzon. The main objective of the study was to determine the current epidemiology of key STI's (including HIV infections) in selected populations in urban sites in Turkey in order to initiate the development of a national second generation sentinel surveillance for STIs & HIV. Specific objectives of the project are as follows;

- To estimate the prevalence and associated demographic and behavioral correlates of key STI's (Syphilis, Gonorrhoea, Chlamydia, Hepatitis B) and HIV among pregnant woman attending antenatal clinics (ANC) in Ankara, Istanbul, Trabzon and Gaziantep as a proxy for the general population;
- To estimate the prevalence and associated demographic and behavioral correlates of key STI's (Syphilis, Gonorrhoea, Chlamydia, Hepatitis B) and HIV in sub-groups with risk behavior (commercial sex workers, men having sex with men, intra venous drug users) in Ankara; Istanbul and Izmir;
- To provide the methodology for developing future second generation sentinel surveillance programs within the above groups in Turkey.

Parallel to public health perspective, in the study the focus was on population rather than individuals and preventive efforts were given priority rather than a curative point of view. Better understanding of trends over time as well as behaviors driving the epidemic in a country was aimed. Flexible surveillance that moves with the needs and state of the epidemic was planned. Subpopulations at higher risk of infection were much more prioritized. It was intended to use surveillance data better to increase understanding and to plan prevention and care. The proposed system was important in terms of its help in generating a public response to HIV, its contribution to targeting prevention activities and planning responses.

Survey and laboratory examination data has been collected on 2060 pregnant group and 486 persons with high risk behaviors being of total 2546 subjects.

Data analysis and report writing have been completed and on the 30<sup>th</sup> of April 2007 a dissemination meeting was organised in Ankara. A comprehensive report of the project was submitted to the GD of the PHC of the Ministry of Health that covered the results of the study and the proposed second generation sentinel surveillance model which is expected to be implemented in the country .

## **B) Training and Educational Activities:**

### **1.9. Training and certification of Hacettepe University Faculty of Medicine interns in family planning counseling and IUD application skills**

The objective of this project was to train students from medical schools and other health professions while they are still at school to enable them to start providing standardized high quality family planning services upon their graduation. The project was first initiated in 1992 based on the documented need for trained service providers to provide family planning services in Turkey both in the government and private sectors. Before this project, Turkish Ministry of Health (MOH) was the only authorized institution to conduct post-graduate certification programs for medical doctors, nurses and nurse-midwives. The capacity of the MOH was quite limited to train the necessary numbers of service providers through these programs. There were also concerns about the quality and standardization of family planning counseling and intrauterine device (IUD) application which needs formal certificate to provide, which is the most popular modern method in Turkey. This project addressed both the need to increase the number of family planning service providers and also the quality of these services.

This project was initiated with collaboration of the Johns Hopkins International Training in Reproductive Health Program (JHPIEGO) and at the beginning funded by the USAID. Our collaboration center led overall project activities. Within the project initially senior trainers working in the departments of public health and obstetrics and gynecology of medical schools from all around Turkey were trained in Clinical Skills Standardization workshops. These workshops used adult learning principles; competency based training methodology and interactive training techniques and integrated a comprehensive approach to family planning services. Topics such as infection prevention and sexually transmitted disease (STD) screening were also included in skill-based family planning counseling and IUD application sessions.

Following the standardization of clinical skills, all trainers to work with students participated in Training Skills workshops that enabled them to improve their skills in demonstration, coaching and presentations. Several Advanced Training Workshops were designed and conducted for those trainers who demonstrated exceptional interest and skills in training. Hence, a cascade of training workshops was conducted, where each successive level of trainers trained another group. The workshops were initially conducted with the assistance of US consultants, but in time through successive trainings, a very talented and committed National Training Team was established in Turkey which had members through all around Turkey. On the other hand, service providers working in the MOH who were collaborating with the universities in student training also participated in the same workshops. These efforts ensured the students to be subject to a standardized and high quality training both in their theoretical sessions in the universities and also during their practical sessions in university or MOH clinics. The trainers who successfully completed the workshops trained students from medical, nursing and midwifery schools. All of the clinical training centers were also standardized in terms of their equipment, infection prevention services, counseling materials, STD screening materials and other facilities.

