

# EVOLUTION OF SDM: What do CHWs have to do with it?

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Standard Days Method® in Community Based Family Planning Programs

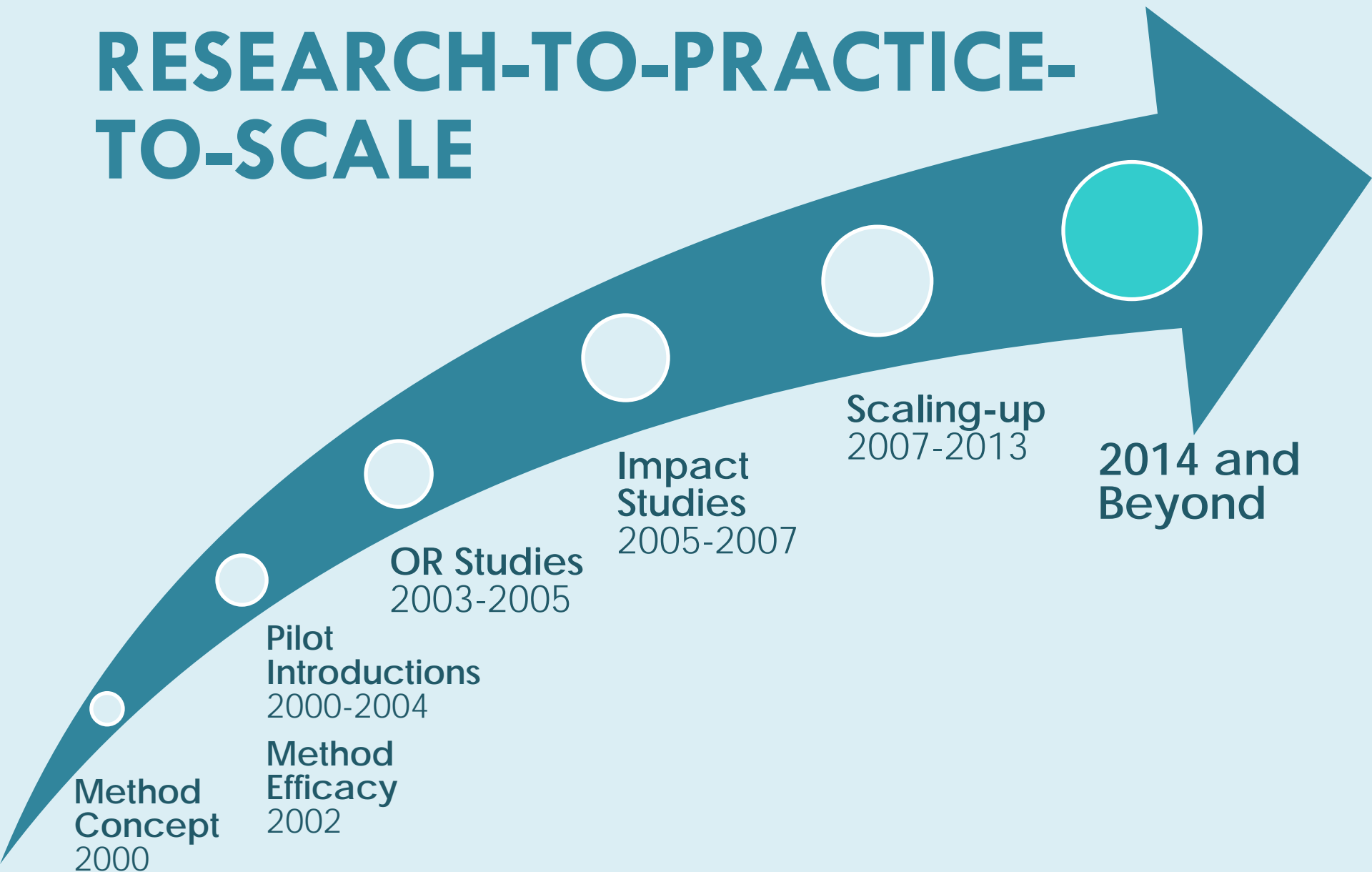


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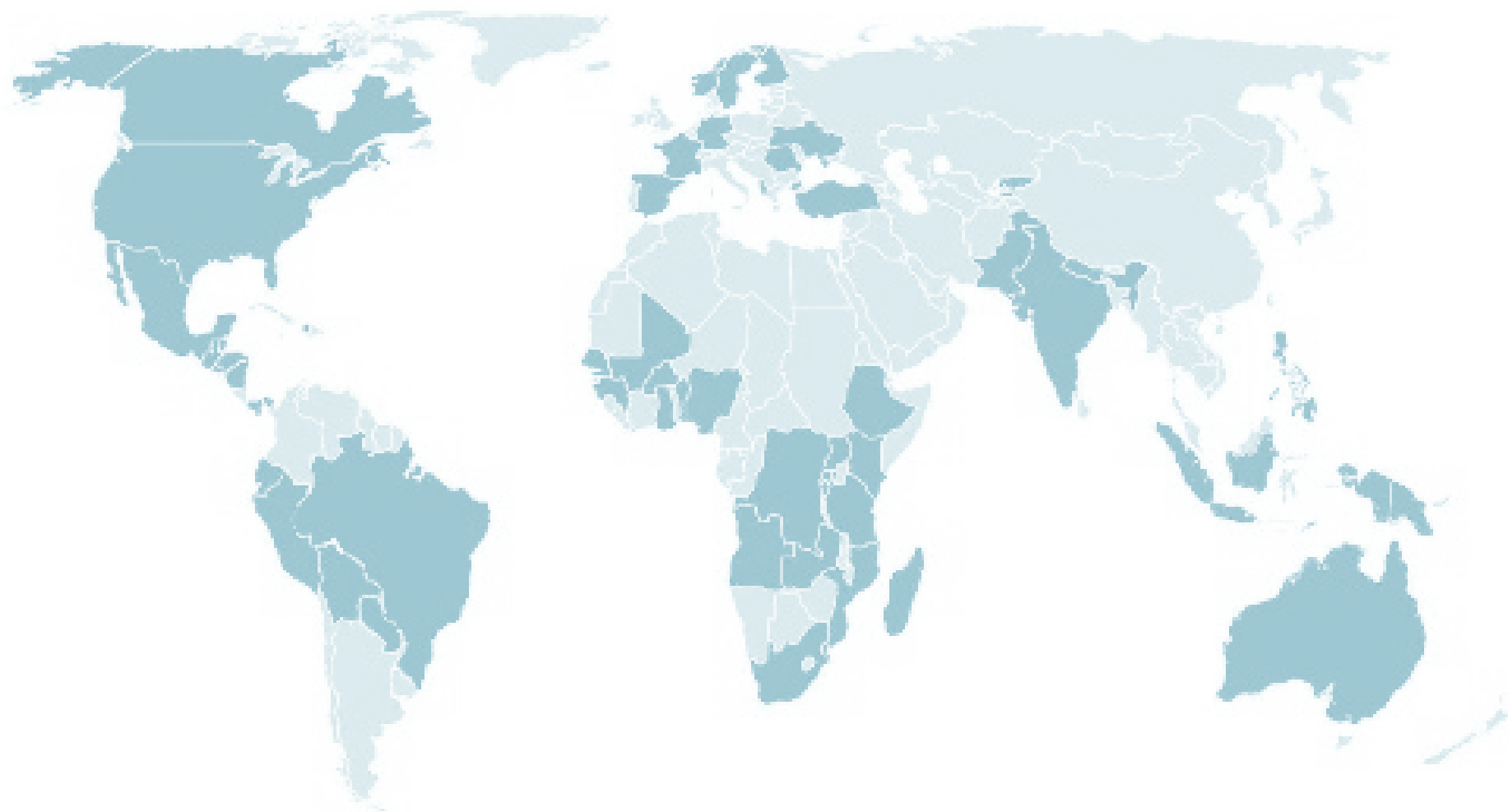


