

Evidence for Use, Implementation, and Scale-Up of the Standard Days Method®

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**Standard Days Method® in Community Based
Family Planning Programs Technical Consultation**

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 Evidence

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Methods, Studies and Countries

Search Strategy

- Structured search of peer-reviewed and grey literature on the Standard Days Method[®] (SDM) of contraception
- 52 articles or reports met inclusion criteria and were abstracted for relevant data



Studies in 23 countries

SDM Implementation and Scale-up Studies

Special studies within Implementation/Scale-up studies

Other

Efficacy Trial

Method Introduction

Long-term Follow Up

Scale-Up

Social Marketing

Knowledge improvement Toolkit (KIT)

Most Significant Change

Country

Albania

Benin

Bolivia

Brazil

Burkina Faso

DRC

Ecuador

El Salvador

Ethiopia

Guatemala

Honduras

India

Iran

Kenya

Madagascar

Malawi

Mali

Nigeria

Pakistan

Peru

Philippines

Rwanda

Turkey

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Outcomes Assessed

- Outcomes for clients
 - Efficacy
 - Acceptability
 - Knowledge
 - Demand for SDM
 - Use of SDM
- Outcomes for providers
- Service delivery characteristics
- Costs or cost effectiveness of SDM implementation
- Scale-up and implementation





Major Findings from the Review

SDM has a foothold in some countries on par with some methods that have been around for much longer

Current Use of SDM, Selected DHS, 2003-2013, All Women

| Country | Year | MCPR | Modern Method % Use | | | | | | | | | | Traditional Method % Use |
|-------------|------|------|----------------------|--------------------|------|-----|-------------|----------|--------------|----------------|-----|-------|--------------------------|
| | | | Female sterilization | Male Sterilization | Pill | IUD | Injectables | Implants | Male Condoms | Female Condoms | SDM | Other | |
| DRC | 2013 | 8.1 | 0.5 | 0 | 0.7 | 0.1 | 0.9 | 0.5 | 4.6 | 0.1 | 0.2 | 0.4 | 11.1 |
| Honduras* | 2005 | 37.7 | 15 | 0.1 | 7.1 | 4.4 | 8.6 | - | 2.3 | - | 0.1 | 0.1 | 5.5 |
| Madagascar | 2008 | 23 | 0.9 | 0.1 | 4.8 | 0.3 | 14.1 | 1.2 | 1 | 0 | 0 | 0.8 | 8.7 |
| Mali* | 2012 | 9.6 | 0.1 | 0 | 2.6 | 0.3 | 3.8 | 2.4 | 0.2 | 0 | 0.1 | 0 | 0.4 |
| Nigeria | 2013 | 11.1 | 0.3 | - | 1.9 | 0.8 | 2.5 | 0.3 | 4.5 | - | 0.1 | 0.8 | 4.8 |
| Philippines | 2013 | 23.5 | 5.4 | 0.1 | 11.8 | 2.2 | 2.3 | - | 1.4 | - | 0.1 | 0.3 | 11 |
| Rwanda | 2005 | 5.6 | 0.3 | - | 1.3 | - | 2.4 | - | 0.8 | - | 0.2 | 0.6 | 3.9 |
| Rwanda | 2007 | 16.3 | 0.5 | 0 | 3.6 | 0.1 | 9 | 0.9 | 1.4 | 0 | 0.2 | 0.6 | 7.7 |
| Rwanda | 2010 | 25.2 | 0.5 | 0 | 3.9 | 0.2 | 14.6 | 3.6 | 1.8 | - | 0.3 | 0.3 | 3.4 |