Seventeen medical schools, 10 nursing and midwifery schools that represent different geographical regions of Turkey participated in this project. Overall, more than 120 trainers were trained in the several workshops conducted. These trainers in turn, trained and certified more than 3,000 students from medical, nursing and midwifery schools in family planning counseling and IUD application skills. The students who were certified and authorized by the MOH to provide these services upon graduation were given priority to be employed in maternal and child health and family planning (MCH/FP) centers.

This project was revolutionary in Turkey from several aspects. Firstly, by allowing pre-graduation certification of health profession students, the project has greatly eased the burden on the MOH, which had limited resources to train service providers. The standardization of all service procedures, use of a humanistic approach and integration of STD screening and infection prevention greatly enhanced the quality of services in Turkey. Participation from provinces such as Diyarbakir, Erzurum, Adana universities

and their collaborating MOH centers also helped to disseminate the high quality standardized training through a major geographical area of Turkey. This project also funded the basis of training skills curriculum developments in several of the medical schools. Most notably, in Hacettepe, Ankara, Marmara, Dokuz Eylul and Uludag Universities, the core members of the National Training Team applied their master training skills to other reproductive health curriculums. The same trainers also participated in other health related programs and curriculum development programs for medical schools and other health profession schools. Hacettepe University Faculty of Medicine and other 16 project universities are currently conducting medical student training and certification workshops through using their own resources. Hacettepe University Department of Public Health is monitoring and conducting these training workshops up to 10 times a year to train and certificate 50-60 medical interns yearly in family planning. Gulveren Training and Research Center Family Planning Unit and Hacettepe University Department of Obstetrics and Gynecology and ZTB State Maternity Hospital are functioning as training sites.

This ongoing national training program of the Hacettepe University WHO collaborating center has been carried out routinely since 1992 and still continuing. Every year approximately 40 medical students receive 2 weeks training and they are certified on their graduations by the Ministry of Health.

#### **1.10. Public Health Education Activities**

Several educational activities are being carried out with the collaboration of local authorities in Ankara. Small or large group of people are informed on reproductive health issues and group discussions are also done. For instance, Hacettepe University WHO Collaborating Center has trained the women who participate to Ankara-Çankaya Municipality Public Solidarity Center's (TODAM) program on various reproductive and sexual health issues in collaboration with Ankara Çankaya Municipality. This kind of collaboration is continuing.

#### **1.11. Activities on the International Women's Day (8<sup>th</sup> of March)**

The Hacettepe University WHO Collaborating Center routinely participate the activities of International Women's Days organized by HUWRIC. For instance, in 2005 the theme of the meeting was "Ageing and Women". Previously 2 panel

discussions were organized with the participation of university students, in 2007 the theme of the meeting was “Gender and to be a University student”.

### **C) Planned Activities in this Period:**

#### **1) Expanding Women’s Safe Abortion Choices: A multi-site randomized study of sublingual versus oral misoprostol administration following mifepristone 200 mg for abortion up to 63 days gestation.**

Induced abortions are the fundamental issue in women’s health. Although induced abortions are legal in Turkey, the unmet need is still very high. Medical abortion method is expected to contribute to improve women’s health as it lessens the work load at the clinics and the unmet need, it is more economical, takes less time, does not necessitate anesthesia, has less side effects and complications and so on. For this purpose, as a follow-up to the previous two trials of medical abortion with mifepristone-misoprostol in Turkey, a third clinical study is planned to strengthen existing evidence of the safety, efficacy, and acceptability of the medical abortion method within the provision of safe abortion services in the context of Turkish family planning services. This study will be conducted to determine whether a dose of 400 mcg of sublingual misoprostol (i.e., under the tongue) taken 48 hours following administration of mifepristone 200 mg is effective and acceptable at inducing an abortion compared with misoprostol taken orally. Gynuity Health Projects is going to support this randomized trial of 500 women. The protocol and the research centers that the study is going to be carried out are determined. After the ethical committee approval, the implementation will begin.