**Institute for  
Reproductive Health**  
Georgetown University

# RESEARCH-TO-PRACTICE- TO-SCALE















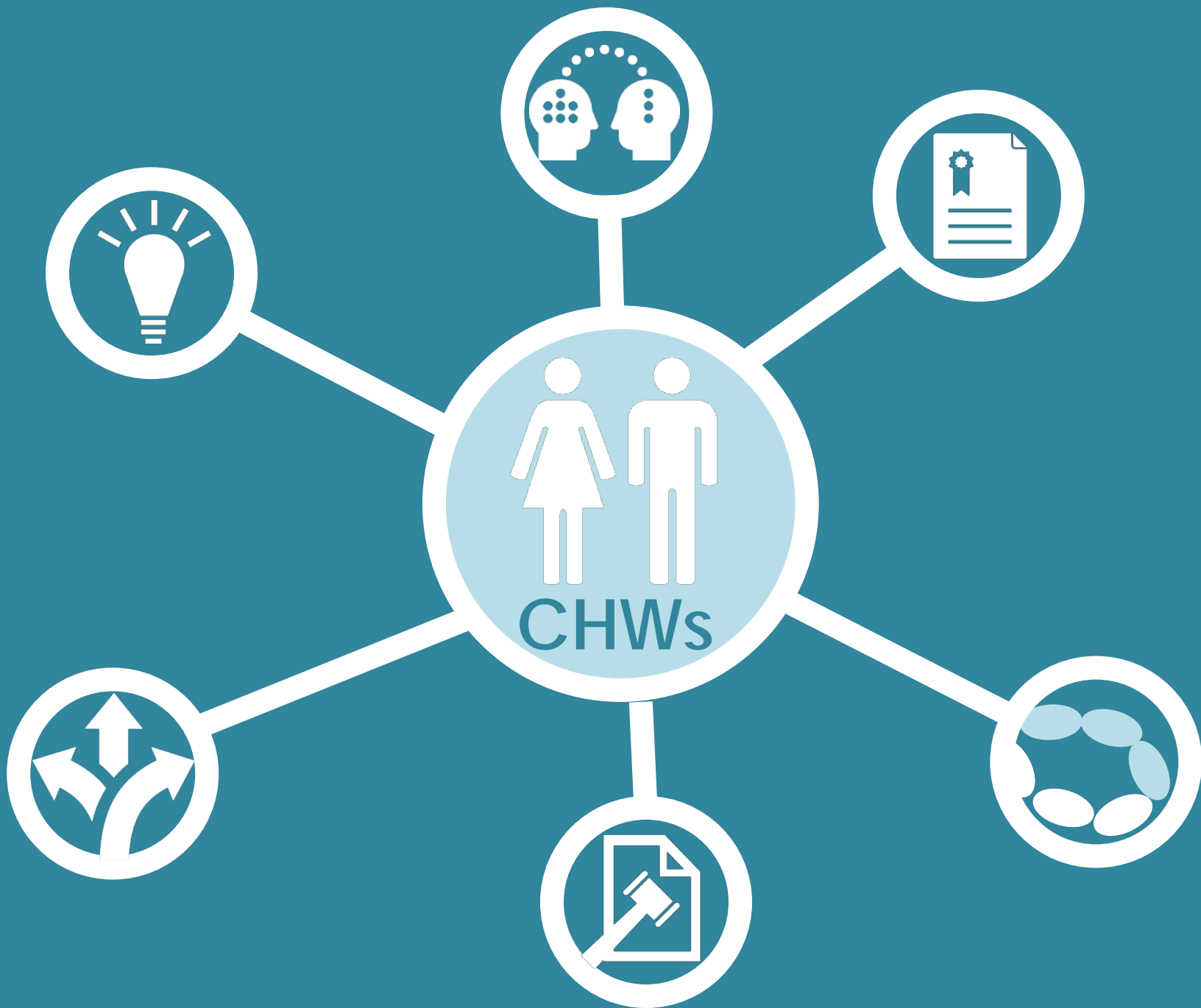
A word cloud featuring various country names in different shades of blue. The names are arranged in a non-uniform, overlapping manner. The most prominent names, shown in a darker blue, are Nigeria and Burkina Faso. Other names in varying shades of blue include Kenya, Guinea, Pakistan, Honduras, Philippines, Madagascar, India, Peru, Mali, Bangladesh, Ecuador, Rwanda, Guatemala, El Salvador, Bolivia, Benin, Ghana, and DRC.

Rwanda  
Guatemala  
DRC  
Honduras  
Ecuador  
Kenya  
Pakistan  
Guinea  
Nigeria  
Burkina Faso  
Philippines  
Madagascar  
El Salvador  
Bolivia  
Benin  
India  
Peru  
Mali  
Bangladesh  
Ghana





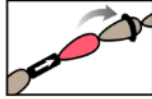




# Help using Standard Days Method



## Any questions or problems?



- Problems remembering to move ring?



- Difficult to use condoms or avoid intercourse on fertile days?



- Had unprotected intercourse on a fertile day?



Happy to continue using this method, or want to switch to another?

# Who can and cannot use Standard Days Method

## Most women can use Standard Days Method



### You can use if:

- Your menstrual cycles are regular, between 26 and 32 days long
- You and your partner can avoid sex or use condoms on fertile days



### You may need to wait if:

- Your periods have not returned after childbirth
- You recently stopped using a long-acting injectable



हैं श्यामा यह विधि तो तुम्हारे और गुड़िया के लिए बहुत लाभदायक भी है। स्तनपान शिशु के शारीरिक एवं मानसिक विकास के लिए अत्यंत महत्वपूर्ण है और साथ ही उसमें बीमारियों से लड़ने की क्षमता बढ़ाता है। गुड़िया को दिन रात जब भी भूख लगे अपना दूध पिलाती रहना। अगर तुम दोनों में से कोई भी बीमार पड़े तो भी, समझी ?

जरूर श्यामा। जब गुड़िया दो वर्ष की हो जाये तब ही अगला गर्भधारण करना और ध्यान रहे गुड़िया को स्तनपान कराती रहना और टीके भी जरूर लगवाना

