Class 15
Cervical Cancer Screening Preparation

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 15 min

Review agenda and key messages from previous classes. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today's agenda. Add new icons for today.
Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did last class.
  • Tell me about your Job for Health.
  • What did you learn?
  • What did you learn from someone else who has had a Pap test?
  • Thanks for sharing.

PREPARING FOR CERVICAL CANCER SCREENING
Time: 15 min

Materials
  • Laminated sentence strips (in kit)
  • Tape

Getting a Pap test
The process of getting a Pap test can be broken down into smaller steps.
Each of the steps is written on a strip of paper. We are going to read them together and put the steps into 2 categories:
  • Group #1 = Things I Need to Know
  • Group #2 = Things I Need to Do

These statements are written on laminated paper. Ask students to place the sentence under the correct heading taped on the wall.
Category 1 - Things I Need to Know
- What a Pap test is
- Why getting a Pap test is important
- Know how often to get a Pap test (at 21 years or when sexually active); ask doctor
- Find out where to get a Pap test

Category 2 - Things I Need to Do
- Get a screening test when I turn 21 years or become sexually active
- Make an appointment
- Bathe before my appointment
- Ask a friend or family member to go with you
- Think about the questions you want to ask the doctor
- Get a ride
- Practice relaxation skills while in the waiting room and during the test

GET A PAP TEST
Time: 10 min

Let’s Talk About Health: What Every Woman Should Know has an example of a Pap test which you should show at this point in the curriculum. (on DVD menu). Discuss what steps the woman may have taken to get this test.

BUILDING SKILLS
Time: 10 min

This week, we will practice planning for a cervical cancer screening appointment. We will practice how to talk to the doctor. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.
The instructor will read each scenario. The instructor then asks, "What would you do?"

- Your doctor tells you that women with disabilities don't need a Pap test.
- You want to know when you should get a Pap test.
- You need to make an appointment with your doctor for a Pap test. (practice being on the phone)
- You would like for someone to go with you to your appointment.

*Think about what you could do if you had one of these problems and then say what you would do to ask for help.* The class members then share their ideas.

**RELAXATION EXERCISE**

**Time:** 10 min

**Materials:**
- Kleenex tissues, for each woman

**Steps**

*Today we are going to practice 3 relaxed positions- breathing, feet and hands.*

**Tissue**

- Every person in the group will hold a tissue up in front of their mouths so they can see what happens as they breathe in and out. The instructor should take note of anyone having problems and encourage family or staff to help them at home.

*If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.*

**Behavioral Relaxation Technique**

**D. BREATHING**

*The next relaxed posture is called “breathing.” Your breathing is relaxed when it is slow and regular (Demonstrate). It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking.*

*Please show me how you can do relaxed breathing. Do the best you can.*
Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your chest as you breathe in a relaxed way. (Corrective) You need to breathe slowly like this (Demonstrate). Please take a deep breath slowly when I say “in” and breathe out slowly when I say “out.” Good Job.

Repeat the above sequence until students have learned the relaxed posture.

E. Feet
The next relaxed posture is “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”. Do the best you can.

Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

Please show me relaxed feet.

Feedback for each person: (Positive) Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet. (Corrective) Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

F. Hands
The next relaxed posture we are going to learn is “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate). Do the best you can.

Please show me relaxed hands.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!
OUR STORIES
Time: 5 min
- Tell about some steps you have taken to get cervical cancer screening.
- Who has had a Pap test? Celebrate! Yeah!
- If you were going to plan to get screened this year, what step might you start with?
- Thanks for sharing

JOB FOR HEALTH
Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 15 (Appendices), for each participant.

This week, our jobs for health are:
- Practice relaxing and think of something nice to say to myself when I get a Pap test.
- Take one step to plan for getting a Pap test. Choose one thing.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Jobs for Health and the next class date, time and location.
Class 15
Cervical Cancer Screening Preparation

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself when I get a Pap test.