#### **2) Gender Discrimination and its Impact on Reproductive Health of People**

The previous small-scale pilot studies conducted by Hacettepe University WHO Collaborating Center demonstrated that gender discrimination is an important factor affecting to reproductive health. For example, in the studies conducted in the slum areas of Ankara and high schools and university students by the interns showed that gender discrimination usually operates against women, there are some cases where men’s health can also be adversely affected through discrimination or the generally accepted male gender roles in a patriarchal society.

Hacettepe University WHO Collaborating Center now is interested in conducting a large scale and community based study to explore the sometimes obvious, often subtle effects of gender discrimination focusing on reproductive health. Some of the research questions are: 1) What is the level of gender discrimination in Turkey as it relates to health indicators, and specifically reproductive health? 1) What are the impacts of being born as a girl or as a boy on one's immediate and future reproductive health within the context of Turkey? 2) What are the socio-economic and cultural differences within Turkey in terms of gender discrimination and how does this influence sexual and reproductive health problems of adults? 3) How does gender discrimination affect both sexes (men and women) through their life cycle in terms of their sexual and reproductive life and their decisions about their body? 4) How does gender discrimination present itself in reproductive health service provision? 5) What are some of the culture sensitive and effective ways to eliminate adverse effects of gender discrimination to improve the reproductive health of people, both men and women?

The proposal of this study is in progress. We plan to explore these and other similar questions with a broader definition of gender discrimination to include the entire life cycle from pre-birth (e.g. sex selection, sex preference) to youth (cultural norms and values affecting sexual and reproductive decisions, honor killing of girls) to adulthood (fertility, infertility, decisions about sex and reproduction, gender based violence) and to maturity (menopause, problems in sexual lives of men and women, definition of sexuality and reproduction in old ages). Two previous publications of Hacettepe University WHO Collaborating Center (*Gender, Health and Women*, published by HUWRIC and *Gender and Health in Turkey*, published by General Directorate of Women's Status and Problems, HUWRIC and UNFPA) published in 2003 provide a background about the relationships between gender and health in Turkey. The next step will be to explore these relationships in more detail. Based on findings on the effects of gender discrimination on reproductive health, specific interventions will be designed and conducted. Now the Collaborating Center is looking for financial support to carry out that research.

### **3) “Sexual and Reproductive Health of University Students – 5 Other New University Study”**

In order to expand and increase the number of Youth Counseling Units, where university students are given counseling and clinical services on sexual and reproductive health, a new project is being planned as the continuation of other efforts on this issue. With the experiences gained from “Sexual and Reproductive Health of University Students – 5 University Study”, 5 more universities from different provinces of Turkey were determined. Same as what was done in the other study, the utilization of health centers, the knowledge, attitude and behavior profiles of students on sexual and reproductive health will be explored in the context of the study. After the establishment of these units, follow-up visits will be planned aiming to standardize the physical conditions and service provision of the youth counseling units. However, the project proposal has been prepared and submitted to the WHO/RHR for financial support as soon as it is obtained, implementation will start.

## ***2. To continue collaboration with the divisions of the Reproductive Health of the WHO/HQ and WHO/EURO:***

It is crucial for Turkey to be a well functioning part of WHO and to be in a mutually enhancing relationship. While the Center always emphasizes the context of Turkey and the regional differences within Turkey for improvement of reproductive health services, WHO guidelines and priorities are adopted to the realities of the country. Ongoing and planned activities about policies of gender and the health sensitive gender indicators will provide important background information for WHO/EURO, which will have international implications. Related to that objective the following activities have been carried out:

### **2.1. “A Case Study on the Integration of a Gender Perspective in Health Policy in Turkey, Phase I and Phase II”**

#### **Phase I**

Hacettepe University WHO Collaborating Center and Hacettepe University Research and Implementation Center on Women’s Issues (HUWRIC) worked together in collaboration with the World Health Organization Regional Office for Europe for this study that was conducted in 7 European and Central Asian countries. Hacettepe University WHO Collaborating Center has completed a case study on a gender analysis of policies regarding reproductive health in Turkey. Within this framework, baseline information on existing national gender and health policies were examined.



