

## DID YOU KNOW?

### First-Trimester Vacuum Aspiration: Prophylactic Antibiotics

**Recommendation:** It is recommended that prophylactic antibiotics be administered for all women prior to vacuum aspiration (WHO, 2012). Where antibiotics are unavailable, uterine aspiration may still be offered. Therapeutic antibiotics should be administered to all women who are suspected of or who have been diagnosed with an infection.

**Background:** Studies have shown that administration of prophylactic antibiotics at the time of vacuum aspiration in the first trimester significantly reduces the risk of postabortal infection. The World Health Organization, Society of Family Planning, American College of Obstetricians and Gynecologists and Royal College of Obstetricians and Gynaecologists recommend prophylactic antibiotics for all women having a vacuum aspiration. Giving prophylactic antibiotics is more effective and cheaper than screening all women and treating only those with evidence of infection. The inability to provide antibiotics should not limit access to abortion as the overall risk of infection with vacuum aspiration is very low.

**Regimen:** Tetracyclines (doxycycline) and nitroimidazoles (metronidazole and tinidazole) are commonly used because of their clinical efficacy, oral availability, low cost and low risk of allergic reactions. Although studies of abortion are limited, evidence from the obstetrical, gynecologic and general surgery literature supports the practice of giving antibiotics before the procedure to decrease the risk of infection. Antibiotic regimens do not need to be extended beyond the immediate postabortion period. The following table lists regimens (based on clinical evidence and expert opinion) recommended by professional organizations. Providers should choose a regimen based on the expense and availability of the antibiotics as well as practices around testing and treating women for sexually transmitted infections.

Common Regimens	Recommended By
Doxycycline 100mg orally one hour before the procedure and 200mg after the procedure or Metronidazole 500mg orally twice daily for five days	American College of Obstetricians and Gynecologists (ACOG, 2009)
Doxycycline 200mg orally before the procedure Or Azithromycin 500mg orally before the procedure Or Metronidazole 500mg orally before the procedure	Planned Parenthood Foundation of America (Shea, 2014)

**Therapeutic Antibiotics:** If possible, women at high risk should be screened and treated for sexually transmitted infections in addition to receiving prophylactic antibiotics. Women who have signs and symptoms of active infection should be provided with abortion services without delay and treated appropriately once the procedure is completed.

Source: Clinical Updates in Reproductive Health. Ipas, 2014.  
The entire document containing the latest technical updates in reproductive health can be downloaded from the CAC Connect website under Resource Material > Technical Updates/Publications [http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php)

## Newsletter Contest N-08

**Contest Question:** What is the **medical condition** illustrated in the diagram below?



3 lucky correct entries win a wristwatch each! Send in your entries (two words):

SMS: +91 9013380510 (or)

E-mail: [helpdesk@cacconnect.in](mailto:helpdesk@cacconnect.in)  
(Please mention your full name and state)

### Winners of Contest N-07



**Dr Atul Devshatwar**  
Maharashtra



**Dr Chandramani Vimal**  
Bihar



**Dr Jyoti Snehlata Marandi**  
Jharkhand

Q: A \_\_\_\_\_ L \_\_\_\_\_ is one of the three essential elements of counseling, the other two being verbal and non-verbal communication.

A: ACTIVE LISTENING

## HOW WELL DO YOU MANAGE YOUR TIME?



Tick all the boxes that apply to you

- You get at least six hours of sleep every night
- You never have to skip breakfast because you are running late
- At this very moment you have less than five top priorities
- Your workspace is organized and you have no difficulty finding things
- You feel that you are as or better organized than your friends
- You are able to focus on one task for long periods of time
- You rarely feel overwhelmed by work
- You always set aside time for socializing or relaxing
- You keep a to-do list and maintain a work calendar
- You know some useful time management techniques
- You are rarely late for appointments
- You can avoid distraction when a job has to be completed
- You know how to delegate less important tasks to your staff
- When you promise to get something done you always manage to do it
- You rarely feel rushed

### Evaluate your score

- 11-15: Congratulations! You have excellent control over how you spend your time.
- 5-10: You manage your time quite well but there is room to grow.
- 0-5: You often waste valuable time and could accomplish much more with some careful planning.