2. I will take one step to plan for getting a Pap test and tell the class what I did.

☐ Call the doctor’s office

☐ Find a friend or family or staff who would be willing to go with me

☐ Find out when it is time to get a Pap test

Get your Pap test!
Class 16
Cancer Screening Barriers

WELCOME
Welcome everyone to Women Be Healthy.
Briefly highlight the ground rules posted on the wall.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous classes. Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.
Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did last class.
  • Tell me about your Job for Health.
  • What did you learn?
  • What did you learn from someone else who has had a Pap test?
  • Thanks for sharing.

BARRIERS TO SCREENING: Thumbs Up/ Thumbs Down
Time: 20 min

Materials:
  • Thumbs up and down statements (in appendices)
  • Marker
  • Flip cart

Steps
BRAINSTORM
What are some of the things that make it hard for women to get cancer screening, such as Pap tests or mammograms?

Talk about different barriers that may prevent women from getting screened. Write these on flip chart during discussion.

Sample responses from the women may include:
  • feel embarrassed talking about the topic
• feel embarrassed during a gynecological exam
• dislike being examined by male doctors
• think the health care professional is acting rude
• doctors and nurses seem unfriendly
• believe that they won’t get cancer
• don’t know they need Pap tests or mammograms
• do not have any symptoms
• are not able to take time off of work
• do not know where to get a mammogram
• find the screening test unpleasant and uncomfortable
• fear the test results will be bad
• don’t have health insurance
• believe cancer cannot be cured
• have no personal doctor or regular health care provider
• don’t want to wait for an appointment
• not able to afford preventive health care
• have other, more pressing priorities

Record ideas on flip chart.

**Thumbs Up or Thumbs Down.** Now we are going to review why it may be hard for some women to get cancer screenings, such as Pap tests or mammograms. We will play the Thumbs Up/Thumbs Down game. I am going to read a statement. If you think it is true, hold your thumb up; if you think it is not true, hold your thumb down.

(Statements in Appendices)

**BUILDING SKILLS**

**Time:** 10 min

*This week, we will practice how to get yourself to go for screening. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.*

The instructor will read each scenario. The instructor then asks, “What would you do?”

• You don’t want to go to a male doctor.
• You don’t know where to go to get screening.
• You are too busy.
• You don’t know who could go with you to your appointment.

*Think about what you could do if you had one of these problems and then say what you would do to ask for help.* The class members then share their ideas
RELAXATION EXERCISE
Time: 10 min

Steps
Today we are going to practice the 3 relaxed positions—body, shoulders, and eyes. If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

A. BODY
The first relaxed posture is called “body.” Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate)
Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from the chair, or if you move your body a lot. Do the best you can. (Demonstrate) Please Relax Your Body.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your body feels as you relax your body. (Corrective) You seem to be a little twisted to the right/left. Or you are moving your body? (Demonstrate). Good job!

G. SHOULDERS
The next posture is called “shoulders.”
Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate). Alright, can you show me relaxed shoulders? Do the best you can.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!
H. EYES

The last relaxed posture is called “eyes.”

Your eyes are relaxed when the eyelids are closed and smooth. (Demonstrate).
Your eyes are not relaxed when they are tightly shut or if there is eye movement beneath the eyelids.

Please relax your eyes. Do the best you can.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your eyes and forehead as you relax for a few moments. (Corrective) Your eyelids are closed a little too tightly. Make them smooth, like this (Demonstrate). Good Job.

OUR STORIES

Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something that keeps them from having a Pap test?
- What could help a woman plan on getting a screening test?
- Thanks for sharing.

JOB FOR HEALTH

Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 16 (Appendices).
This week, our jobs for health are:

- Practice relaxing and thinking of something nice to say to myself during a screening.
- Ask a friend or family member to help you tell your doctor that you need a Pap test.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do the Jobs for Health and the next class date, time and location.
Thumbs Up if you agree.
Thumbs Down if you do not agree.

Why it may be hard for some women to get cancer screenings.