Then The H.U. team analyzed 5 major legislations (The Main Constitution, The Law on Prevention of Health in General Law, The Law on Socialized Health Care Services, The First Population Planning Law, and the Second Population Planning Law) and focused on the integration of gender perspective in the topics of unwanted/unplanned pregnancies and family planning. In-depth interviews with key informants were also conducted. The results revealed that in general, attention was given to sex differences in problem definition, agenda setting and policy design. However, one important observation of the study is that for reproductive health, the older legislations overemphasized the reproductive and traditional role of women. For instance in the past, women were mainly seen as an object for demographic purposes and her consent was not sought for in most decisions. However, with the newer legislations, women were given rights and opportunity to decide on their own fertility regulation, it was encouraging to find out that the laws enacted after 1980 are more gender sensitive.

Although the results of this study was promising in terms of mainstreaming gender into reproductive health policy, there still remains the question on how these policies are implemented at the grassroots level. Thus, Hacettepe University WHO Collaborating Center again in collaboration with the HUWRIC on the second phase of this study which focused on the implementation of policies related to Reproductive Health. The second phase is described below in more details.

## **Phase II**

One of the missions of Hacettepe University WHO Collaborating Center is to ensure mainstreaming a gender perspective into all types of interventions with a strategy for promoting gender equality. Gender mainstreaming, particularly to ensure high quality reproductive health for both men and women has been a priority in the previous research, project and advocacy activities of the Collaborating Center. Therefore after the first phase of the integration of a gender perspective in health policy study in Turkey, it was necessary to follow-up with exploring the implementation of the policy at the provincial and grass roots level.

This study was designed to provide an in-depth understanding of the implementation of gender sensitive policies on reproductive health at more peripheral levels. The

topics of concern in reproductive health were unplanned/unwanted pregnancies and family planning. For this purpose, key informants were interviewed from different regions of Turkey to reflect the different perspectives and conditions based on geography and socio-cultural determinants. The interview focused on the “Population Planning Law” # 2827. Interview topics were such as the realistic availability of abortion through government health care units for women who demand the services; proportion of men and women who can financially and logistically afford contraceptives; and level of autonomy women can exercise in making decisions about their reproductive choices.

This research was carried out in 2004 with a financial support provided by the UNFPA. In this phase, a medical doctor who has MSc on social anthropology and a sociologist who has PhD, conducted the study by using qualitative data collection methods. Data was collected from 4 provinces of Turkey namely, Diyarbakır, Mardin, Ankara and İstanbul. All collected data was analyzed by the research team.

The report of the first phase of the study was printed by WHO-Euro in English. The comprehensive report of the whole study was prepared and published by Hacettepe University in 2006 in Turkish. The results of the study were shared with the related sectors at a meeting held in Hacettepe University in 2006.

At the end of the study, besides analyzing policies in terms of gender mainstreaming, strategies are intended to be developed according to the obtained results. This study is also important because of its uniqueness in this filed in the country.

### ***3. To coordinate a network of public health departments in medical schools in different provinces of Turkey for research and training in reproductive health:***

Within Turkey, public health departments and medical schools provide important resources in terms of expertise and their key role in shaping and designing reproductive health issues and solving the problems. Therefore Hacettepe University WHO Collaborating Center always spends maximum efforts to include these institutions from a variety of regions in its programs. The resources and perspectives of these other institutions provide valuable contributions to improvement of

reproductive health in Turkey. Related to that objective the following activities have been carried out:

### **3.1. Training Course for Research Assistants in Women's Health/Reproductive and Sexual Health**

This is a routine training program and run annually with the participation of public health assistants from different universities of Turkey. Overall duration is 5 months; however, sexual and reproductive health in the program is about 3 weeks. So far, numbers of trainees have been trained. The last one was in 2007 and 30 physicians from different universities of Turkey participated to the program during last 5 years.

