

**FAMILY PLANNING ASSOCIATION  
OF SOUTH AUSTRALIA INC.**



**12th Annual Report**

for the year ended 30th June, 1982

(i)

*"The time is past when knowledge  
can be kept as the exclusive  
privilege of any caste or class".*

Supreme Court Judge W.C. Windeyer  
at the trial of Annie Besant's  
*Law of Population*, New South Wales 1888.

NATIONAL COMMITTEE REPRESENTATIVES

AUSTRALIAN FEDERATION OF FAMILY PLANNING ASSOCIATIONS (AFFPA)

AFFPA Council (S.A. Representative)	Mrs. Janet Browning (Chairman)
Biological Science Committee	Dr. John Porter (Secretary)
National Medical Task Force (1981)	Dr. John Porter (Member)

INTERNATIONAL COMMITTEE REPRESENTATIVES

INTERNATIONAL PLANNED PARENTHOOD FEDERATION (IPPF)

Regional Council	Mrs. Janet Browning (Member)
Regional Communication Committee	Dr. Olive Johnston (Member)

STAFF MEMBERS AT JUNE 30TH, 1982

Dr. J. Porter - Director F/T

F/T = Full Time  
P/T = Part TimeADMINISTRATION

M. Bagshaw	Bookkeeper	F/T
B. Edward	Clerk	P/T
C. Emmett	Maintenance	P/T
R. Hubbard	Secretary	F/T
S. Long	Typist	P/T

NURSING STAFF

J. Dolman	Charge Nurse	F/T
J. Bridger	Co-ordinator, Southern & Western Region	P/T
P. Cheesman	Nurse	P/T
P. Cohen	Nurse	P/T
M. Chambers	Home Visiting Nurse	P/T
M. Crisp	Home Visiting Nurse	F/T
G. Edwards	Nurse	P/T
K. Elleway	Assistant to Nurse in Charge of Training	P/T
G. Elliott	Nurse	P/T
P. Fulton	Nurse	P/T
C. Gilbert	Nurse	P/T
P. Harris	Nurse	P/T
M. Jorgensen	Nurse	P/T
B. Kiek	Home Visiting Nurse	P/T
D. Konrath	Nurse	P/T
J. Murray	Nurse in Charge of Training	P/T
H. McAllister	Nurse	P/T
E. Rose	Home Visiting Nurse	P/T
S. Sommers	Senior Clinic Nurse	F/T
J. Sparrow	Home Visiting Nurse	P/T
P. Stevens	Co-ordinator, Northern Region	P/T
L. Tedesco	Enrolled Nurse	P/T
D. Wise	Enrolled Nurse	P/T
I. Woodcock	Nurse	P/T

MEDICAL STAFF

S. Caton	Senior Medical Officer	P/T
E. Bevan	Medical Officer	P/T
S. Broad	Medical Officer	P/T
J. Giles	Medical Officer	P/T
G. Graham	Medical Officer	P/T
M. Harrington	Medical Officer	P/T
R. Joffe	Medical Officer	P/T
M. Kearney	Medical Officer	P/T
T. Mudge	Medical Officer	P/T
P. McEvoy	Medical Officer	P/T
H. Nathaniel	Medical Officer	P/T
A. Neoh	Medical Officer	P/T
B. Weller	Medical Officer	P/T

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SUMMARY OF ACTIVITIES

JULY 1981 TO JUNE 1982

Wednesday, August 5th, 1981, was National Family Planning Day. On that day all the F.P.As in Australia (except N.S.W.) held a "Contraceptive Comments, Questions and Complaints" Phone-In. Before this, the advertising promotion "What If Your Baby's Going to Have A Baby?" was inserted in "The Bulletin" and was mailed to all Federal and State Members of Parliament together with a covering letter. This was also sent to all the radio and television stations and newspapers in South Australia together with a press release about National Family Planning Day. The advertisement was also placed in "The Advertiser" on National Family Planning Day. The national figure for calls was approximately 1,000 and the F.P.A. of South Australia received 299.

Over three-quarters of the calls were questions and problems about various aspects of family planning, e.g. fertility problems, problems with different methods of contraception and general comments about contraception and its availability. Approximately 23% of the calls were from people who were opposed to tax-payers money being spent on birth control, especially for unmarried people, including people under the age of consent. Included in this 23%, were members of a group who telephoned to voice their objections to the Association's basic policy of extending the advertising of over-the-counter contraceptives, e.g. spermicides and condoms, to the electronic media.