- I am comfortable talking about sexual health.
- I should be embarrassed having a Pap test.
- There are only man doctors.
- It’s okay to ask a friend to go with me for support.
- If I don’t have any symptoms, I do not need to get cancer screening.
- I need to schedule plenty of time to go to my appointment.
- The screening test may be uncomfortable.
- I can use my relaxation skills when I get nervous at the doctor.
- I can speak up and ask the doctor questions.
- I need to take my health insurance card with me to the doctor.
- I will never get cancer.
- The doctor will call me or send me my test results in the mail.

Remember There Is Nothing More Important Than Your Health!
Class 16
Cancer Screening Barriers

JOB FOR HEALTH

1. I will practice relaxing and breathing with a tissue.

2. I will ask a friend, staff, or family member to help me tell my doctor that I need a Pap test. What will I say?

Get Screened!
Class 17

Speak up to your doctor, nurse & family

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from Class 16. Refer to chart on the wall.
Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class.
- Tell me about your Job for Health.
- What did you learn?
- What challenges did you have?
- Thanks for sharing.

COMMUNICATION WITH YOUR DOCTOR, NURSE AND FAMILY – SPEAK UP!
Time:

- We hear a lot of things about health. Some of the things may be true, some not so true.
- It is important to have good communication with our doctor so we can understand the right information about our health and to talk with our family or staff when we need to go to the doctor.
- Before you even go to the doctor, it is important to talk with your family or staff about your health and the importance of getting breast and cervical cancer screening. They need to know this information too. Hopefully, they will support you to make an appointment and go with you if you want.
- Once you’re at the doctor, it is important to talk with our doctor about our health concerns. It is important to SPEAK UP!
- Because communication can be tricky, you need to be clear with your doctor about what information you want and need to know and what you want the doctor to know about your body. Hopefully, the doctor will be clear with you, so that you
understand the information correctly. Every woman should have a primary doctor that she goes to once a year for a check-up. Who has a primary doctor?

- Talking with your doctor is an important step when getting a Pap test.

Discuss questions a woman can ask her doctor or nurse. Write questions on flip chart. Have students give ideas. Let’s brainstorm questions a woman can ask her doctor or nurse.

- What am I being tested for today?
- When will I get my results?
- How will I get my results?
- When should I come back for another visit?
- Is it time for my Pap test?
- Can the doctor print out any instructions for me to take home?
- Please talk to me rather than my family or staff friend. Thank you.

Ask for other ideas.

If a woman is nervous to talk to the doctor, what might help her? What would you say to help her communicate to her doctor?

**Make a Speak Up! Sticker**

**Time:** 10 min

**Materials:**
- Markers
- Stickers (in kit)
- Sticky nametags (write speak up on each tag to give the women to decorate with stickers and colored pencils)

Have women decorate a SPEAK UP! sticker.

**BUILDING SKILLS**

**Time:** 10 min

*During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.*
The instructor will read each scenario. The instructor then asks, “What would you do?”

- You want to ask your doctor about getting screening test results.
- You want to ask your doctor if your family member of staff friend can come in the exam room.
- You want to tell doctor that it is time for your Pap test.
- You would like to ask your doctor to explain what she is doing during the Pap test.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Materials:
- Kleenex tissues, for each woman

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Some things we talk about in this class can make us feel. Today we are going to practice 3 relaxed positions – head, quiet and breathing.

Tissue
- Every person in the group will hold a tissue up in front of their mouths so they can see what happens as they breathe in and out. The instructor should take note of anyone having problems and encourage family or staff to help them at home.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.
Behavioral Relaxation Technique

B. HEAD
The next relaxed posture is called “head.” Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate) Your head is not relaxed if it is tilted or turned to either side or tilted up or down. (Demonstrate) Do the best you can.

Please relax your head.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your neck feels as you relax your head. (Corrective) That is close but your head is tilted slightly. Can you move your head like this? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

C. QUIET
The next relaxed posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate). Do the best you can.

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your throat and chest as you relax quietly. (Corrective) You need to try to be quiet while we are relaxing. (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

D. BREATHING
The next relaxed posture is called “breathing.”

Your breathing is relaxed when it is slow and regular (Demonstrate). It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking.
Please show me how you can do relaxed breathing. Do the best you can.