### **3.2. Post Graduate MS and PhD Course on Public Health**

Training on sexual and reproductive health issues took place as a part of post graduate MS and PhD course on public health. 35 physicians and non physicians participated in this program from various disciplines and universities during last 5 years. Content of the postgraduate training program includes status of women, potential and existing health problems in life cycles of women, factors affecting women's health, indicators of women's health, health level of women, activities for women at the international platforms, health targets on women's health, reproductive health/sexual health, STIs, safe motherhood, fertility regulation, contraceptive methods, adolescents' health, violence against women, effects of unwanted pregnancies and induced abortions on women's health, menopausal and post menopausal period, women's work and health, empowerment of women in social and cultural context.

#### ***4. To continue to work closely with Turkish Ministry of Health, specially the General Directorate of Maternal and Child Health, General Directorate of the Primary Health Care Services and the General Directorate of the Curative Health Services for the research and training needs in reproductive health:***

MOH is still the major service provider of reproductive health services in Turkey and the MOH departments are crucial particularly in implementation and expansion of evidence-based effective reproductive health services. Related to that objective the following activities have been carried out:

#### **4.1. Development of the Updated Version of the National Strategic Plan on Reproductive Health (NSP-RH)**

Consultancy had been provided by the Collaborating Centre for the development of the updated version of the NSP-RH. Now, it is published and in use in Turkey.

#### **4.2. Developing Modules on Sexual and Reproductive Health**

As a part of Reproductive Health Program of the Ministry of Health “Strengthening Sexual and Reproductive Health In-service Training Capacity Project” was carried out by the MoH which was financially supported by European Union. Under that project the following training modules were prepared with collaborative efforts of the national and international experts. Separate guidelines for trainers and trainees were prepared on each topic. The topic of the modules:

- 1) Introduction of Reproductive Health
- 2) Reproductive Health Services for Young People
- 3) Sexually Transmitted Infections
- 4) Family Planning Counseling
- 5) Safe Motherhood
- 6) Training Skills
- 7) Advanced Training Skills
- 8) Monitoring and Evaluation Skills

The preparations of the mentioned modules was coordinated and technically supported by two experts of the HU-Collaborating Center. All those activities completed in 2004. The modules are now in use in the countrywide in-service training program of MOH on Reproductive Health.

#### **4.2. Developing Monitoring and Evaluation (M&E) Methodology, Tools and A Guideline for In-Service Training Programs**

as mentioned above, similar works were undertaken by these two experts from the HU-CC to develop monitoring and evaluation (M&E) tools and methodology to monitor and evaluate the in-service training programs in the country. Based on that exercise guidelines for M&E for the in-service training programs in SRH has also been prepared. In addition, a guideline on advanced training skills for trainers was

also prepared by the staff of the collaborating center. The guideline is now in use in the countrywide in-service training program of the MOH.

**5. *To work with another relevant government institution,***

The Center collaborates with the General Directorate of Women's Status. The Collaborating Center has been very effective in advocacy for reproductive health and rights through its long term close relations with this general directorate. Related to that objective the following activities have been carried out:

**5.1. Eliminating Violence against Women and Children**

Violence against women and children has its roots at those countries' traditions and social values and rules. In Turkey unfortunately "honor killings" and other forms of violence against women and children still exist. Lately that subject was given increased attentions by almost all sectors in the country, advocacy activities are increased by public, private and NGO sectors. In 2006 , under the direction of Grand National Assembly of Turkey a commission was formed aiming at determining the reasons of honor killings against women and children in Turkey and specifying the preventive strategies to eliminate honor killings and other forms of violence against women and children. The commission requested an expert from the Hacettepe University WHO Collaborating Center and HUWRIC to participate all activities of the commission so that an expert was nominated to contribute to the work of the commission. The Commission started their activities on the 18<sup>th</sup> of October 2005 and continued for 6 months. The commission organized meetings, carried out nationwide investigations, also collaborated with academicians, representatives of public and private institutions, nongovernmental organizations. At the end of this period, the commission prepared a 288 page report which is published by the General Directorate of the Status of Women. The report was prepared by ten parliamentarian and six counselors. Report aimed to evaluate and make recommendations for honor killings and violence against women in Turkey. In the last part of the plan, commission listed recommendations to solve the problem which has serious consequences on women's and men's health depending on gender discrimination mainly. According to this report Prime Ministry of Turkey disseminated a circular to establish the activities which were implemented by the governmental and academic institutions, and nongovernmental organizations. The General Directorate of Women's Status was

