

LIST OF TABLES

1. Principles of ICV (p. 3)
2. Client type and corresponding counseling tasks (p. 8)
3. Categories used in recommending contraceptive methods based on WHO MEC (p. 18)
4. Simplified MEC categories (p. 19)
5. Applicability of various procedures or tests for contraceptive methods (p. 23)
6. MEC categories for CHCs (p. 31)
7. Low dose COCs available in the Philippines (p. 40)
8. MEC categories for CICs (p. 47)
9. MEC categories for POPs (p. 65)
10. MEC categories for POIs (p. 76)
11. MEC categories for subdermal implants (p. 89)
12. Recommended timing of insertion for women shifting to implants (p. 96)
13. Currently available therapies for stopping bleeding among users of subdermal contraceptive implant (p. 98)
14. MEC categories for IUD (p. 103)
15. MEC categories for IUS (p. 130)
16. Pregnancy rates with consistent and correct use and abstinence on fertile days (p. 161)
17. Length of time to practice abstinence and use another method before effective use of FAB methods is achieved (p. 161)
18. MEC categories for FAB methods (p. 162)
19. MEC categories for calendar-based methods (p. 164)
20. MEC categories for symptoms-based methods (p. 169)
21. MEC categories for female sterilization (p. 186)
22. MEC categories for male sterilization (p. 199)
23. Estimated number of pregnancies out of 100 women with unprotected sex during the second or third week of the menstrual cycle according to the type of contraceptive used (p. 234)
24. Recommended dose of acceptable brands used for the Yuzpe Method (p. 235)
25. Timing of initiation and recommendations on the client's desired FP method after the LNG and Yuzpe methods (p. 238)
26. Bacterial types of STIs (p. 246)
27. Viral types of STIs (p. 248)
28. Protozoan and lice-causing STIs (p. 249)
29. Common signs and symptoms according to possible causative STI (p. 250)
30. Effects of contraception on STIs with corresponding recommendations (p. 252)
31. Effects of STI medications on contraceptives (p. 255)
32. Recommendations on contraceptive use among clients with STI, HIV or AIDS, and on ARVs (p. 256)
33. Recommended minimum standards for family planning service outlets (p. 265)
34. Guidelines for staff development (p. 270)
35. Guidelines for setting up an information system (p. 276)
36. Guidelines for preparing a work and financial plan for FPs (p. 277)

- 37. Guidelines for mobilizing resources for FP services: Identification of resources (p. 279)
- 38. Guidelines for the monitoring and evaluation of FP clients (p. 280)
- 39. Basic rules for infection control (p. 282)
- 40. Steps for FP client follow-up (p. 284)