**Feedback for each person:** (Positive) Good job. Notice the relaxed feelings in your chest as you breathe in a relaxed way. (Corrective) You need to breathe slowly like this (Demonstrate). Please take a deep breath slowly when I say “in” and breathe out slowly when I say “out.” Good Job.

**OUR STORIES**

*Time: 5 min*

**Steps**
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about speaking up to their doctor? If yes, celebrate! Yeah!
- Thanks for sharing.

**NEXT WEEK’S FIELD TRIP**

Next week, the women go to a healthcare provider’s office to walk through the steps of the pap test or breast exam with a health care provider (without actually getting an exam; you’ll just be a visitor).

Remember we are going to on field trip next week to visit a doctor’s office. **This is not a real check up; but a field trip to the doctor office to see more and ask questions to the doctor.**

When going to the doctor, people are often asked to fill out a medical history form while sitting in the waiting room. (hand out medical history form). A medical history form helps the doctor better understand your health. It helps the doctor learn about your medicines, your family’s health, your health problems, allergies, and health insurance.

After the doctor visit, return to the original meeting place. We will meet in our regular meeting time and place the next class.
JOB FOR HEALTH
Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 17 (Appendices).

This week, our jobs for health are:

- Begin filling out the medical history form. Bring to the Field Trip.
- Bring in a question to ask the doctor on our field trip next week.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Jobs for Health and the next class date, time and location.
Some of My Personal Medical Information

My Name ________________________________

My Date of birth /age______________________________

My health insurance ________________________________

My Emergency contacts ________________________________

My Allergies ________________________________

My Medications ________________________________

My primary/main doctor ________________________________

My medical history / health problems ________________________________

________________________

________________________

________________________

My family’s medical history / health problems ________________________________

________________________
Class 17
Speak Up to your Doctor and Nurse

JOB FOR HEALTH

1. Begin filling out the medical history form. Bring to the field trip.

2. Here is my question to ask the doctor at the field trip.

Plan ahead for appointments!
Class 18
The Doctor’s Office Field Trip

Props Needed:
- Medical History form (in appendices) or other health history form – make copies
- Pens for women

Set up:
- Arrange transportation ahead of time
- Ahead of time, send healthcare provider information about WBH classes and tips for communicating. Consider the need for extra staff/support people
- Ask for a volunteer to accompany you on the trip, if you think you need extra help or want to divide the class into 2 groups at the field trip.

This week, the women go to a healthcare provider’s office to walk through the steps of the pelvic exam / pap smear with a health care provider (without actually getting an exam). The healthcare provider should be one that does this screening, such as OB/GYN, Family Practice, Internal Medicine, or Family Nurse Practitioner.

The students should bring their copy of the Medical History form (Job for Health). The women can practice completing forms in the waiting room.

Remind the women that this is not a real doctor’s appointment but a field trip to the doctor office to see more and ask questions.

At the visit, some things you may have the women do include:

Practice checking in with the receptionist or talking about what this involves. (For a real appointment, what would you need to bring? ID, medical card, list of medications or a bag with your medications.)
- Complete Medical History form while sitting in the waiting room.
- Wait in the waiting room and practice relaxation technique.
- Visit an exam room. Women can see the exam table and other medical equipment as in the DVD. They may see the gowns they use, but they will keep their clothes on.
- Ask the doctor or nurse questions. Everyone can ask the doctor or nurse at least one question, using their Job for Health assignment.
- See equipment. The doctor or nurse can show the equipment that he/she uses to do a pap test.
- Lie on the table. Some women can have a turn to lie on the table with their clothes on and see how the stirrups work, if it’s okay with the doctor or nurse.
- Be sure to ask questions when the doctor or nurse is explaining things!

You may choose to divide the class into 2 groups.
GROUP 1: WAITING ROOM

- The class can begin the visit in the waiting room.
- Practice some relaxation skills. Remind them of the 8 relaxed body postures.
- Complete Medical History page from Health Care Tool kit
- Talk about how a patient checks in with the receptionist
- Get them to practice coping skills of their choice, such as reading a magazine, talking to a friend, closing their eyes and thinking nice thoughts, or listening to soothing music through headphones quietly.