determined as coordinator governmental body. Office of the prime ministry asked the related bodies, sectors to prepare reports periodically to report the activities they conducted. General directorate of Women's Status organized the first evaluation meeting on the 8<sup>th</sup> of September, 2006. A satisfactory progress was observed in that meeting. One of the strong recommendations of the commission was to carry out a comprehensive qualitative research on VAW in Turkey in order to find out real dimensions and also underlying causes of this hidden issue which is a serious violation of human's rights.

## **5.2. The 51<sup>st</sup> session of the Commission on the Status of Women**

The Commission on the Status of Women is a commission of the United Nations Economic and Social Council (ECOSOC), working mostly on gender equality and advancement of women. Every year, meetings are organized with the participation of representatives of Member States at United Nations in New York. During those meetings gender equality issues such as, challenges, global standards, the ways to achieve those standards, policies that will promote gender equality are addressed.

The Commission was established in 21<sup>st</sup> of June, 1946 with the aim to prepare recommendations and reports to the Council on promoting women's rights in political, economic, civil, social and educational fields. The Commission also makes recommendations to the Council on urgent problems requiring immediate attention in the field of women's rights.

The 51<sup>st</sup> session of the Commission on the Status of Women was held from 26 February to 9<sup>th</sup> of March, 2007 in New York which determined “*The elimination of all forms of discrimination and violence against the girl child*” as its priority theme this year. As a part of Turkish delegation, Prof. Dr. Ayşe Akın, who is the head of Hacettepe University WHO Collaborating Center participated to the session as well as contributed to resolutions HIV/AIDS, female genital mutilation, forced marriage of the girl child and overall agreed conclusions.

## **5.3. A Project to Combat with Domestic Violence**

As a second part of “A Program on Widespreading of Gender Equality”, “A Project to Combat with Domestic Violence” has been started in Turkey since the beginning of

2007. The Project will be carried out two years. It is aimed to protect women against domestic violence to improve women's human rights. It is supported by UNFPA on technical base and financial source is provided by EU funds. One of the main outcome of the project is to prepare a national action plan to combat with domestic violence. Two members of the collaborating center are the consultants of the action plan. In July 2007, a 3-day meeting and workshops were organized by the General Directorate of the Status of Women. 5 people from the Collaborating Centre participated in the workshops. This exercise will continue until national plan is finalized.

***6. To establish collaborative links with other developing countries for research on the reproductive health needs of adolescents:***

Work on adolescent reproductive health and especially provision of fertility regulation methods to include abortion is relatively new in Turkey. The Center is a pioneer in conducting these activities, especially in a Muslim country where traditional values about sexuality and reproduction still prevail and the conditions of working with adolescents is quite different than conditions in more developed countries. Our experience in working with Turkish adolescents will be valuable to apply in other settings, as much as Turkey will benefit from the experiences of other developing countries. One of the plans of the Center is to continue its mission as an international training center in reproductive health. Related to that objective the various activities are planned to be carried out. Related to that objective the following activities have been carried out:

**6.1. To initiate collaborative activities with The Newly Independent States and Eastern European Countries for research and training in reproductive health:**

As the mission, objectives and capacity of the Hacettepe University WHO Collaborating Center is very convenient to run an international training program on sexual and reproductive health, last 2 years 4 people from the Hacettepe University WHO Collaborating Center have participate in the training course run by the WHO \_ Geneva on Sexual and Reproductive Health in order to strengthen the institutional capacity of the Collaborating Center.

Considering the location of the Hacettepe University, it might be feasible to organize the International WHO Training Courses in Ankara, Turkey. That was verbally discussed with some of the WHO responsables in the past. Therefore, such training activities hoped to be carried out to target the newly independent states with the support of the WHO.