National Family Planning Day was followed by several letters to "The Advertiser" both against the Association and in favour of its activities. An article by Father John Fleming in "The Advertiser" of August 10th, 1981, was entitled "Contraceptive Contradictions". In this he discussed the Association's National Family Planning Day and the community's attitude to family planning. The Association viewed this as an unwarranted and uninformed attack on its policies. At the request of several members of staff, Fr. Fleming was invited to meet members of the Council and staff, and he did so when he visited the Association in September.

Two days before National Family Planning Day, Mr. Richard Glazbrook, M.P. for Brighton, made his "speech in reply" in the House of Assembly, in which he read verbatim from certain texts which he claimed were used in human relations programs in some schools. This caused a furore in both Parliament and in the media. Not surprisingly, much of the negative reaction which the Association received on National Family Planning Day was related to Mr. Glazbrook's comments. The publications from which he quoted are not generally available to schools but they had been used by one or two teachers for their own information. Mr. Glazbrook and Mr. R. Randall, both members of the House of Assembly, were invited to visit the Association. They brought a kit containing books which Mr. Glazbrook had quoted in his speech. The M.Ps were able to talk with members of the education staff, the Director and members of the Council.

from Europe by an article by Alex Kennedy in "The Advertiser" in which Mrs. Browning's many contributions to family planning both here in South Australia, nationally and internationally, were reviewed.

In education, the majority of the Association's programs as previously, have been in secondary schools. The F.P.A. now conducts programs in 60 high schools throughout South Australia and another important activity has been the Association's involvement with unemployed young people.

Inservice training has continued, and clinical seminars have been held to which all staff and Council members were invited. Topics covered have included the teaching of I.U.D. insertion skills and cervical and breast cytology.

A special grant was received from the South Australian Health Commission enabling the F.P.A. to undertake a series of programs with school teachers. The aims of these are to liaise between the Education Department teachers and the F.P.A. community educators in order to facilitate maximum involvement of teachers in programs provided by the F.P.A. The programs provide opportunities for teachers to develop knowledge, skills and resources and enable them to provide programs based on the F.P.A. model for their students. They also offer support and supervision in the planning, implementation and evaluation of programs.

There has been continuing involvement with the media, and this year more members of staff have been able to participate mainly in radio interviews. The Association is still called on from time to time to make statements and answer queries from the radio stations, television channels and newspapers. Members of staff have also participated in The Advertiser's "Family Forum".

The Association once again expresses its thanks to the volunteers who have offered assistance during the year. This includes both members of Council and the Advisory Committees, Task Forces and the volunteers who work in the Resource Centre. The F.P.A. is most grateful to them all for their generosity in giving their time and expertise.

## 6. Counselling

Social workers provide counselling to people with relationship difficulties, unplanned pregnancies, problems associated with their sexuality and related areas. The Association is also telephoned by approximately 200 callers per week, seeking information and help with regard to contraception and human sexuality.

### CLIENT REACTION TO ACTIVITIES OF THE FAMILY PLANNING ASSOCIATION

Several years ago the clinic clients received questionnaires asking their opinions of the services which they received in the clinics. Well over 90% of both new and repeat clients, at both the Kensington and the suburban clinics replied that they were more than satisfied with the service provided.

### STUDENT REACTION TO F.P.A. EDUCATION/TRAINING PROGRAMS

Evaluations of education programs are carried out and similarly, the vast majority of students involved report that they have learned much and that they are satisfied with the standards of the programs. Participants in courses conducted by the Association are also asked to make evaluations at the end of their training and their comments are frequently complimentary.

### COMMUNITY ATTITUDES

In order to assess the amount of knowledge in the community and the degree of acceptance of the F.P.A., the Association undertook a survey from Peter Gardner & Associates in 1981.

Of the people who answered the questionnaire, approximately 90% had heard of the F.P.A. and these had heard mainly through the F.P.A.'s television commercial, from parents, and from radio and television programs. The majority, over 60%, knew that the F.P.A. primarily provided birth control advice and 37% thought that the F.P.A. primarily gave help with sexual problems and sex education programs in schools. Despite the high information level, only 12.5% of the sample had had direct contact with the F.P.A. The majority of this sub-group had used the Kensington clinic.