GROUP 2: EXAM ROOM

- When the provider is ready, the class and instructor can go back to see an exam room and any medical equipment the doctor may have to show the women (gown, speculum, spatula, cytobrush, exam table).
- The doctor or nurse may invite women to lie on the table and practice relaxing if they want, if this has been approved by the doctor. For some of the women, lying on the table might evoke a high degree of anxiety. This opportunity to actually on the examination table may help to reduce anxiety. Do not push too hard.
- Allow time for the women to ask their question to the provider. Encourage them to speak up and interact with the practitioner. This is an important assertiveness exercise. It is important that the health care practitioner’s responses be supportive and friendly.

After the doctor/nurse visit, return to the original meeting place. Congratulate the women on a job well done and remind them that next week returns to the regular meeting time and place.

SEE YOU NEXT CLASS!
Class 19
Pelvic Parts Review

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did on the field trip.
  • What did you learn from the doctor?
  • Thanks for sharing.

PAP TEST REVIEW
Time: 20 min

Materials:
  • DVD
  • When did you get screened handout
  • Cervical models
  • Spatula
  • Cytobrush
  • Speculum

Steps
  • We’re going to review what the doctor does when you get a Pap test. Who remembers?
  • Show the cervical models, with some showing cancer on them, the woman did not get a Pap test.
  • Every woman should get a Pap test to prevent this from happening.
• Tell your family or staff that you need one or ask your doctor about it when you are at an appointment.
• The doctor inserts this brush into your vagina and scrapes a little off your cervix, like this (demonstrate on model).
• Then the doctor inserts the spatula to scrape a few more cells.
• It should not hurt very much but it may be a little uncomfortable.
• Show the speculum. Remember that the doctor inserts this into your vagina so that she can see your cervix.

**DVD – PAP TEST**
Now we are going to watch the DVD again of the woman getting the Pap test. Notice when the doctor uses these different instruments and what you think the woman might be doing to feel okay and safe.

**BUILDING SKILLS**
Time: 10 min

*During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.*

The instructor will read each scenario. The instructor then asks, “What would you do?”
• You want your doctor to talk to you, rather than your family or staff.
• You want to know when you should get a Pap test.
• You need to make an appointment with your doctor for a Pap test. You talk with your family.
• You would like for someone to go with you to your appointment.

*Think about what you could do if you had one of these problems and then say what you would do to ask for help.* The class members then share their ideas.

**RELAXATION EXERCISE**
Time: 10 min

*Steps*
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. *This relaxation activity helps different parts of*
your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – feet, shoulders, and hand. Refer to the relaxed positions chart.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

**Behavioral Relaxation Technique**

**E. FEET**

The next relaxed posture is “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”. Do the best you can.

Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

Please show me relaxed feet.

**Feedback for each person:** (Positive) Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet. (Corrective) Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

**F. HANDS**

The next relaxed posture we are going to learn is “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate). Do the best you can.

Please show me relaxed hands.

**Feedback for each person:** (Positive) Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax
your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!

Repeat the above sequence until women have learned the relaxed posture.

G. SHOULDERS
The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate). Alright, can you show me relaxed shoulders? Do the best you can.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!

OUR STORIES
Time: 5 min

Steps
• Your thoughts and experiences are very important to this class.
• This is the time you may share a story related to our topic today.
• For today, does anyone want to share something about something having a Pap test?
• Thanks for sharing.
JOB FOR HEALTH
Time: 5 min
Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 19 (Appendices).

This week, our jobs for health are:
- Practice relaxing and practice something nice to say to yourself during your mammogram or Pap test.
- Tell an important person why you need to have a mammogram.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Job for Health and the next class date, time and location.
Class 19
Pelvic Parts Review

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself during my mammogram or Pap test.

2. I will tell an important person in my life why I need to get a mammogram.

Get Screened!
Class 20
Cervical Cancer Screening Review

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class.
- Tell me about your Job for Health.
- What did you learn?
- What did you learn from the doctor?
- Thanks for sharing.

