

Organised by:



OGSM CREATE Contraceptive Workshop Sabah



PRACTICAL & HANDS ON SESSIONS FOR HORMONAL IMPLANT
& INTRA-UTERINE CONTRACEPTIVE DEVICE (IUCD) PROCEDURES

Date: 26th & 27th July 2025,
Saturday & Sunday

Venue: Hotel N°5, Kota Kinabalu, Sabah
(No. 1, Jalan Pintas, Penampang)

16 CPD points

Certificate, Practical Session

RM250
(per participant)
Limited Slots Only

For further inquiries, email us at
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+6 016 259 2341

Speakers:

Dr John Teo

Obstetrician & Gynaecologist (O&G)

Dr Geetha Thambyraja

Obstetrician & Gynaecologist (O&G)

Dr Lavitha Sivapatham

Obstetrician & Gynaecologist (O&G)

Dr Subatra Jayaraj

Primary Care Reproductive Health Specialist

Day 1: 26th July 2025, Saturday

TIME	SESSION
8.00 AM	Registration
8.30 AM	Overview of Unintended Pregnancies & Status of Contraception in Malaysia
9.00 AM	LARCs - IUDs and Implants
9.30 AM	Break
10.00 AM	Contraceptive Usage In High Risk Patients & Specialised Groups
10.30 AM	Emergency Contraceptives & Sterilisation
11.00 AM	Natural Methods (LAM, Rhythm, Withdrawal) & Barrier Methods
11.30 AM	Combined Hormonal Contraception
12.15 PM	Lunch Break
1.30 PM	Progesterone Only Contraception
2.00 PM	Case Discussion
2.30 PM	Contraceptive Counselling
3.00 PM	Role Play
3.45 PM	Adjournment

Day 2: 27th July 2025, Sunday

TIME	SESSION
8.00 AM	Registration
8.30 AM	Overview of Contraception in Malaysia
9.00 AM	Role of LARCs In The Prevention Of Unintended Pregnancies & The Malaysian LARCs Guidelines
9.30 AM	Break
10.00 AM	IUDs and IUS
10.30 AM	Hormonal Implants
11.30 AM	Video of Implant Insertion & Removal
12.00 PM	Practical Sessions On Implants & IUCDs Insertion and Removal
1.30 PM	Questions & Answers (Q&As)
1.40 PM	Lunch Break
2.45 PM	Contraceptive Counselling
4.45 PM	Adjournment

Register now before:

24 July 2025

At registration link:

bit.ly/CREATESABAH

In collaboration with:

