

## General instructions

### What is the 360HealthCare prototype ?

This prototype is made of:

- A deck of 26 cards, placed in the on-call room for Health Workers and Family Planning supervisors or managers to play in pairs or small groups, during their breaks or between consultations. Players are invited to read the 2 first cards to learn how to play. Finally, we recommend that the players isolate themselves to play, to ensure the confidentiality of their exchanges.
- These instructions come with a Roadmap for Co-training sessions below. The Roadmap presents a timeline with activities for the 1-hour co-training, which we recommend to practice every month. We invite the Family Planning supervisor to take the role of facilitator, by organizing the session (creating a discussion group - on WhatsApp or other platforms - to talk about it and to set up meetings), by reading the Roadmap and leading the discussions and activities of the monthly Co-training.

## Co-training session - Roadmap

*Before starting, choose a topic of the month (empathy, trust, Family Planning (FP) methods, switching methods, biases and misconceptions) and pick a few corresponding cards from the 360HealthCare deck, using the icons.*

Time	Activity	Description
10 min	<b>Introduction</b>	<ul style="list-style-type: none"><li>• Introduce the purpose of the meeting and this month's topic*</li><li>• Do an activity to put the Health workers at ease. For example, this activity could be as simple as asking each participant to take turns introducing themselves and answering questions like : What is your superpower ? Why did you become a Health worker?</li></ul>
20 min	<b>Warm up - in pairs</b>	<ul style="list-style-type: none"><li>• Divide participants into pairs and give each pair one card about this month's topic. Let each pair read the card and start a conversation. Stay available if they need help, and tell them they have 10min.</li><li>• After 10minutes, give participants the opportunity to talk about:<ol style="list-style-type: none"><li>1) What they learned from their conversation</li><li>2) What they liked about their conversation</li></ol></li></ul>
20 min	<b>Debate - all together</b>	<p>Facilitate a conversation between participants about this month's topic. You can use the following questions:</p> <ul style="list-style-type: none"><li>• How would you define this month's topic, in your own words?</li><li>• Why could it be useful, and to whom?</li><li>• What can be done in your Health center, among colleagues, and individually, to strengthen this month's topic?</li></ul> <p><b><i>Be creative and think of a few more questions to animate the debate!</i></b></p>
10 min	<b>Closing</b>	<ul style="list-style-type: none"><li>• Thank all the Health workers for their participation, share some drinks or snacks.</li><li>• Let them know that the card deck is available for them to play at any time.</li></ul>