

## The Role of Values Clarification in 2<sup>nd</sup> Trimester Abortion

Mosotho Gabriel: Ipas South Africa  
Alyson Hyman: Ipas North Carolina

## The Importance of 2<sup>nd</sup> Tri VC in South Africa

Inquiry into Maternal Deaths Report, 2000 and 2005

- In 2000, death due to pregnancy-related sepsis was one of the top 5 causes of maternal deaths. Majority of these deaths occurred in the 2<sup>nd</sup> trimester (Democratic Nursing Organization of South Africa, 2000)
- In 2005, there was a reduction of 91% of abortion-related maternal deaths. Of all the deaths recorded, however, they occurred during 2<sup>nd</sup> trimester (Rachel Jewkes & Helen Rees Scientific Letter April 2005, in the Lancet, Vol. 95, No. 4 page 250)

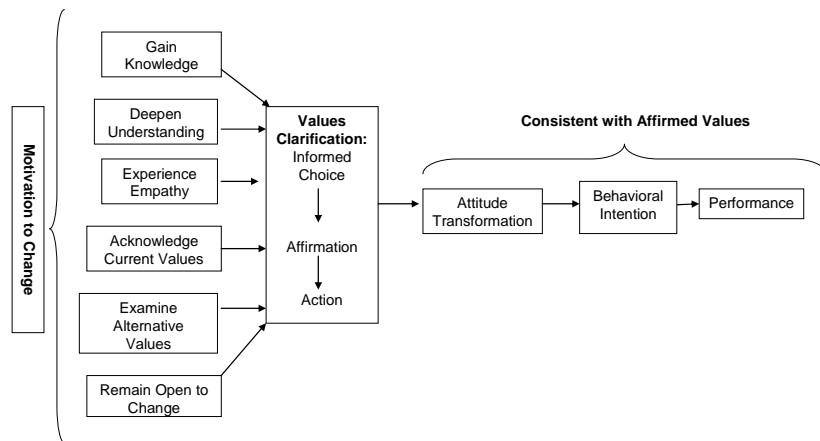
## What is Values Clarification?

- An umbrella term for an intervention aimed at changing attitudes. Consists of both theory and activities
- A process of examining one's basic values and reasoning for the purpose of understanding oneself, to discover what is important and meaningful
- "Valuing occurs when the head and heart...unite in the direction of action." (John Dewey, 1939)

## Process of VC

- **Choosing:** a value must be chosen freely, from among alternatives, with understanding of both the positive and negative consequences of choice
- **Prizing:** a chosen value must be associated with some level of satisfaction and affirmation, as well as confidence in that choice
- **Acting:** a freely chosen, affirmed value must translate into action, be repeated over time, and result in an outcome that is consistent with the chosen value

## Theoretical Framework for Change



## Integrating VC into abortion programs

- By using VC on abortion issues, we can help people to use rational thinking and emotional awareness to examine their behavior and clarify and actualize their values towards abortion care
- VC can be used to help reduce stigma towards women in need of abortion services and increase access to care, thereby reducing MMR
- Abortion as a whole is controversial, 2<sup>nd</sup> trimester abortion is even more challenging

## Example of VC Exercises

### For Second Trimester Abortion

## Four Corners

- Women who have a 2<sup>nd</sup> - trimester abortion are ending a life.
- Minors should be required to get their parents' consent in order to have a 2<sup>nd</sup> - trimester abortion, even in cases of rape.
- A woman should be able to have a second-trimester abortion based on the sex of the fetus if she is in danger of abuse by her husband if she does not have the abortion.

## The last abortion

A 15-year old is 23 weeks pregnant as a result of rape by her stepfather. When she told her mother about the rape and pregnancy, her mother told her to get out of the house. She has been staying at a friend's house. She continues to attend public school, where she has been a top student. She is experiencing great distress over the rape and pregnancy, and her schoolwork is suffering. **BLUE**

## The Last Abortion

A 45-year old woman is 17 weeks pregnant. She had stopped having regular menstrual cycles and did not believe she could become pregnant. A detailed ultrasound has revealed severe fetal abnormalities. Her 12-year-old son has numerous physical and developmental disabilities and requires constant attention. She does not feel able to manage another special needs child. **YELLOW**

## The Last Abortion

A 21-year old in her second year at university just found out she is 14-weeks pregnant. Because her menstrual cycle was irregular, she did not realize she was pregnant. This is her first pregnancy. Her contraceptive method failed, even though she is quite certain she used it properly. She is the first person from her poor, rural village ever to attend university. She is experiencing acute anxiety at the thought of continuing this pregnancy. **PINK**

## The Last Abortion

A 28-year old woman with two young children is 20 weeks pregnant. She and her younger child are HIV-positive. Her husband died of AIDS-related illnesses two years ago and left her without any financial support. She is not able to afford anti-retroviral treatment, and she has been hospitalized for opportunistic infections several times in the past year. **PURPLE**