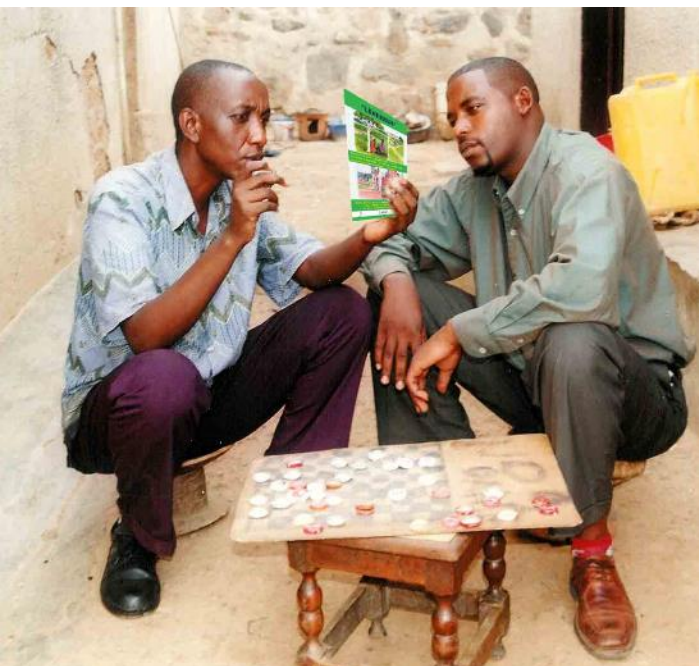
हैं दीदी। धन्यवाद।


हैं दीदी मैं समझ गई। गुड़िया को 6 माह तक सिर्फ अपना दूध पिलाऊँगी। अगर लैम विधि की तीन शर्तों में से कोई भी शर्त टूट जाए तो मैं तुरन्त ही परिवार नियोजन की कोई अन्य विधि प्रयोग करना शुरू करूँगी या फिर आपसे मिलने आऊँगी

**मुख्य बिंदु**

- 1) आशा दीदी ने श्यामा को बच्चों में अंतर रखने की सलाह दी। यह अन्तर 3-5 साल तक का होना जरूरी है। यह माँ और शिशु के स्वास्थ्य के लिए लाभदायक है
- 2) लैम विधि प्रसव के बाद स्तनपान कराने वाली महिलाओं के लिए आसान और असरदार विधि है
- 3) इसके प्रयोग के लिए 3 शर्तें जरूरी हैं :-
  - प्रसव के बाद महिला की माहवारी आनी शुरू नहीं हुई है
  - महिला शिशु को 6 माह तक केवल स्तनपान करा रही है। ऊपर से कोई आहार या तरल नहीं देगी (पानी भी नहीं)
  - शिशु की उम्र 6 माह से कम हो
- 4) अगर एक भी शर्त टूट जाए तो महिला को दूसरी गर्भनिरोधक विधि का प्रयोग करना चाहिए
- 5) लैम के बाद कौन सी विधि अपनाये यह जानने के लिए अपने स्वास्थ्य कार्यकर्ता से सम्पर्क करें








After being convinced of its effectiveness, I started informing other women in my community about SDM. Now they use it and are satisfied. My goal is to continue spreading awareness so more couples are able to limit their family size with SDM."

Zarina Bibi, CHW, Jharkhand





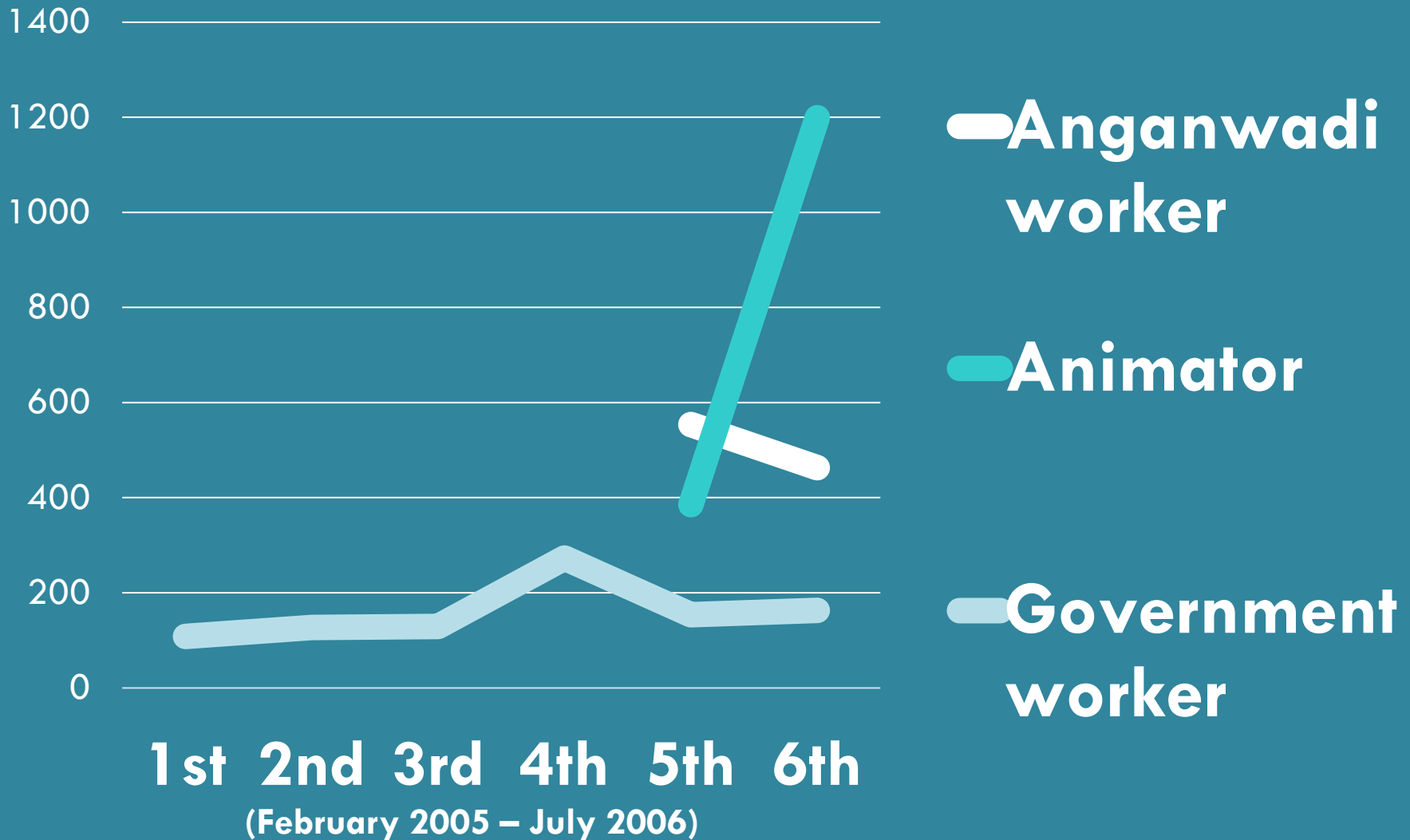
CycleBeads is not a complicated thing to use. I notice that it is a method greatly appreciated because it helps couples pay attention as the ring moves. I've also noticed an increase in the number of couples using it.

