

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	Introduction	<ul style="list-style-type: none">• Introduce the purpose of the meeting and this month's topic*• 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?
20 min	Warm up - in pairs	<ul style="list-style-type: none">• 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.• After 10minutes, give participants the opportunity to talk about:<ol style="list-style-type: none">1) What they learned from their conversation2) What they liked about their conversation
20 min	Debate - all together	<p>Facilitate a conversation between participants about this month's topic. You can use the following questions:</p> <ul style="list-style-type: none">• How would you define this month's topic, in your own words?• Why could it be useful, and to whom?• What can be done in your Health center, among colleagues, and individually, to strengthen this month's topic? <p><i>Be creative and think of a few more questions to animate the debate!</i></p>
10 min	Closing	<ul style="list-style-type: none">• Thank all the Health workers for their participation, share some drinks or snacks.• Let them know that the card deck is available for them to play at any time.