CERVICAL CANCER SCREENING QUESTION GAME
Time: 20 min

Materials
- Question strips
- Answers written on question strips.
- basket

Today we are going to play a game to review cervical cancer screening. (Write each question on strip of paper. Put into basket.)
Each of you can choose a question strip from the basket. I will read the question about cervical cancer screening. Your job is to help us answer each question.

- Students choose and read a question.
- Get ideas from group.
- Choose the answer that is best.
- Go to the next question. Repeat the process.
BUILDING SKILLS
Time: 10 min

During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”

- You have a friend who has never had a Pap test. What would you tell her to encourage her to get one?
- You want to know how you will get the result of your Pap test?
- You are having your period and tomorrow is your Pap test appointment. Should you go? Who do you ask?
- You would like the doctor to warm up the speculum under warm water so that it won’t be so cold.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Steps
Today we are going to practice 3 relaxed positions – feet, hands, shoulders. Refer to relaxed position chart.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

Behavioral Relaxation Technique

E. FEET

The next relaxed posture is “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”. Do the best you can.
Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

Please show me relaxed feet.

**Feedback for each person:** (Positive) Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet. (Corrective) Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

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**F. Hands**
The next relaxed posture we are going to learn is “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate). Do the best you can.

Please show me relaxed hands.

**Feedback for each person:** (Positive) Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!

Repeat the above sequence until women have learned the relaxed posture.

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**G. SHOULDERS**
The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate). Alright, can you show me relaxed shoulders? Do the best you can.
Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!

OUR STORIES
Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about something about having a Pap test? Congratulations, you did it!
- If not, what could be a step to plan on getting one?
- Thanks for sharing.

JOB FOR HEALTH
Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 20 (Appendices).

This week, our jobs for health are:

- Practice relaxing and practice breathing with a tissue.
- Encourage one friend to get a Pap test. What did you say?

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Job for Health and the next class date, time and location.
Cervical Cancer Question Game

1. Does cervical cancer have any symptoms?

2. What part of the female body is above the cervix?

3. What medical instrument does the doctor insert into a woman’s vagina to see her cervix?

4. What is a way to prevent cervical cancer?

5. During a pap test, what does the doctor scrape off of the cervix to check for cancer?

6. What instruments does the doctor use to scrape off cells of the cervix?

7. Women need to have regular pap tests, even if .......................?

8. What test checks a woman for cervical cancer?

9. The doctor checks a woman’s whole reproductive system during what type of exam?

10. If found early by the doctor, can cervical cancer be cured?
Cervical Cancer Question Game

1. Does cervical cancer have any symptoms? NO

2. What part of the female body is above the cervix? Show reproductive system poster. Uterus

3. What medical instrument does the doctor insert into a woman’s vagina to see her cervix? Show medical instruments: speculum, spatula, cytobrush, gloves. Speculum

4. What is a way to prevent cervical cancer? Get a Pap test

5. During a pap test, what does the doctor scrape off of the cervix to check for cancer? Cells

6. What instruments does the doctor use to scrape off cells of the cervix? Show instruments: spatula and cytobrush, speculum, gloves spatula and cytobrush

7. Women need to have regular pap tests, even if they are married, don’t have sex, scared, etc.

8. What test checks a woman for cervical cancer? A pap test

9. The doctor checks a woman’s whole reproductive system during what type of exam? Pelvic exam

10. If found early by the doctor, can cervical cancer be cured? Yes
Class 20
Cervical Cancer Screening Review

JOB FOR HEALTH

1. I will practice relaxing and breathing with a tissue.

2. Encourage one friend to get a Pap test. What did you say?

Get a Pap test!
Class 21
Review and Screening Plan

WELCOME
Welcome everyone to Women Be Healthy again. Briefly highlight the ground rules posted on the wall where everyone can see. Ask if anyone has any questions, additions or changes.

Set Up
- Place out breast and cervical models and other props out where the women can touch, and health collages for review and completion.
- Prepare Screening plans – Copy, staple plans, put names on each
- Copy Job for Health

REVIEW
Talk about the visit to the Doctor’s office last week.

