

# APC Survey - Standard Days Method<sup>®</sup> in Community-Based Family Planning Programs Results

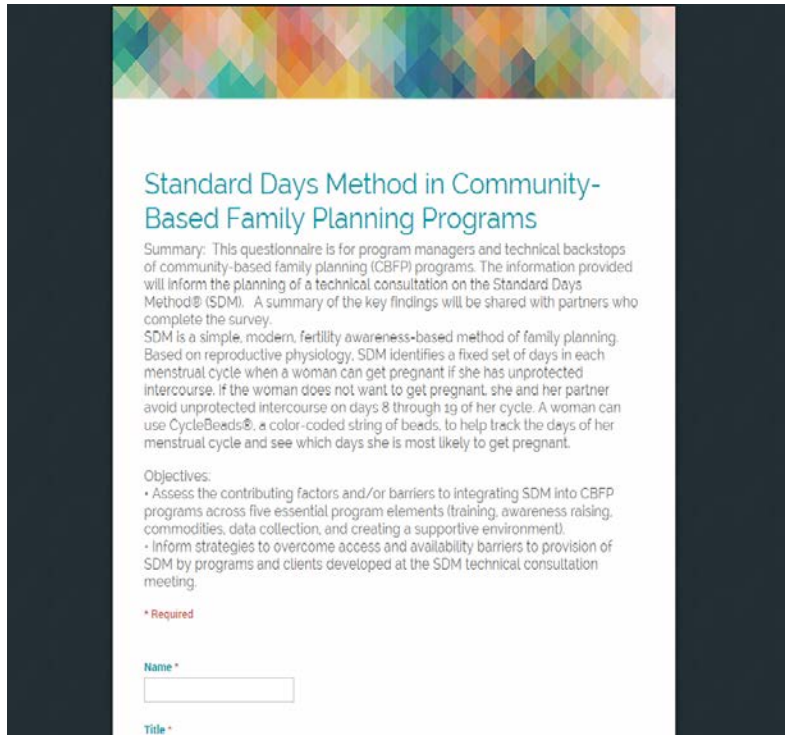
SDM<sup>®</sup> Technical Consultation

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# Survey Overview:



**Standard Days Method in Community-Based Family Planning Programs**

Summary: This questionnaire is for program managers and technical backstops of community-based family planning (CBFP) programs. The information provided will inform the planning of a technical consultation on the Standard Days Method® (SDM). A summary of the key findings will be shared with partners who complete the survey.

SDM is a simple, modern, fertility awareness-based method of family planning. Based on reproductive physiology, SDM identifies a fixed set of days in each menstrual cycle when a woman can get pregnant if she has unprotected intercourse. If the woman does not want to get pregnant, she and her partner avoid unprotected intercourse on days 8 through 19 of her cycle. A woman can use CycleBeads®, a color-coded string of beads, to help track the days of her menstrual cycle and see which days she is most likely to get pregnant.

Objectives:

- Assess the contributing factors and/or barriers to integrating SDM into CBFP programs across five essential program elements (training, awareness raising, commodities, data collection, and creating a supportive environment).
- Inform strategies to overcome access and availability barriers to provision of SDM by programs and clients developed at the SDM technical consultation meeting.

\* Required

Name \*

Title \*

**Number of participants: 25**

- Participants who work directly in community-based family planning service delivery: 21