The majority (67.5%) believed that the F.P.A. was a "most essential service and must continue" and 26.7% rated the F.P.A. as a "reasonable organisation"; only 0.9% believed that it "should be disbanded as it was of no value". From these figures it is obvious that many people in the community know about the F.P.A., understand its services and are supportive of its activities.

### MEDIA ATTITUDES

In general, the attitudes of the media to the F.P.A. are positive. The staff are acknowledged as experts on contraception and sexuality and hence they are quoted frequently, or make public statements.

TABLE 1 - ADOLESCENT PREGNANCIES : SOUTH AUSTRALIA 1971 - 1980

Rates per 1,000 women aged up to 19 years

	1971	1972	1973	1974	1975	1976	1977	1978	1979	1980
Confinements resulting in live birth	45.9	43.0	42.1	39.4	36.0	30.0	29.9	27.4	25.8	25.9
Abortions notified	12.3	13.6	15.7	14.2	13.9	17.5	19.6	20.8	20.9	22.0
Combined Pregnancy Rates	58.2	56.6	57.8	53.6	49.9	47.5	49.5	48.2	46.7	47.9

### POSSIBLE NEW ACTIVITIES

The following possibilities could be considered:-

1. Setting up an "Action Centre" similar to that in Victoria which would be specifically for young people. This could be a "drop-in" type of organisation offering help and counselling with adolescent sexuality and relationships. It should perhaps not be run on clinical lines but nevertheless could use clinically qualified people on the premises. Again, the problem is that only those clients who are motivated to use such an agency would go there.
2. As the majority of people in the Peter Gardner survey replied that they had heard of the F.P.A. through its television commercials, it would be useful to attempt to have this commercial or a new one, shown on all three of the commercial channels. The Association could also consider spending some of its accumulated savings on screening a commercial at "prime time", especially during the shows watched by young people, e.g. "Sons and Daughters" and played on the radio stations which have high ratings with adolescents e.g. 5AD and 5SSA-FM.
3. There could be more liaison with agencies such as "Service To Youth Council", in an aim to make the F.P.A. more acceptable to young people and to make contacts with street-workers etc.
4. It has for some time been a policy of the Australian Federation of Family Planning Associations that the Executive Officer liaise with T.V. and radio producers, to ensure that the family planning message gets into scripts of programs watched by young people. Some time ago the very popular television program "The Restless Years" had a character who sought family planning. This was watched by many young people and in some Associations, was probably responsible for an increase in client numbers for a short time. Most programs watched by young people are made in Sydney or Melbourne. (Adelaide T.V. stations only produce local news and weather, with the occasional daytime chat-show). Thus, to reach young people in this way, national initiatives are necessary and the other Associations through A.F.F.P.A. may well be interested in a joint project.

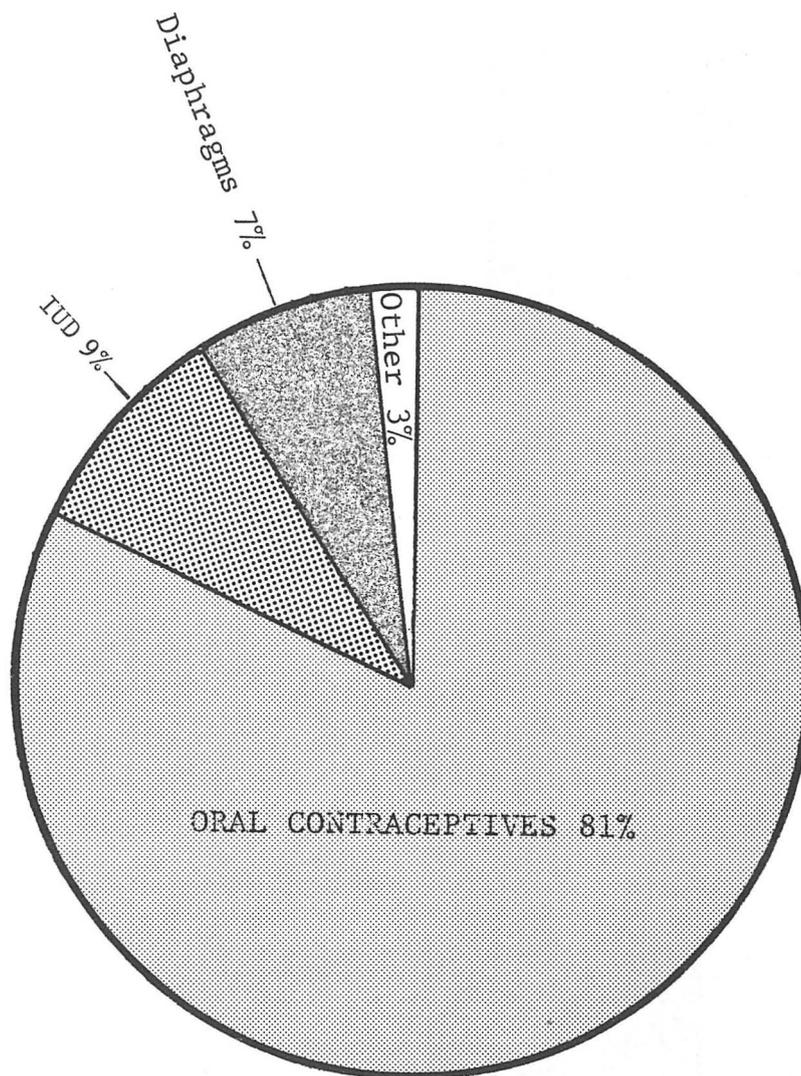
### CONCLUSION

The Association is left with two important questions to answer:-

- \* Should the F.P.A. be heading in new directions?
- \* If there is a group in the community which is not being reached, what is that group, how can it be reached and what services can the F.P.A. provide to meet its needs?

During the financial year 1981/82 there were 4,224 new clients, the majority of whom came to the clinic for contraception. As in previous years, approximately 26% of new client consultations were for services other than contraception - i.e. advice. Of the remaining new clients, the methods of contraception chosen were as follows:-

Fig. 3 - Methods of contraception chosen by new clients for the year 1981/82.



Of the approximately 3% who chose "other methods", the breakdown was as follows:-

Sterilisation Counselling	1%
Depo-Provera	1%
Condoms	0.5%
Spermicide alone	0.2%

## THE ROLE OF THE NURSE IN FAMILY PLANNING

Sr. Jan Dolman  
Charge Nurse

The nurse works in a variety of different areas including clinical practice, nurse education, and home visiting. This report includes details of the various activities of the clinic nurse.

The role of the clinic nurse has altered over the years from simple information-taking and performing of various non-nursing duties to delegation of prescribed oral contraceptives, diaphragm fitting, breast examination, detailed history-taking, education and counselling.

### Information Giving and Education

The family planning nurse has a responsibility as an educator to clients who visit or telephone the Association. The areas covered may range from a simple anatomy lesson to comprehensive information concerning oral contraception and the menstrual cycle.

Many new clients have already made decisions about their choice of contraception when interviewed by the nurse but the other methods are always discussed as well.

### Interviewing and Counselling

At the initial interview the nurse is responsible for obtaining a detailed social and medical history, which of course, includes the client's reasons for visiting the Association. This information is obtained in a non-biased, non-judgemental way in a quiet, private room. Confidentiality is maintained at all times. All data is documented, including any relevant social background, and the contraceptive and medical history. Particular emphasis is placed on the fact that the choice of method lies with the client, based on the information given by the nurse. Another important area is counselling which may include pregnancy, adolescence, relationships or menopause, following which the nurse records all relevant data and refers the client to the medical officer or, when appropriate, to the social worker.

### Method teaching

After the client has been prescribed his or her chosen method of contraception by the doctor, the nurse then teaches that client the correct way to use the method of choice. It is very important that the nurse be aware of the client's level of education and awareness and so uses the appropriate language and terminology so that the client fully understands what he or she is told.

TRAINING ACTIVITIES

The training programs and student placements offered by the Association in all areas, again resulted in a heavy commitment during the current financial year.

The major training activities were as follows:-

	<u>Total participants 1981/82</u>
<u>POSTGRADUATE COURSE IN FAMILY PLANNING FOR MEDICAL PRACTITIONERS</u>	
One course	15
<u>BASIC FAMILY PLANNING COURSES FOR NURSES</u>	
Four courses	82
<u>INFANT WELFARE NURSES</u>	
2 Two-Day Seminars	20
<u>ENROLLED/MOTHERCRAFT NURSES COURSES</u>	
Two courses each 17½ hours	42
<u>ABORIGINAL HEALTH WORKERS' COURSES</u>	
3 Four-day courses	18
<u>NURSES ON PLACEMENT WITH THE ASSOCIATION</u>	
<u>Sturt Diploma of Applied Science (Nursing)</u>	18
<u>Sturt Diploma of Applied Science (Community Health Nursing)</u>	1
<u>Geriatric &amp; Rehabilitation Certificate Course</u>	2
<u>OTHER PROGRAMS OFFERED FOR HEALTH PROFESSIONALS</u>	
<u>Orientation in family planning - shared sessions - nurses and educators - 1 hour</u>	
<u>Sturt C.A.E.</u>	
Diploma of Applied Science - Nursing	40
Diploma of Applied Science - Community Health (external, part-time, full-time students)	48