Example questions for discussion:
- What did you think about the visit to the doctor? Was there anything that made you nervous?
- If you were nervous what could you do? (Review relaxation exercises and coping strategies.)
- Did you learn anything new?
- What did you find most interesting?
- Why do we go to the doctor for pelvic and breast exams? Briefly discuss cancer and the importance of early detection for effective treatment

The Women Be Healthy classes help you understand the importance of breast and cervical cancer screening, so that if you had cancer in these places of your body, a doctor could find it early and treat it so that you would be okay.

I hope these classes have helped you learn how to relax when you get nervous at the screening appointments, how to call for an appointment, and how to talk with your doctor.
It’s important for you to know if? When you should schedule these screening appointments, how to make an appointment, where to make the appointment, and to then go to your appointment!

You are going to make a screening plan that will help you and your family or staff know when it is time to make these appointments.

Have students view the entire DVD. During this time, meet with each student to finalize her screening plan.

THE PELVIC and BREAST EXAM
Time: 30 min

Materials
- DVD
- DVD Player
- TV

Steps
- Have students view the entire DVD of a pelvic and breast exam without pausing to discuss each step. Be sure to introduce it to the group members as a DVD of a woman getting a complete exam.
- When viewing the entire DVD, you may stop it at each section to discuss and give the students a chance to observe the instruments being used and compare them with the instruments available in the class.

Screening Plan
- While students are viewing the DVD, talk with each one quietly to help them develop a Personal Screening Plan.
- If the students have returned the Job for Health with past screening dates, use the information on the Screening Plan.
RELAXATION EXERCISE WITH VISUALIZATION
This is an extended relaxation exercise. The instructor will lead the participants through a visualization of different aspects of the Pap test while they relax. If time allows, also include all steps leading up to the exam.

BEHAVIORAL RELAXATION AND IMAGERY

Time: 15 min
Now relax while I review the body positions. As I name each part, notice the feelings of relaxation.

- First, your body. Your body is resting.
- Head: your head is straight with your body.
- Eyes: Your eyelids are gently closed and smooth.
- Shoulders: Your shoulders are round and even on both sides.
- Hands: Your hands are resting on the armrest or your lap with your fingers slightly curled.
- Feet: Your feet are resting and are the shape of a “V.”
- Breathing: Your breathing is slow and regular.
- Quiet: You are relaxing calmly and quietly.

Continue to relax while I talk about what might happen at when getting a Pap test.

Visualization

- You are in the waiting room at your doctor’s office. The nurse calls your name and brings you back to have your exam, and you’re thinking “I can do this.”
- She brings you to an exam room and gives you a gown. She tells you that you should take off all your clothes (except your socks) and put the gown on.
- She leaves the exam room, you take off your clothes, put on the gown, and get up on the table. All the while breathing nice and easy and thinking “This is going to be just fine.”
- Now that you are ready, the doctor comes back inside. Even though you know you will be all right, you ask if the nurse can come in and hold your hand through the exam or maybe you have invited a staff or a friend to come in with you. All the while you are breathing in and out nice and easy. You close your eyes and pretend you are smelling a flower, breathing in deeply through your nose. Then you blow out nice and easy. One more time. Take a deep easy breath.
- The doctor first checks your eyes, your ears, your blood pressure, and your breasts. She says everything is fine, and you are feeling great.
- The doctor puts on her gloves and asks you to put your legs up in the stirrups. You have to scoot way down to the edge of the table and open your legs up wide. She checks the outside pelvic area by looking and touching the outside of your vagina. You are telling yourself, “I can do this.” You feel relaxed and in control and so far everything is fine.
• Then the doctor says, “I am going to put this speculum in to see how things look on the inside. So that I can see your cervix.” She inserts the speculum really slowly into your vagina and opens it up. You hear it click open. It feels a little uncomfortable, but doesn’t really hurt because you stay really calm. You decide to count to ten softly. (Count to ten with the women.)

