

CONTENTS

Abbreviations and acronyms used in this Guide	1
Preface	3
Introduction	5
About the Guide	5
Levels of the health care system	9
Essential reading	10
WHO Recommendations	11
Chapter 1: Background	13
Key points	15
About this chapter	15
Why focus on cervical cancer?	16
Who is most affected by cervical cancer?	18
Barriers to control of cervical cancer	19
The four components of cervical cancer control	20
A team approach to cervical cancer control	22
Additional resources	23
Chapter 2: Anatomy of the female pelvis and natural history of cervical cancer	25
Key points	27
About this chapter	27
Anatomy and histology	28
Natural history of cervical cancer	35
Additional resources	42
Chapter 3: Health promotion: prevention, health education and counselling	43
Key points	45
About this chapter	45

Health promotion	45
The role of the provider	46
Prevention of HPV infection	46
Health education.....	48
Counselling.....	53
Health education and counselling at different levels	55
Additional resources	56
Practice sheet 1: Health education	59
Practice sheet 2: Frequently asked questions (FAQs) about cervical cancer	63
Practice sheet 3: How to involve men in preventing cervical cancer	67
Practice sheet 4: Counselling	69
Practice sheet 5: How to use male and female condoms.....	73
Chapter 4: Screening for cervical cancer.....	79
Key points	81
About this chapter	81
Role of the health care provider	81
Screening programmes.....	83
Screening tests.....	92
Follow-up	101
Screening activities at different levels of the health system	103
Additional resources	105
Practice sheet 6: Obtaining informed consent.....	107
Practice sheet 7: Taking a history and performing a pelvic examination	109
Practice sheet 8: Taking a Pap smear	115
Practice sheet 9: Collecting samples for HPV DNA testing.....	119
Practice sheet 10: Visual screening methods.....	123

Chapter 5: Diagnosis and management of precancer	125
Key points	127
About this chapter	127
Role of the provider	127
Management options for precancer.....	129
Diagnosis	130
Treatment of precancer.....	133
Follow-up after treatment	142
Diagnosis and treatment activities at different levels.....	143
Additional resources	145
Practice sheet 11: Colposcopy, punch biopsy and endocervical curettage.....	147
Practice sheet 12: Cryotherapy	151
Practice sheet 13: Loop electrosurgical excision procedure (LEEP)	155
Practice sheet 14: Cold knife conization.....	161
Chapter 6: Management of invasive cancer.....	165
Key points	167
About this chapter	167
The role of the provider.....	167
Diagnosis	169
Cervical cancer staging.....	170
Principles of treatment.....	176
Treatment modalities	179
Patient follow-up	186
Special situations	187
Talking to patients who have invasive disease and to their families ...	188
Management of invasive cancer: activities at different levels.....	190
Additional resources	191

Practice sheet 15: Hysterectomy	193
Practice sheet 16: Pelvic teletherapy	199
Practice sheet 17: Brachytherapy	205
Chapter 7: Palliative care	209
Key points	211
About this chapter	211
The role of the health care provider.....	212
A comprehensive approach to palliative care.....	214
Managing common symptoms of extensive cancer.....	217
Death and dying	220
Organization of palliative care services	222
Palliative care at different levels of the health system	223
Additional resources	224
Practice sheet 18: Pain management	225
Practice sheet 19: Home-based palliative care	231
Practice sheet 20: Managing vaginal discharge and fistulae at home	237
Annex 1: Universal precautions for infection prevention	241
Annex 2: The 2001 Bethesda system	245
Annex 3: How is a test's performance measured?	247
Annex 4: Flowcharts for follow-up and management of patients according to screen results	249
4a. Standard approach and example based on pap smear screening	249
4b. The "screen-and-treat" approach, based on visual inspection with acetic acid as screening test	251
Annex 5: Standard management of cervical precancer	253

Annex 6: Cervical cancer treatment by stage	255
6a. Treatment of microinvasive carcinoma: Stage IA1 and IA2	255
6b. Treatment of early invasive cancer: Stage IB1 and IIA < 4 cm	256
6c. Treatment of bulky disease: Stage IB2-IIIb	257
6d. Treatment of Stage IV	258
6e. Cervical cancer management during pregnancy	259
Annex 7: Sample documents	261
7a. Sample letter to patient with an abnormal Pap smear who did not return for results at expected time	261
7b. Sample card that can be used as part of a system to track clients who need a repeat Pap smear.....	262
7c. Sample card that can be used as part of a system to track patients referred for colposcopy.	263
7d. Sample letter informing referring clinic of the outcome of a patient's colposcopy.	264
Annex 8: Treatment of cervical infections and pelvic inflammatory disease (PID)	265
8a. Treatment of cervical infections	265
8b. Outpatient treatment for PID.....	266
Annex 9: How to make Monsel's paste	267
Glossary	269