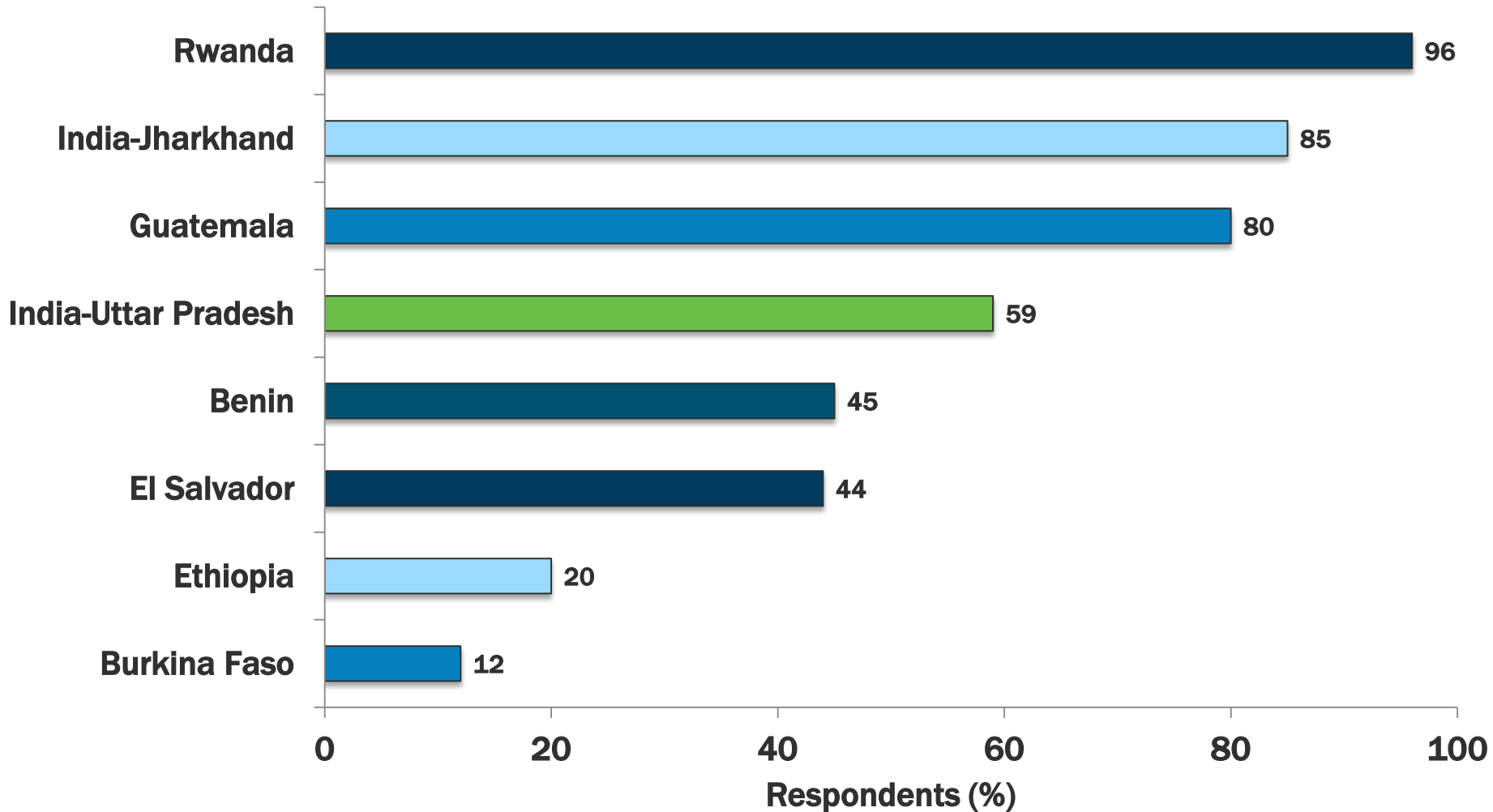
SDM reaches women with unmet need who:

- New to using family planning
- Desire non-hormonal FP methods without side effects
- Transition from less effective methods