The Director presented a paper on "Contraception in Disability" at the A.F.F.P.A. Biological Science Symposium in Sydney in November 1981, and again at the Current Contraceptive Practice Seminar in May 1982.

IN-SERVICE TRAINING

This continued for staff of the Association and the following clinical seminars were held:-

- . Teaching of I.U.D. insertion skills - Dr. J. Giles
- . Video on teaching vaginal examination - Dr. J. Need
- . Cervical and Breast Cytology - Dr. S. Orell

### School-based programs

Following discussion with Dr. M. McArthur and members of the Health Education Project team (S.A. Education Department), a letter was sent to headmasters of high schools at the start of the 1982 school year. The letter contained detailed lesson plans of programs offered to students in years 8 to 12. The aim of this was to enable school staff to have an easily accessible record of Family Planning Association programs which may prove helpful in planning their own programs and for giving information about aims, content and resources to others. The letter also gave details of an information evening which could be arranged prior to the series for students, during which the parents could discuss the program, its aims and content and resources to be used. The parent evening would be arranged in consultation with school staff and at their request. We strongly urged schools to take up this opportunity for improved communication.

A suggested format for a letter to parents regarding Family Planning Association programs was also included. This letter advised parents that the school had invited the educators from the Association to participate in conducting programs with their students in the area of human sexuality and relationships, and gave details of the content. It advised parents of the date and time of the pre-program meeting and offered the parents an opportunity to discuss the program further either with a member of school staff or with a member of the education section of the Association. As a result of this communication, we have found that there has been a marked increase in the number of requests from schools to hold parent information evenings prior to student programs, and although the attendance at these evenings has varied considerably, we consider it to be worthwhile.

### Aboriginal Health Workers Training Course

Students undertaking this course are required to attend a four-day seminar on family planning during their second year of study.

The Association conducted three four-day seminars at Ernabella, Pt. Augusta and Adelaide.

FINANCE REPORT

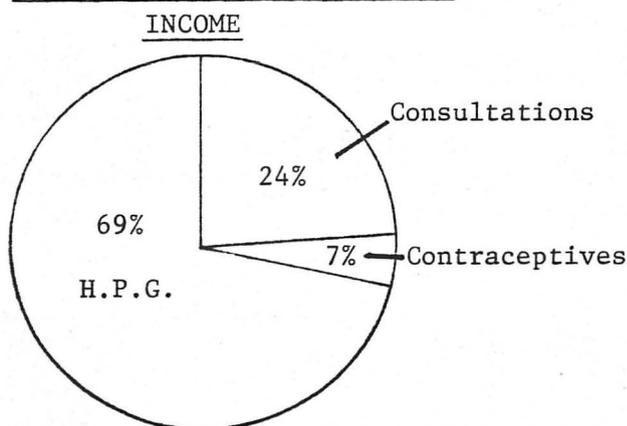
The Association's Income and Expenditure from July 1981 to June 1982 are shown graphically in Fig. 5, and as can be seen, there was a small surplus in the clinical area and in the non-clinical area, the expenditure and income were identical.

This year the income and expenditure in both clinical and non-clinical areas has been very satisfactory. Due to the current high interest rates, the savings investment account has remained at a similar level to that of the 1980/81 financial year, even though two new cars were purchased for the Home Visiting Nurses. An anomaly exists in this area because although the Health Program Grant funds the salaries of the Home Visiting Nurses and the maintenance and running costs of these vehicles, it does not cover their replacement.