Speciose Ayinkamiye, CHW, Rwanda



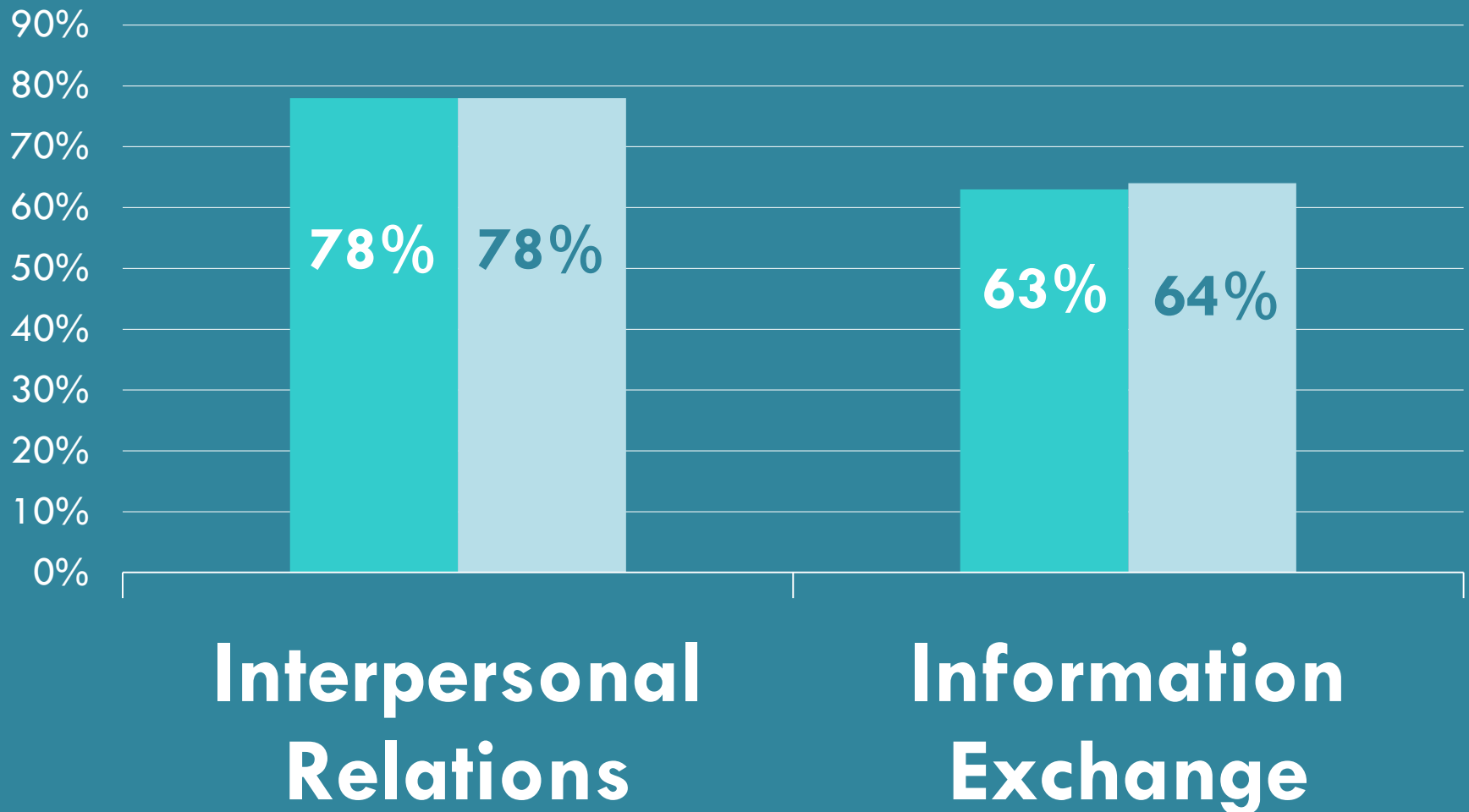


# # NEW SDM USERS PER QUARTER BY PROVIDER TYPE



# SDM COUNSELING COMPARISON

■ AWW    ■ Gov't Doctor & ANM







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**DELIVER PROJECT**



**AccessRH**

Discharges	3.1 Cured	2	0	2	0	0	0	0	0
	3.2 Referred	0	0	0	0	0	0	0	0
	3.3 Abandoned	1	0	0	0	0	0	0	0
	3.4 Died	0	0	0	0	0	0	0	0
	Present at the end of the month	4	0	2	0	0	0	0	0

## XV. Family Planning

	Methods	New Acceptors	Stopped FP	Active users at end of month	Quantity distributed	Stock at end of month	Days of stock-out
1	Oral Contraceptives, progestative	12	0	99	32	33	0
2	Oral Contraceptives, combined				40	90	0
3	Injectables (Depo-Provera)	13	0	479	170	321	0
4	Injectables (Norristerat)				0	0	0
5	Implants	1	0	385	6	24	0
6	IUD	0	0	1	0	4	0
7	Male condoms	2	0	28	476	1274	0
8	Female condoms	0	0	0	0	18	0
9	Other barrier methods (gel, diaphragm)	0	0	0	0	0	0
10	Cycle beads	0	0	4	0	24	0
11	Auto-observation						

## XVI. Male Circumcision

	< 30 days	30 days - 14 years	>=15 years
1. Male circumcisions performed in the facility	0	0	0