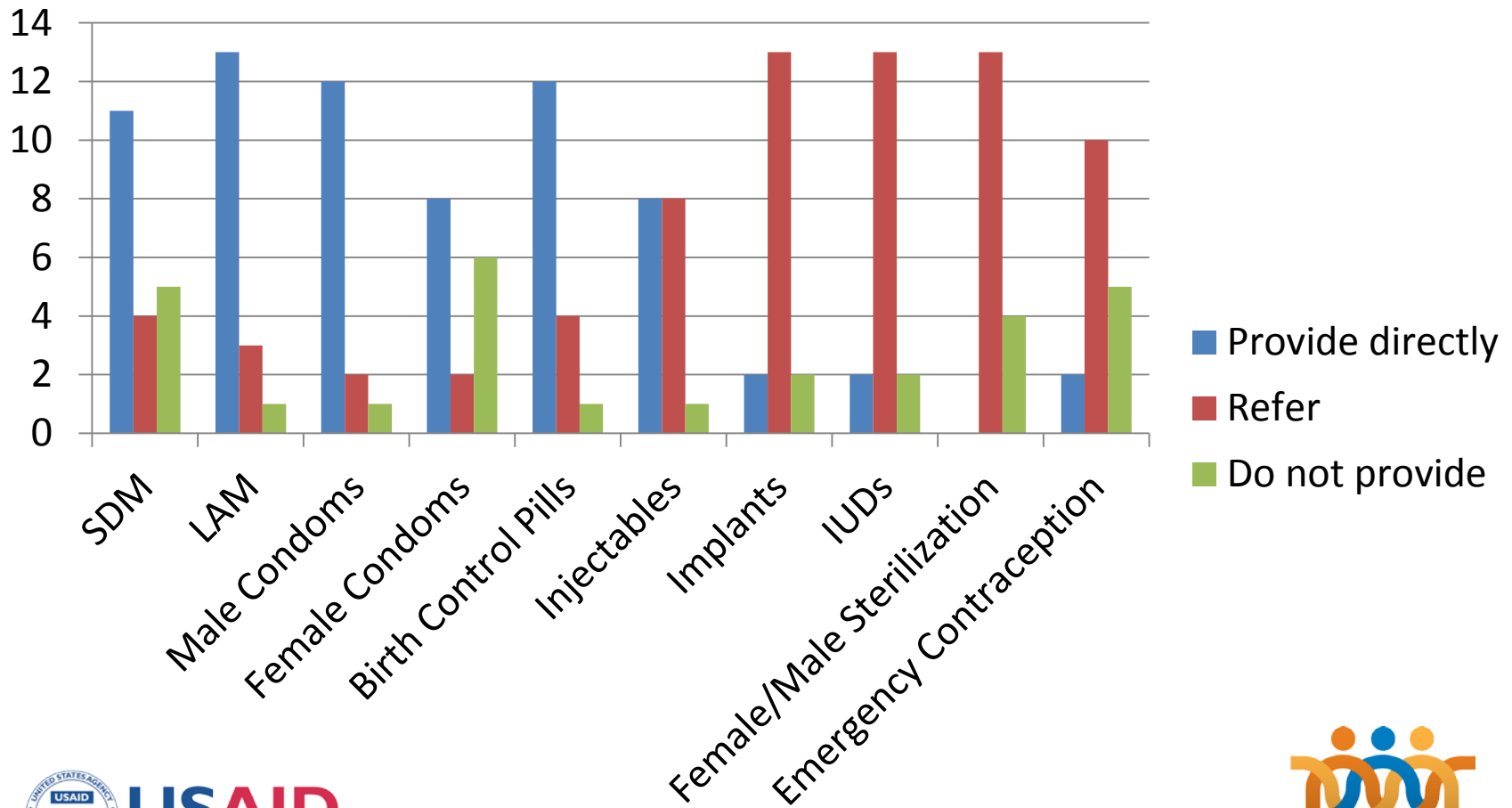
**Number of organizations: 23**

- Local NGOS: 8
- INGOS: 13
- Independent Consultants: 2

**Countries represented:** Uganda, Ghana, Nigeria, Philippines, Bolivia, DRC, Ethiopia, Kenya, Zambia, Rwanda, and Madagascar \*