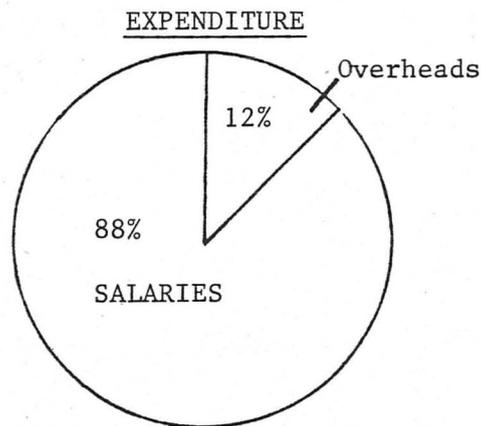
The Health Program Grant did, however, fund two-thirds of the cost of a new photocopier which has replaced the offset printer. The Association was fortunate to obtain a contract at the time of purchase that ensures that the offset printing will be carried out at the same

Fig. 5 Operating Budgets - 1981/82 Financial year

(a) Operating Budget - Clinical

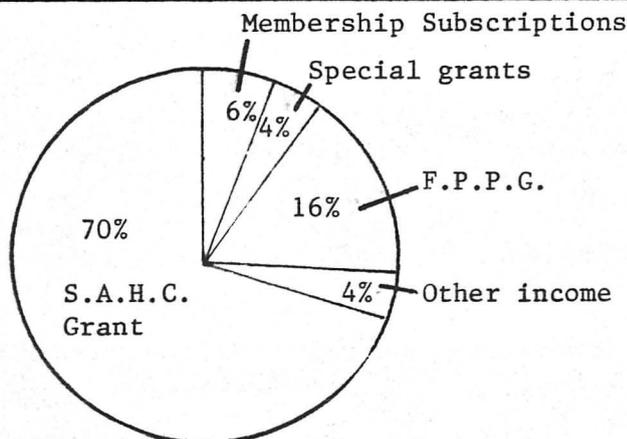


TOTAL INCOME \$576,870

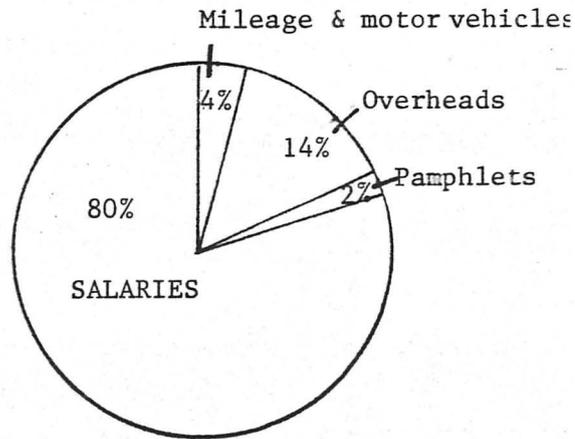


TOTAL EXPENDITURE \$569,796

(b) Operating Budget - Education, Training & Social Work



TOTAL INCOME \$234,568



TOTAL EXPENDITURE \$234,568

H.P.G. - Health Program Grant

F.P.P.G. - Federal Family Planning Program Grant

S.A.H.C. - S.A. Health Commission

FINANCIAL STATEMENT BY THE COUNCIL

The attached Statement of Receipts and Payments of the Family Planning Association of South Australia Incorporated in our opinion, is properly drawn up so as to exhibit a true and fair view of the transactions for the year ended 30th June, 1982.

DATED at ADELAIDE this *21st* day of *September, 1982*

On behalf of the Council

*K. E. Gane*  
.....  
*Jan Browning*  
.....

THE FAMILY PLANNING ASSOCIATION OF SOUTH AUSTRALIA INCORPORATED

STATEMENT OF RECEIPTS AND PAYMENTS FOR YEAR ENDING 30TH JUNE, 1982.