## Rwanda

Demographic and  
Health Survey

2010

## Philippines

National Demographic  
and Health Survey

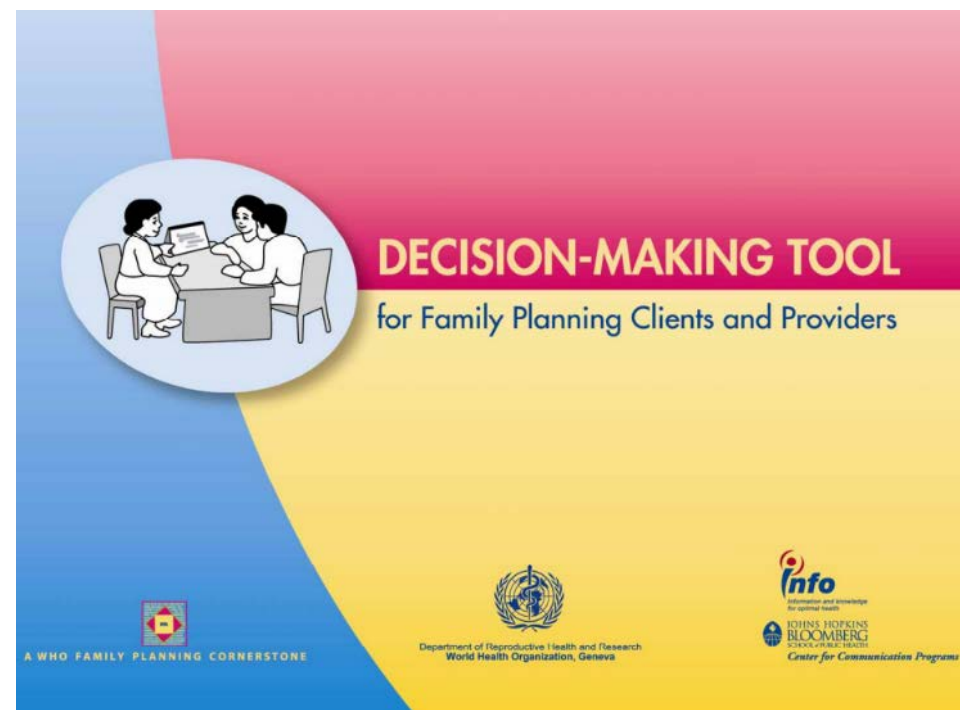
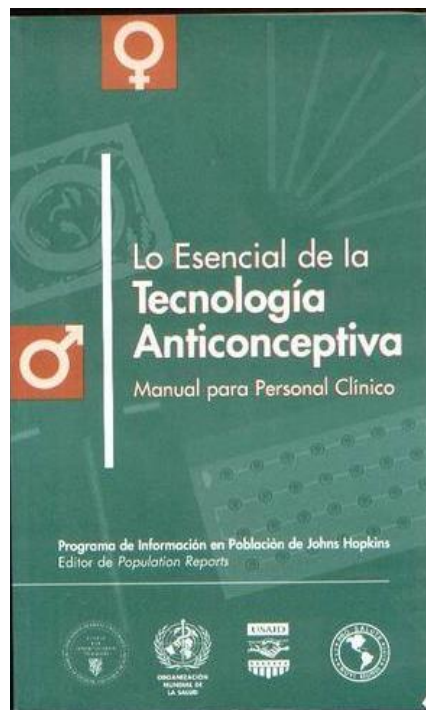
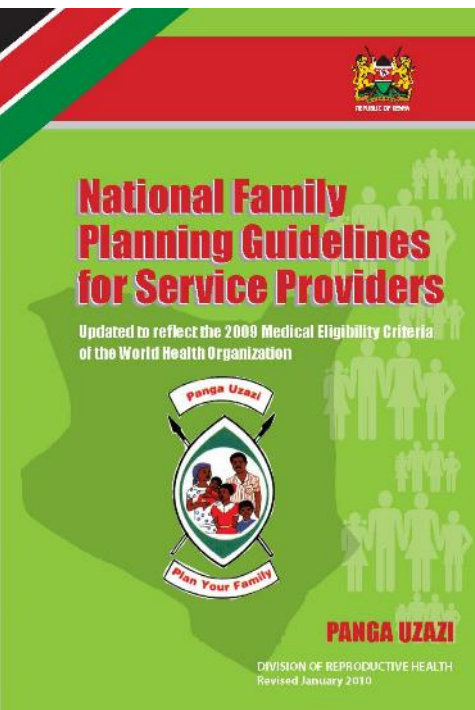
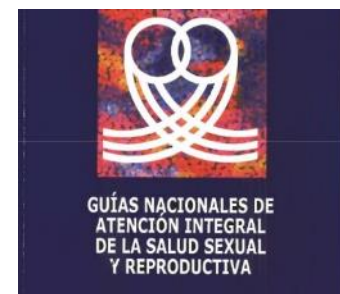
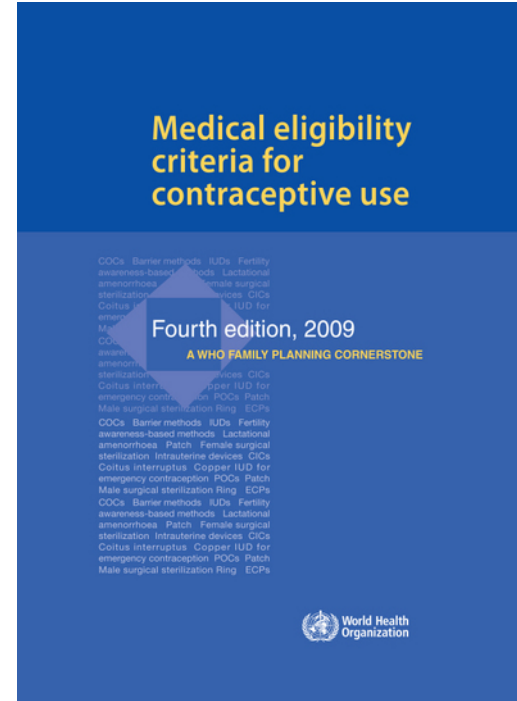
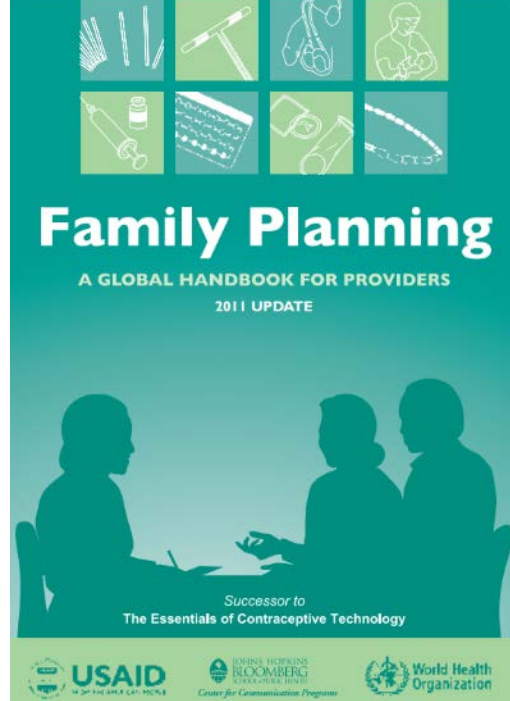
2013

**Table 7.1 Knowledge of contraceptive methods**

Percentage of all women, currently married women and sexually active unmarried women age 15-49 who know any contraceptive method, by specific method, Philippines 2013

Method	All women	Currently married women	Sexually active unmarried women <sup>1</sup>
<b>Any method</b>	98.9	99.6	99.7
<b>Any modern method</b>	98.9	99.5	99.7
Female sterilization	90.3	95.5	89.6
Male sterilization	69.5	77.2	66.4
Pill	97.9	99.0	99.2
IUD	81.8	90.9	79.5
Injectables	86.2	94.3	88.4
Implants	17.2	18.1	23.3
Patch	9.9	10.0	16.9
Male condom	95.5	96.8	99.0
Female condom	20.0	19.3	33.5
Mucus/ Billings/ Ovulation	28.7	31.7	40.5
Basal body temperature	27.4	29.6	35.8
Symptothermal	14.9	16.1	22.3
Standard days method	26.2	29.4	31.5
Lactational amenorrhea (LAM)	32.7	38.6	31.2
Emergency contraception	14.0	14.8	25.3
<b>Any traditional method</b>	88.8	96.1	95.6
Rhythm	76.0	84.8	80.0
Withdrawal	84.3	94.3	93.4
Folk method	2.4	3.2	2.4
Mean number of methods known by women 15-49	8.8	9.4	9.6
Number of women	16,155	9,729	188