At present Hacettepe University Collaborating Center is ready to organize such training programs for international purposes with the support of the WHO. It was thought that if the training program is organized in Turkey, people from Middle East countries and Eastern European countries as well as Middle Asian States could participate more easily.

## **6.2. Contributing International Training Program on “Adolescence and adolescent reproductive health” conducted by ICC**

ICC has been organizing international 2-week training courses annually since 2001 in collaboration with United Nations Population Fund (UNFPA) on “adolescence and adolescent reproductive health” to empower managerial level health service providers with knowledge and skills on adolescents/youth and reproductive health for participants from Newly Independent States like Albania, Afghanistan, Armenia, Azerbaijan, Bosnia Herzegovina, Bulgaria, Georgia, Greece, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Pakistan, Romania, Russia and Uzbekistan. Senior staff of the Hacettepe University Collaborating Centre participated regularly in this training program especially on the topics of “Gender and adolescent health” and “Violence against women”.



## **ANNEX II – Summary of The Training and Research Activities of Hacettepe WHO Collaborating Center between 1979 and 2003**

### **I. period (1979-1983)**

#### ***Training Activities***

- Courses on Family planning research training ( National) (1979-1981): 2 Courses per year
- Training for three east Asian academicians on family planning and population based studies (1979): 1 course
- National Courses on FP Methods and Services (1979-1983): Continuously, 6 times per year

#### ***Research Activities***

- Development and Field testing of the WHO manual on “IUD Insertion” which was published by the WHO in English, French and Spanish (1979-1980)
- WHO /HRP Collaborated multicentered research on “cost of illegal abortion on the health care services”. The results of this study were supportive to change the population planning law and legalize induced abortion in Turkey in 1983, by the law 2827. (1979-1981)
- The extension of training of non-physicians for providing IUD services in Turkey, supported by WHO (1982)
- The use of female teachers and imams as family planning motivators in rural Turkey, supported by WHO (1982)
- “The evaluation of the cost and the impact of illegal abortions on health services”. A multicentered collaborative study with WHO Geneva, (Health Service Research) and Hacettepe University, Dept. of Public Health, Ankara.(The results of this study were supportive in preparation of the 2<sup>nd</sup> population planning law of Turkey) (1979-1982)

### **II. period (1984-1987)**

#### ***Training Activities***

- Postgraduate Training courses on research methodology to carry out community based studies on Fertility Regulation (1984-1987): 4 courses per year

- National Certificate Courses on FP Methods and Services for physicians and non physicians (1984-1987): Continuously, 6 times per year

Undergraduate courses on maternal health and FP (1984-1987): once a year

### ***Research Activities***

- The extension of training of non-physicians for providing IUD services in Turkey, supported by WHO (1984-1985)
- Follow up studies of the trained 201 non physicians in the field (WHO Collaborated phase 4 study) (1984-1986)
- The use of female teachers and imams as family planning motivators in rural Turkey, supported by WHO (1984).
- The impact of trained labor union shop stewardesses as motivators in family planning service supported by WHO (1984)
- The project on the evaluation of risk approach strategy on maternal child health, A multicentered collaborative operations research with FHE/WHO (1984-1986)
- The project on the improvement of a training method for physicians on family planning and termination of the pregnancy by MR method in Turkey. A collaborative operations research with HRP/WHO and Hacettepe University, Department of Public Health and Ministry of Health. (The results of this study were supportive in preparation of the 2<sup>nd</sup> population planning law of Turkey). (1984)
- “The evaluation of the side effects and complications of termination of pregnancy by Karman Aspiration”, 1984, Ankara Hacettepe University. (1985)
- The evaluation of tubal ligation cases in relation to technical, clinical and physico-social aspects, Ankara Hacettepe University (1986).