PAYMENTS		30th June, 1982		
1980/81		Clinical	Non-Clinical	TOTAL
	<u>OPERATING EXPENSES</u>			
598,590	Salaries and Wages	463,777	173,403	637,180
9,552	Superannuation	16,799	5,807	22,606
28,685	Payroll Tax	21,829	8,518	30,347
7,098	Medical Supplies - consumables	5,810	-	5,810
1,560	Rent - Outlying clinics	780	-	780
-	Unbillable Swabs	868	-	868
	<u>EQUIPMENT &amp; INFORMATION</u>			
782	Instruments & Appliances	1,104		1,104
2,287	Library & Films		2,799	2,799
3,281	Equipment	1,458	1,433	2,891
4,398	Pamphlets & Posters	1,500	5,142	6,642
2,338	Capital Expenditure - Ubix Copier	5,666	1,439	7,105
886	Publicity & Advertising		1,695	1,695
	<u>ADMINISTRATION</u>			
1,250	Accounting & Audit	900	450	1,350
2,518	Cleaning & Laundry	5,570	1,964	7,534
5,949	Fuel, Light & Power	4,576	2,288	6,864
5,644	Insurance	4,406	1,564	5,970
9,253	Postage & Telephone	6,764	3,482	10,246
8,599	Printing & Stationery	9,994	2,729	12,723
4,241	Maintenance & Repairs - Premises	5,374	3,678	9,052
2,663	Maintenance & Repairs - Equipment	2,413	603	3,016
14,983	Mileage & Motor Vehicle Maintenance	7,242	8,698	15,940
2,220	Rates & Taxes	1,647	824	2,471
1,382	Freight	-	461	461
6,836	Travelling & In-Service Seminars	823	7,026	7,849
464	Sundries	52	465	517
12,097	Alterations to Clinic	-	-	-
1,183	Advertise for Staff	445	100	545
738,739	<b>TOTAL PAYMENTS</b>	<b>569,797</b>	<b>234,568</b>	<b>804,365</b>
(17,303)	<b>SURPLUS/ (DEFICIT)</b>	<b>7,073</b>	<b>-</b>	<b>7,073</b>

AUDITOR'S REPORT

We have audited the books and accounts of the Family Planning Association of South Australia Incorporated for the year ended 30th June, 1982.

We report that the Statement of Receipts and Payments is in accordance with the books and records of the Association. We have received all the information and explanations that we have required.

*Peat Marwick Mitchell & Co.*  
 PEAT, MARWICK, MITCHELL & CO.

Chartered Accountants

*10th August 1982.*

*J.N. Bishop*  
 J.N. BISHOP

Partner

for all State Associations, and the willing co-operation and hard work shared by the Executive Officers has been exemplary.

In 1981, the National Medical Task Force reviewed the latest information on IUDs, Contraception in Disability, Return of fertility after use of contraceptives and barrier methods and spermicides. These findings will be published in a special edition of the international journal "Contraception". The Director was a member of this Task Force.

The cohesion of the Federation and its many innovative and successful projects have been stimulating for everyone throughout the organisation. Much of the credit must again be given to the A.F.F.P.A. Executive Officer, Wendy McCarthy. She has been tireless in her efforts to keep Cabinet Ministers and other Parliamentarians aware of the work and the needs of the State Associations and the Federation, and has given a great deal of time to liaison with the Health Department, and also with officers of other departments. Ms. McCarthy has continued to successfully co-ordinate the expertise of volunteers in assisting and promoting family planning, and her skills in organisation have, without doubt, enhanced the image and the credibility of the Federation and of the State Associations.

Janet Browning  
Chairman, A.F.F.P.A.  
S.A. Representative to A.F.F.P.A.

It was hoped that this would encourage the integration of family planning information with many other projects.

Mrs. Millburn made a second visit in March 1982 in order to assist the Association with the presentation and submission of their work programs and budgets for 1983.

A similar initial visit was made to the Solomon Islands in June 1982 by the Director of the F.P.A./S.A. (Dr. J. Porter) and the Training Director of F.P.A./Vic. (Sr. K. Dunn), with the agreement of the councils of those state associations. Sr. Dunn will act as consultant for the F.P.A. of the Solomon Island and adviser to I.P.P.F.

The F.P.A. of Vanuatu formerly received funds from I.P.P.F. but, for the past two years no requests have been received. Free family planning services have been included in the new government's health policy. If assistance is requested from the F.P.A. or the government, A.F.F.P.A. and I.P.P.F. will jointly review the family planning services in the country and assess the amount of assistance that can be given.

Our commitment of technical assistance and consultation in the Pacific Islands is largely dependent on the requests from those countries and the advice needed by I.P.P.F., but we consider that this commitment is very important.

Ms. W. McCarthy (Executive Officer of A.F.F.P.A.) was invited to be the I.P.P.F. representative at a seminar organised by the South Pacific Commission and the Economic and Social Council for Asia and the Pacific (E.S.C.A.P.). The title of the seminar was "Population Problems of Small Island Countries", and Mrs. McCarthy has discussed these problems in a joint article published in the I.P.P.F. journal "People".

Mrs. Browning attended the Regional Executive Committee meeting in Manila in January 1982, and Professor Wendell-Smith attended the executive meeting and the annual council meeting in Singapore in June 1982.

Janet Browning  
A.F.F.P.A. representative to I.P.P.F.  
Regional Council