SDM appeals to a tranche of women with unmet need



SDM Acceptors Who Had Never Previously Used FP

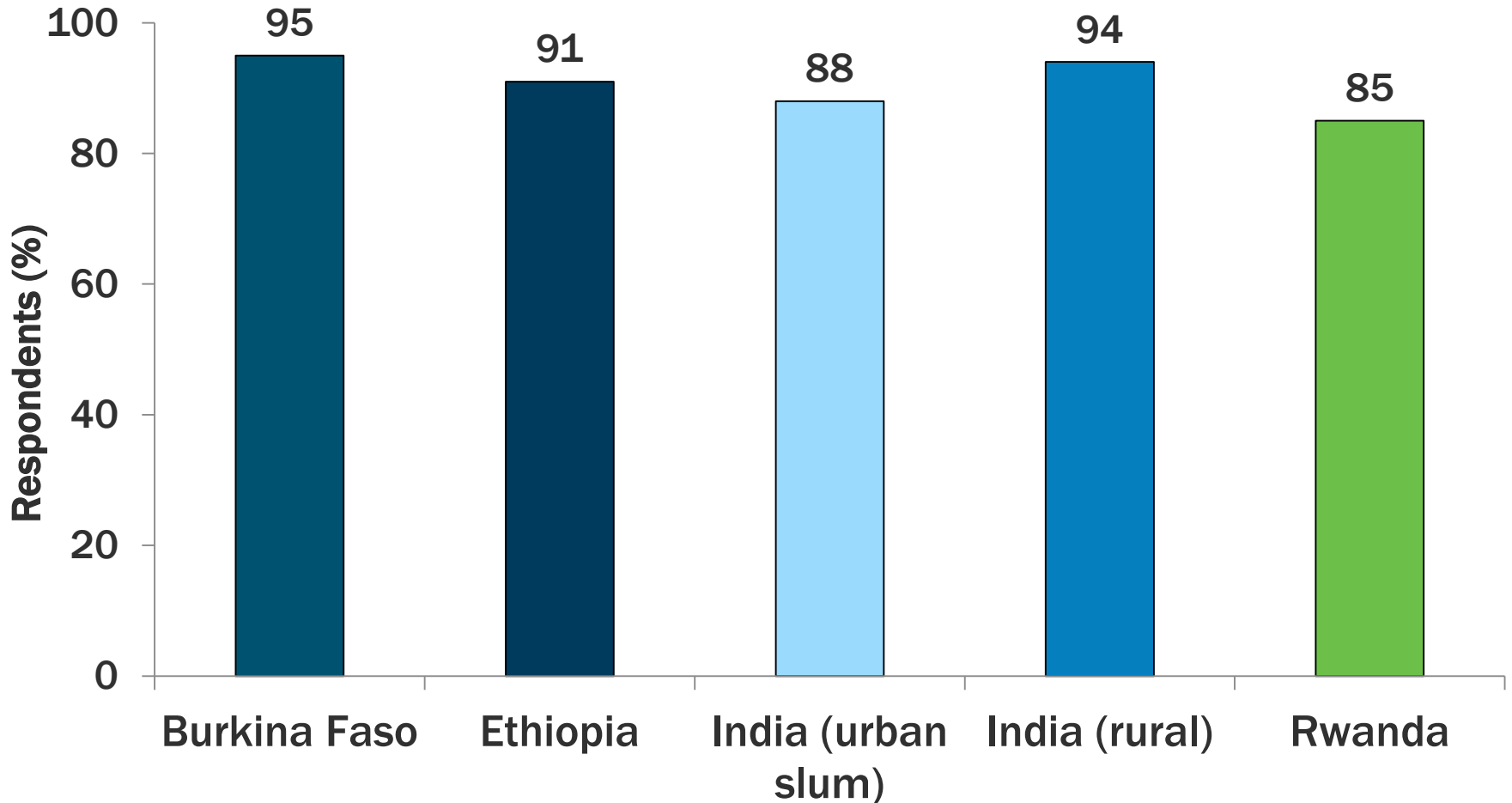


Most women who use SDM find it fairly easy to use and are satisfied with the method

India – **98%** of couples in rural and urban sites in found SDM easy to use

Rwanda – **95%** of female SDM users and **90%** of male SDM users reported the method was easy

SDM Users with Correct Placement of Black Ring on CycleBeads



SDM Effectiveness Rates

Correct and typical use effectiveness rates are similar to some other modern methods of contraception

- SDM efficacy:
 - 95% with correct use
 - 88% with typical use



SDM Effectiveness Rates, Cont.

% of Women Experiencing an Unintended Pregnancy within the First Year of Use*

| Contraceptive Method | Typical Use | Perfect Use |
|----------------------|-------------|-------------|
| NuvaRing | 9 | 0.3 |
| Pill | 9 | 0.3 |
| SDM | 12 | 5 |
| Diaphragm | 12 | 6 |
| Two Day Method | 14 | 4 |
| Male Condoms | 18 | 2 |
| Female Condoms | 21 | 5 |
| Withdrawal | 22 | 4 |

*Adapted from Trussell 2011 Table 3-2 (data are for United States, some methods not shown here)

SDM increases knowledge about fertile period

Average correct knowledge of fertile period DHS from 61 countries*: **26%**

Correct knowledge of the fertile period among SDM users:

- India (urban slum): **67%**
- India (rural): **91%**
- Ethiopia: **83%**
- Rwanda: **99%**
- El Salvador, men only: **80%**

*Countries with surveys after 2000 included, only most recent survey included

SDM promotes male engagement in FP

- SDM involves both men and women; active management of the fertile period essential for method success
- Male engagement varied across countries but men tended to be active partners in SDM use



| India 482 SDM couples | Experimental | Control |
|-----------------------|--------------|---------|
| Incorrect Use of SDM | .3% | 2.6% |
| Method Failure | 11.9% | 18.8% |

Control group: female volunteer providers
experimental group: female and male volunteer providers

Providers can be trained to offer SDM and a range of providers in the public, private and NGO sectors can offer SDM



Studies found the need for refresher training and for simplifying training for decentralized or non-clinical providers



Scale-up needs for SDM

Scale-up of SDM requires attention to a number of issues:

- Establishing stakeholder buy-in, particularly by governments and MOH
- Early introduction of SDM into policies, guidelines, norms, and curricula
- Incorporation SDM into national or sub-national HMIS, procurement and training systems
- Regular supportive supervision and refresher training for providers
- Public-private partnerships



Other Issues

Other Issues



- Procurement and availability of CycleBeads
- Agreement that SDM is a modern method of contraception
- Inclusion in M&E, HMIS and national surveys
- Expansion of cadre of providers offering SDM

Thank You

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The Evidence Project uses implementation science—the strategic generation, translation, and use of evidence—to strengthen and scale up family planning and reproductive health programs to reduce unintended pregnancies worldwide. The project is led by the Population Council in partnership with INDEPTH Network, International Planned Parenthood Federation, Management Sciences for Health, PATH, Population Reference Bureau, and a University Resource Network.



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