• As you count, the doctor inserts the cytobrush, lightly takes some cells from your cervix, and puts them on a slide. Then she takes a spatula and takes some more cells. You remember to breathe really easy in and out. You tell yourself that everything is going to be OK.

• Then the doctor closes up the speculum and gently slides it out of your vagina. You are feeling very proud. Next, the doctor tells you “I would like to feel the inside now and make sure your uterus and ovaries feel OK.” She puts some KY jelly on her two fingers, slides them in your vagina, and places her other hand on the lower part of your stomach. She tells you that you are doing great. You feel her touch some inside parts, and she tells you that she is touching your uterus and your ovaries. You remember these parts from our class. You breathe in really easy through your nose. Now breathe out really easy. Again, breathe really easy in. And out.

• Then the doctor takes out her fingers, takes off her gloves. So now your insides have been looked at and checked. And everything is OK.

• When you feel ready, you can open your eyes and slowly sit up. Remember, you do not need to get up too quickly.

• When the exam is over, you ask the doctor or nurse for something to wipe the gel off of your bottom. They give you a clean wipe. Everything is done.

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**OUR STORIES**

*Time: 5 min*

**Steps**

• Your thoughts and experiences are very important to this class.

• This is the time you may share a story related to our topic today.

• For today, does anyone want to share something about the DVD or the screening plan? What will you do first?

• Thanks for sharing.
JOB FOR HEALTH
Time: 5 min

This week is an unusual job for health! You don’t have to do anything – this is an invitation to your graduation!

Copy and hand out the Job for Health—Class 21 (Appendices). Give each student the Job for Health as an invitation to the graduation celebration.
My Screening Plan

Name: ____________________________

Contents:

1. Clinical Breast Exam
2. Screening Mammogram
3. Pap test
Clinical Breast Exam

1. Call to make doctor appointment and write down appointment on a calendar

- When I will do this: __________________________
- Person who can help me make appointment: __________________________

2. Invite someone I trust and go to the doctor's appointment

- Who: __________________________

3. Tell my doctor about my breast cancer family history results.
Screening Mammogram

1. Make appointment for screening mammogram and write appointment on my calendar

   - When I need my next appointment: ________________________________
   - Person who can help me make appointment: __________________________

2. Invite someone I trust and go to the appointment

Who: ________________________________

3. Get the results, follow the doctor’s advice
Pap test

1. Make appointment for Pap test and write appointment on my calendar

- When I need my next appointment: ____________________________
- Person who can help me make appointment: ____________________

2. Invite someone I trust and go to the appointment

- Who: ______________________________________________________

3. Get the results, follow the doctor’s advice
Class 21
Review and Screening Plan

JOB FOR HEALTH

Next week is our last class!

Invite your family, friends, or staff

- Graduation
- Party
- Fun
- Celebration!
Class 22
Women Be Healthy Celebration and Graduation

Materials
- Graduation Certificates (in Appendices)

Set Up
- Prepare a graduation certificate for each participant
- Prepare gift bags, if supplies are donated from organizations as Health Dept., Planned Parenthood, Breast and Cervical Cancer Control Program, etc.

Steps
This final week is an opportunity to review what has been learned in the past weeks, to congratulate women on their hard work and commitment for attending the group, and to provide a chance for women to visit and possibly make future plans to socialize after the group ends.

Make this week the women’s and your week. **THE SKY IS THE LIMIT!**
Some ideas include:
- Have a graduation ceremony and invite guests (staff, family, friends)
- Play games from previous weeks
- Make a slide show of the class for graduation
- Have women tell a story from their class experience
- Give class participants gift bags
- Have a guest speaker for graduation
- Have a healthy party and have women help prepare the food
- Go out for a healthy lunch to a restaurant in your community

CERTIFICATE GRADUATION CEREMONY

Congratulate women on their hard work and dedication in completing the group. Present a graduation certificate of appreciation to each woman. Certificates can be copied from the Appendices. Some instructors frame certificates.
Certificate of Attendance

Prepared to

Women Be Healthy Course

For Completion of

Instructor