## HOW CAN YOU MANAGE TIME BETTER?

Doctors can often feel like they are drowning in paperwork, working longer hours, need more time off and are tired and pressured as they run between their responsibilities at home, hospital or facility and clinic. Improved time management can help, but many of us are at a loss as to where to start.

- **Work out your goals:** This first step towards improving your time management is to ask yourself some questions. What are your priorities? What do you want to achieve in your personal and professional life? Once you have clarified your goals, you can start working toward them.
- **Make a list:** A common time-management mistake is trying to remember too many details, leading to information overload. A better way to stay organized and take control of your projects and tasks is to use a to-do list to write things down.
- **Do things in blocks:** All too often doctors try to be in too many places at once. Maximize your efficiency by booking blocks of time for things such as surgeries, consultation or minor office procedures. This allows multiple patients to be seen one after the other, and holds you less at the mercy of problems such as operating room delays.

- **Book yourself private time:** Time away from work is important. When you go home, enjoy life and don't think about your job or take paperwork home with you.



## WHAT'S NEW?

### Updates to the Website



If you have any difficulty using the website please write to us at [helpdesk@cacconnect.in](mailto:helpdesk@cacconnect.in)

Based on feedback from our members, we have made some improvements to the CAC Connect website—[www.cacconnect.in](http://www.cacconnect.in)—to enhance your user experience:

- Blogging simplified—Click on Create Blog in My Page to start connecting with other providers! You can write about your cases, your experiences as a CAC provider, or ask any questions that you may have. You can even upload photographs now! The Blogs page has been organized to give you a better reading experience.
- Logging in made easier—We now have a 'Remember Me' box on the homepage; if you select this on log in, your browser will remember your username and password.
- Forgot your password?—If you do not recall your password, click on Forgot Your Password on the homepage and enter the mobile number that you provided in your registration form—you will receive an SMS on this number and an email at your registered email address with your username and password.
- Searching in Member's Directory made simple—You can now look up names using first name, last name or both and your search results will be organized alphabetically.

We look forward to connecting with you!



## PROVIDERS SPEAK



**Dr Mangesh Patil** shared his ideas and experiences at a Doctor's Time Out event in Maharashtra.

I completed my MTP training six months ago and have started doing MTPs at my PHC. One step to reduce maternal mortality according to me is to create awareness and increase counseling about contraception. For most of the MTPs that we perform the cause we mention is failure of contraception, but still we hardly do anything to increase proper use of contraception. So I strongly feel that increasing use of contraception will reduce unwanted pregnancy and unsafe abortions and will thus further reduce maternal mortality.



**In April 2014, Dr Noor Fatima** participated in an Ipas-facilitated webalogue titled 'Supporting health workers' spiritual beliefs and emotional needs in their provision of abortion-related care,' where she joined a discussion about faith and CAC with doctors from several other countries.

All religions in the world advocate a proper way of living, which includes safety and freedom of choice for both men and women. So if a woman is faced with an unplanned pregnancy I would be happy to provide her with my services under the extent of the law. This would also mean that I am doing justice to my job as a government-employed health care provider. In the Holy Book of Quran, there is a verse which says that if a pregnancy can lead to ill health or death of the mother, then the mother is allowed to free herself of the pregnancy. There is also mention of "Azl" (coitus interruptus) which was probably the only known method of contraception for avoiding undesired pregnancies. This shows that religion is not against abortion or contraception but allows it, provided certain conditions are met. This knowledge helped me to overcome the mental barrier I used to have earlier against abortion services. Freeing the woman of her unplanned pregnancy which might have severe consequences on her health and providing contraceptive care benefits the family and society as a whole.

# Festival Photography Contest



*CAC Connect sends very warm season's greetings to all its members!!!*

The season of festivals is here, and to add to the joy of the celebrations CAC Connect is happy to announce the festival photography contest.