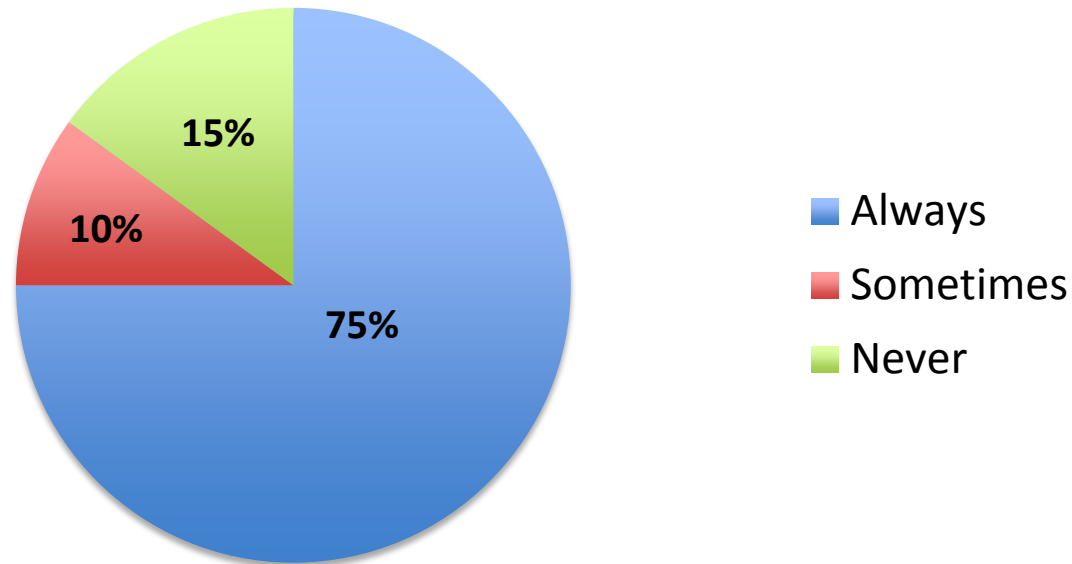
\*Some participants identified Global/USA as their implementation location

# Methods participants offer in their family planning programming:



# How integrated is SDM into the participants' CBFP program?

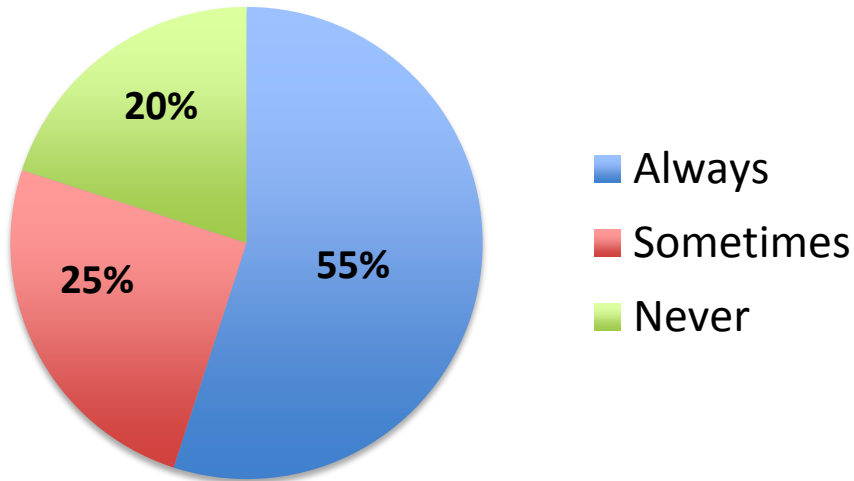
Is SDM included in training for community-based workers?



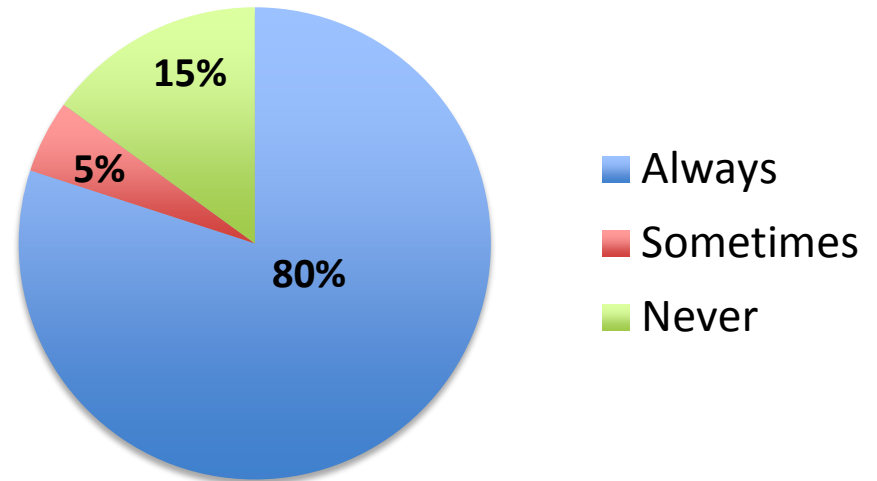
\*(Out of 20 responses)

# How integrated is SDM into the participants CBFP program?

Is SDM included in supervision visits for community-based workers?