<sup>1</sup> Had last sexual intercourse within 30 days preceding the survey







CycleTel™



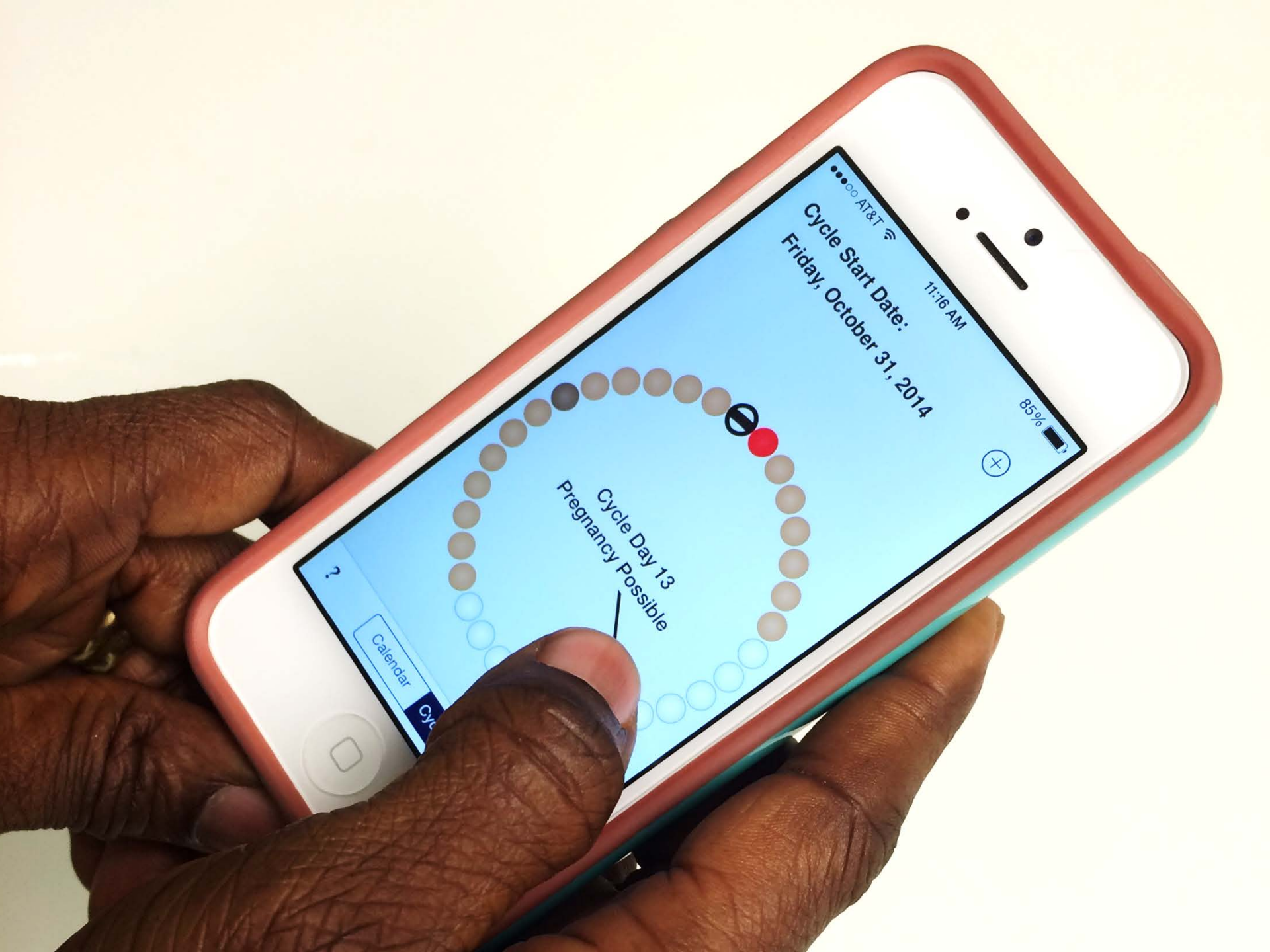
CycleBeads® Apps



CycleBeads® Online







Cycle Start Date:  
Friday, October 31, 2014

11:16 AM

85%

Cycle Day 13  
Pregnancy Possible

Calendar

Cyc



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## PATIENT SIGN-UP

### Add a New CycleBeads Online User

Your client will have a 60-day trial for CycleBeads Online. The trial will expire

First Name

Last Name

Email Address

Confirm Email Address

**Add User**





WHAT WOULD  
A SUCCESSFUL  
SCALED UP  
PROGRAM  
LOOK LIKE?





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