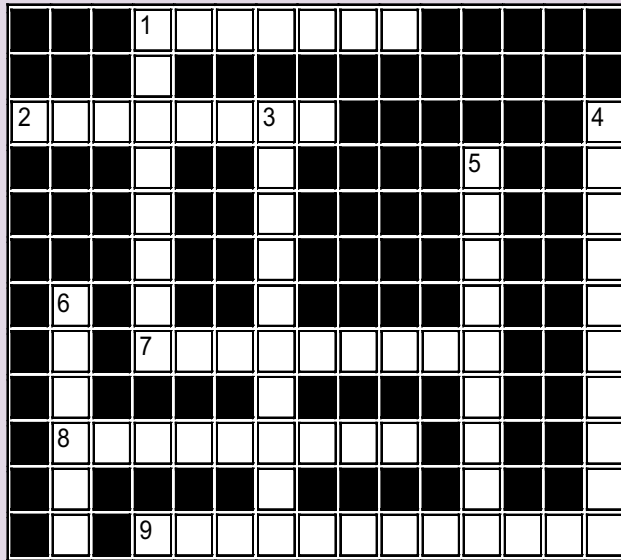
Simply take a photograph of your celebrations during any of the coming festivals and upload the photo on the CAC Connect website; just three easy steps to submit your entry for the chance to win an exciting prize!

1. Log in to the website at [www.cacconnect.in](http://www.cacconnect.in)
2. Click on Create a Blog
3. Submit your entry—give your blog a short heading, tell us how you celebrated on the special day, and upload photos of your festivities by clicking on Browse and selecting the image saved on your computer.

*The three best entries will win special prizes!*



## CROSSWORD PUZZLE 4



### Across

1. During the MVA procedure, cervical \_\_\_\_\_ is advocated in pregnancies of more than nine weeks gestation to soften the cervix so that it easily dilates up to the desired size with a reduced risk of immediate complications.
2. A \_\_\_\_\_ examination is performed to assess the size and consistency of the cervix, uterus and adnexa.
7. Group of medicines used to relieve pain.
8. \_\_\_\_\_ position: Position in which the patient is on their back with the hips and knees flexed and the thighs apart. The position is often used for childbirth.
9. Medical term relating to anything just under the skin.

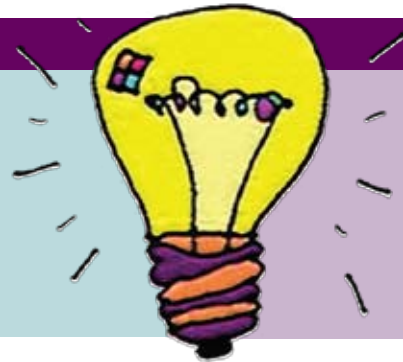
### Down

1. Tissue that connects to the uterine wall to allow nutrient uptake, waste elimination and gas exchange via the mother's blood supply.
3. Medication that inhibits anxiety.
4. \_\_\_\_\_ are a group of rare inherited or acquired disorders of certain enzyme that normally participate in the production of porphyrins and heme.
5. An \_\_\_\_\_ is a pressure chamber used to sterilize equipment and supplies by subjecting them to high-pressure, saturated steam.
6. \_\_\_\_\_ is color of the skin which can be caused by illness, emotional shock, stress, or anemia and is the result of a reduced amount of oxyhaemoglobin in skin or mucous membrane.

The solution to Crossword Puzzle 4 can be downloaded from the CAC Connect Website on the Publications Page under Resource Material > Technical Updates/Publications [http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php)

## Questions for the Doctor!

1. Why did the doctor give up his practice?
2. What do you call a person who doesn't have all his fingers on one hand?
3. What is the perfect cure for dandruff?



## Answers

1. Because he lost his patience!
2. Normal. Fingers are supposed to be on two hands.
3. Baldness.

## Watch Out For

- Asia Pacific Association of Medical Informatics  
**Venue:** India Habitat Centre, New Delhi  
**Date:** 1–2 November, 2014
- National Conference—Nursing Research Society of India  
**Venue:** Indore, Madhya Pradesh  
**Date:** 14–16 November, 2014

- FERTIVISION 2014  
**Venue:** Hotel Hyatt Regency, Pune  
**Date:** 12–22 December 2014

## Questions? Comments? Suggestions? Share with Us!

We want to hear from you. This is your newsletter and we want to feature your thoughts and experiences on CAC and related reproductive health issues.

### Contact Us:

CAC Connect Secretariat, P.O. Box 8862, Vasant Vihar, New Delhi 110 057, E-mail: [helpdesk@cacconnect.in](mailto:helpdesk@cacconnect.in)  
Website: [www.cacconnect.in](http://www.cacconnect.in)