## 2<sup>nd</sup> Trimester Belief Statements

Objectives of 2<sup>nd</sup> tri belief statements:

- Develop a framework for assisting individuals to relate their values and belief systems to the client's needs for 2<sup>nd</sup> tri abortion
- Explain different values underlying a range of beliefs on 2<sup>nd</sup> trimester abortions and gain an understanding these concerns
- Discuss ways to ensure a professional standard of quality 2<sup>nd</sup> trimester abortion care regardless personal beliefs

## Examples: Belief Statements

- The 2<sup>nd</sup> trimester is too late. Why are they showing up so late?
- If women were more organized, they would not delay to 2<sup>nd</sup> trimester
- How do you know if the baby could not live on its own?
- A woman should not wait until the 2<sup>nd</sup> trimester-it is a casual decision?

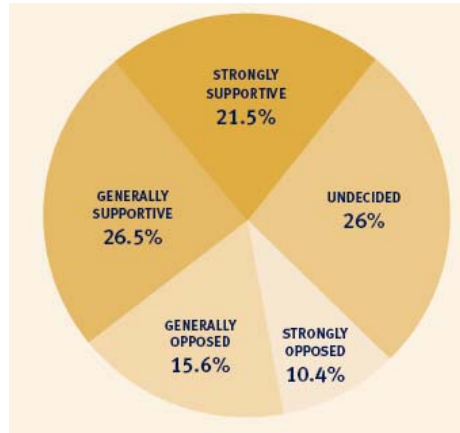
## Risk taking behavior

The objectives of this exercise is to:

- Understand the difficulties inherent in some decision-making processes
- Make participants aware that many people take risks
- Assist participants in being less judgmental with regard to risk taking

## Case Study: Why did Zanele die?

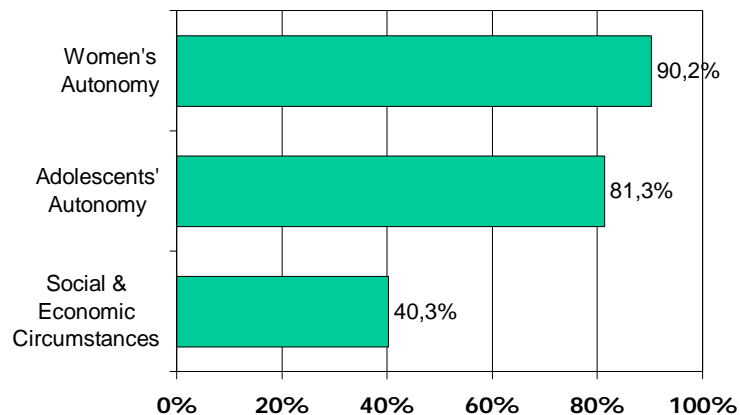
## Participant Baseline: Attitudes Toward TOP Services



## Rationale for Those Initially Opposed or Undecided

- "According to our religion, TOP was a sin."  
– female traditional healer
- "I thought that abortion was dangerous."  
– male traditional healer
- "I had a mixture of feelings about abortion"  
– male from faith-based organization
- "Was the Act really there? Could people have abortions legally?"  
– male municipal councilor

## Results: CTOP Act Knowledge



## Attitudinal Shifts

Pre-Workshop	Post-Workshop
"I took abortion as killing."	"I now understand TOP is a normal service to be offered to those in need."
"TOP was a sin."	"I now know that there are certain personal circumstances that warrant abortion. Safe TOP saves a lot of lives and reduces complications resulting from backstreet abortions. I also understand TOP to be saving government time and resources which should be used to treat complications resulting from backstreet abortions."

## Health Facility Improvements

- **More Positive Attitudes:** “They don’t gossip when people come for TOP services – they take it as a usual or normal service.”
- **Improved TOP Services:** Health providers are better able “to understand what TOP is, [and] able to give information to clients.”
- **Improved Communication:** “They can talk freely about TOP and family planning.”

## Integrating VC into Second Trimester Program Work

Major finding in the evaluation of the impact of VC on access to abortion services indicated:

- Participants found the VC workshop as a helpful forum in which to consider diverse viewpoints, 97.4 perceived that every-one had an equal opportunity to speak and to be heard
- The mean number of TOP/s performed in a 90 day period more than double, increasing from 67 to 134 cases

## Integrating VC into Second Trimester Program Work

Major finding in the evaluation of the impact of VC on access to abortion services indicated:

- Although most providers were “very comfortable” providing abortion services, over half reported discomfort with providing non-judgmental care to women who request a repeats
- A third reported discomfort with second-trimester services.

We therefore need further research to understand providers beliefs an needs in terms of 2nd trimesters

## QUOTES

- *A blind man’s world is bounded by the limits of touch, an ignorant man’s world by the limits of his knowledge, a great man’s world by the limits of his vision.*

*E. Paul Tovey*

## Thank You

We recognize the generous support of the  
Dickler Family Foundation for funding  
the research