Is SDM included in information the organization provides to the community on FP?



\*(Out of 20 responses)

## Reasons participants are including SDM in their programs:

- The method is effective and safe
- Male involvement/partner dialogue
- Recent introduction of SDM into method mix in-country
- Supports the needs of women who seek hormone-free methods
- Supports religious and/or cultural beliefs
- Need for expanded method options for women of reproductive age
- Alternative method when others are unavailable
- Appropriate for community-level FP service delivery
- All training materials for community based distributors of family planning are inclusive of the SDM information (Zambia)
- SDM is included as an official method for natural family planning in HMIS, DHS, and other official government documents



# CycleBeads®

**Number of participants who offer CycleBeads® to women and couples through their CBFP programs: 13 out of 23 that responded (56%)**

## **Source of Cyclebeads®:**

- USAID DELIVER (Nigeria, Kenya, Rwanda, Madagascar)
- UN Agencies and other donors (Uganda)
- Manufacturer or distributor (Philippines, Uganda)
- District pharmacies (Rwanda)
- Ministry of Health (Global)
- KEMSA (Kenya)



## SDM in Country Documentation

	Do community-based FP services get recorded in the HMIS?	Is there a designated column/row/box for SDM?	Is SDM included in the national family planning guidelines where your program is implemented?
Uganda	Yes	N/A*	Yes
Ghana	Yes	N/A*	Yes
Nigeria	Yes	Yes	N/A*
Philippines	Yes	Yes	Yes
Bolivia	No	N/A	Yes
DRC	Yes	Yes	Yes
Ethiopia	N/A	N/A	N/A
Kenya	N/A*	N/A*	Yes
Zambia	Yes	Yes	N/A
Rwanda	Yes	Yes	Yes
Madagascar	N/A*	Yes	Yes

N/A\*=Conflicting data reported; N/A=No response



## **The three most significant benefits to providing SDM as part of the method mix in CBFP programs cited by participants:**

1. Can be used by women who cannot use, or prefer not to use, methods that contain hormones or require a medical procedure (tie)
2. Overcomes religious and cultural opposition to family planning (tie)
3. Does not cause any physical side effects
4. Encourages male involvement in family planning

## **The three most significant challenges to providing SDM as part of the method mix in CBFP programs cited by participants:**

1. Belief that SDM is not effective modern family planning method
2. Logistics and stock outs—getting consistent supplies of CycleBeads®
3. Lack of funding for including SDM in CBFP programs



## Participants' solutions to addressing challenges in providing SDM as part of the method mix in CBFP programs :

- Worked with the Ministry of Health to introduce SDM in one region and once the success was seen, MOH has started scaling up with support from partners (Kenya)
- Training modules were prepared but training was conducted by another agency & some press releases and early IEC materials (Philippines)
- Programming that seeks to create demand for referrals for FP counseling (Ethiopia)
- Provide training and refresher course with more information, the client may decide that it is worth it to buy the CycleBeads®; make sure supervision of SDM work is part of overall health supervision (Madagascar)



## Information or technical support needed by participants to improve provision of SDM as part of the method mix in their CBFP programs:

- Training of trainers
- Re-training on SDM
- More counseling tools, information, and educational materials to be used in creating awareness about SDM in the communities
- Improved integration of SDM into medical and nursing school curriculum
- More technical documents supporting the effectiveness of CycleBeads®
- Research on psychosocial benefits of SDM
- More funding for training and research on SDM
- Support on demand creation (IEC/BCC materials with information especially increasing awareness on SDM)
- Sharing best practices of SDM services provision at community level
- Funding for the purchase of CycleBeads® for onward distribution at subsidized prices for clients who prefer its use
- Monitoring at community level
- SDM will need to be included in the HMIS



# QUESTIONS?