### **III. period (1988-1991)**

#### ***Training Activities***

- National training courses on Family Planning for physicians and non physicians (1988-1991): 6-7 times in a year
- Training courses on RH field research for the Research Assistants and Specialists (1988- 1991): 2 times a year

### ***Research Activities***

- Introduction / acceptability study of the implantable contraceptives in Turkey: This study was supported by the JHPIEGO and AVSC. The results of this study was very favorable and presented to the MoH, based on the results of this study, the implantable contraceptives were approved and licensed and on the market now in Turkey (1990-1991).
- Development of the IEC materials and methodology to educate and counsel men and women in the community for family planning. The study was an OR type and carried out in 2 semi rural parts of Ankara. At the end of the study a Flip Chart, and several brochures were developed, tested and used during the study period of 2 years, later these IEC materials were generalized by the MoH in the country and since then they are in use (1988-1990).
- A 10 year (1975-1985) Epidemiological Study on the Causes of Maternal Mortalities in Etimesgut and Çubuk Research and Training Areas, Ankara (1986)

## **IV. Period (1992-1995)**

### ***Training Activities***

- Courses on research planning (9 foreigner, 53 Turkish participants) (1992): 1 international, 6 national
- Training courses for under and postgraduate students on research in FP services and methods (1992 – 1995): 4 times a year
- Certificate training course for the last year medical students for FP (1992-1995): 8 to 10 times per year

### ***Research Activities***

- An epidemiological study on Physico-social determinants of fertility regulation in the two provinces of Turkey (Ankara-Van). A collaborative study with HRP/WHO. Carried out on the representative samples of these two provinces (1992-1994).
- Strengthening the undergraduate training programme for FP. It was a collaborative study with JHPIEGO and MoH. A training programme was

developed with this study and integrated in 15 medical schools in Turkey (1992-1995)

- Physico-social determinants of fertility regulation in Manisa and Erzurum provinces in Turkey. A MoH project with collaboration of UNFPA and WHO. Collaborated with the CC (1994).
- Further analysis of the 1993 Turkey-DHS (1995).

## **V. period (1996-1999)**

### ***Training Activities***

- Certificate training course for the last year medical students for FP (1996-1999): 8 to 10 times a year
- Postgraduate training course in RH/FP (1996 – 1999): Twice a year

### ***Research Activities***

- An intervention study to improve RH/MCH by using community health volunteers, it is a collaborated study with UNFPA and MoH (started in 1997 and continued until 2000).
- Survey on public health training at the medical schools in Turkey (collaborated with the MoH), Hacettepe University, Ankara 1998. (1998-1999)
- Further analysis of the 1993 Turkey DHS report is completed, published and disseminated (1996).
- Survey on the causes of Maternal Deaths in Hospitals of the 53 provinces of Turkey. It is a collaborative study with the MoH and UNFPA and WHO/EURO (1996 – 1998)
- The magnitude of the STIs in the FP clients in Northern part of Turkey, it is a GTZ collaborated study (1998).
- Male involvement in Family Planning, WHO/HRP collaborated study (1998 – 1999)

## **VI. Period (2000 – 2003)**

### ***Training Activities***

- Certificate training course for the last year medical students for FP (2000 – 2003): 8 to 10 times per year

### ***Research Activities***

- Acceptability Study on Medical Abortion by using Mifepriston and Misoprostol combination in the Four Clinical Sites in Turkey. A collaborative study with The Population Council- New York (2000 – 2002)
- Further Analysis of the 1998 Turkish Demographic Health Survey; On the topics of Contraceptive Dynamics, Contraceptive Use, Induced Abortion, Antenatal Care, Natal and Postpartum Care. The reports are published in Turkish and English and disseminated (2000 – 2002)
- Study on The Influential Factors of Sexual and Reproductive Health of Adolescents / Young People in Turkey”, Hacettepe University Medical School Department of Public Health and WHO / HRP Collaborated Research carried out in Dicle University (Diyarbakır) and Hacettepe University (Ankara) first year students. Study completed in 2003. Information dissemination meeting was held in 2004, Ankara. (2001 – 2003)
- Multicentre Randomized Clinical Trial About Two Implantable Contraceptives- Implanon and Jadelle, Hacettepe University Public Health Department and WHO-HRP collaborated study which is carried out in 8 countries including Turkey. The study started in 2003 and still continuing.
- An Intervention Study to Provide Reproductive and Sexual Health Services for the University Students at the Health Centers of the University. UNFPA supported project. Started in 2002 and still continuing.