Institute for Reproductive Health
Georgetown University

RESEARCH TO PRACTICE: THE STANDARD DAYS METHOD

USAID
FROM THE AMERICAN PEOPLE

1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005

Key Activities

THEORETICAL BASIS FOR METHOD

METHOD EFFICACY

PROTOCOL & SERVICE DELIVERY STRATEGIES

SCALING UP

PROTOCOLS FOR SPECIAL CIRCUMSTANCES

SDM in Publications

Propose "standard rule" concept
"Development of New Formulas to Identify the Fertile Time of the Menstrual Cycle." *Contraception* 1996.

Establish framework for simple methods
"Expanding Availability and Improving Delivery of Natural Family Planning Services and Fertility Awareness Education: Providers' Perspectives." *Advances in Contraception* 1997.

Establish SDM as a method
"A Fixed Formula to Define the Fertile Window of the Menstrual Cycle as the Basis of a Simple Method of Natural Family Planning." *Contraception* 1999.

Establish SDM effectiveness
"Efficacy of a New Method of Family Planning: the Standard Days Method." *Contraception* 2002.

Position SDM according to International Conference on Population Development framework
"The Standard Days Method of Family Planning: A Response to Cairo." *International Family Planning Perspectives* 2003.

Assess SDM appropriateness for breastfeeding women
"Application of Simple Fertility Awareness-based Methods of Family Planning to Breastfeeding Women." *Fertility and Sterility* 2003.

Provide additional guidance
"The Importance of Screening and Monitoring: the Standard Days Method and Cycle Regularity." *Contraception* 2004.

Inform Professional Audiences about SDM
"New Low- and High-Tech Calendar Methods of Family Planning." *Journal of Midwifery and Women's Health* 2004.

Compare cost of SDM to other methods
"Mind the Gap: Paying for Family Planning in Developing Countries." *International Journal of Family Planning and Reproductive Health Care* 2004.

Explore how couples adjust to method use
"It's All in the Timing: Coital Frequency and Fertility Awareness-Based Methods of Family Planning." *Journal of Biosocial Science* 2005.

Explore service delivery issues
"Cultivating Men's Interest in Family Planning in Rural El Salvador." *Studies in Family Planning* 2005.

Explore service delivery issues
"Expanding Family Planning Options: Offering the Standard Days Method to Women in Istanbul." *Journal of Family Planning Reproductive Health Care* 2005.

SDM in Guidance Documents

IPPF Medical Bulletin
Simple Methods of Natural Family Planning, 2000

Contraceptive Technology Update
Use Resources to Teach Standard Days Method, American Health Consultants, 2002

Sexual Health
The Standard Days Method: A New, Effective Method of Family Planning, 2002

IRH
Reference Guide for Counseling Clients in the SDM, 2002

WHO
Selected Practice Recommendations for Contraceptive Use, 2002, 2004

WHO
Improving Access to Quality Care in Family Planning, Medical Eligibility Criteria for Contraceptive Use, 2002, 2004

Global HealthLink
The Standard Days Method: An Innovative Approach to Family Planning, 2003

Current Medical Researcher
Standard Day Calendar Methods, 2003

IPPF Medical Bulletin
The Standard Days Method for Family Planning, 2003

USAID
Guidance to USAID field missions, 2003

Advances for NURSES
Simplifying Family Planning, 2004

Bridging the Gap Foundation
SDM included in **A Pocket Guide to Managing Contraception**, 7th Edition, **2004**

USAID Technical Guidance
Global Health Technical Briefs, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs, USAID, 2004

Contraceptive Technology
SDM included in **Fertility Awareness-based Methods, 18th Edition**, 2004

Health Communication Partnership
Infoforhealth.org
Jim Shelton's Pearls, Health Communication Partnership, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs, 2004

WHO
SDM guidance included in **WHO's Implementing Best Practices (IBP) Initiative**, 2004

IRH
SDM Service Implementation Guidelines, 2005

IRH
Reducing Barriers to Offering the SDM, 2005

USAID
Guidance to USAID field missions and CAs, 2005

Bridging the Gap Foundation
SDM included in **A Pocket Guide to Managing Contraception**, 8th Edition, 2005

PATH
Toolkit to evaluate/assess the feasibility and requirements of locally manufacturing CycleBeads, including "how-to" guide, 2005

Population Reports
New Contraceptive Methods, Info Project, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs, 2005

WHO
SDM included in **Global Handbook for Family Planning,** 2005

SDM Introduced in Countries

Bolivia
Peru
Philippines

Benin
El Salvador
Guatemala

India
Ecuador
Azerbaijan

Bangladesh
Burkina Faso
Honduras

Rwanda
Tanzania
United States
Zambia

DR Congo
Nicaragua

Angola
Ethiopia

Madagascar
Mauritius

Mozambique
Romania

Albania
Haiti
Senegal

SDM in Norms

Bolivia
MOH

Guatemala
MOH, Social Security Institute

Philippines
Department of the Interior and Local Government
Catholic Bishops' Conference of the Philippines voted yes to include SDM in their diocesan NFP program

El Salvador
MOH

Peru
MOH

DR Congo
MOH-forthcoming

Ecuador
MOH-forthcoming

Mali
MOH-forthcoming

Burkina Faso
MOH-forthcoming

Nicaragua
MOH-forthcoming

Honduras
MOH-forthcoming

Benin
MOH

India
RH Implementation Plan (Phase III)

SDM in Curricula

Bolivia
SDM included in curriculum at Escuela de Auxiliares de Enfermería, Trinidad, Beni

Peru
SDM included in curriculum at Universidad Nacional de San Martín, Facultad de Ciencias de la Salud, Obstetricia

Philippines
"Competency-based training on the SDM," Training Manual, IRH/Philippines

Bolivia
Tutoring guide and student manual, PROCOSI and EngenderHealth

Rwanda
SDM included in MOH in-service curriculum

IRH
CD-ROM produced by USAID, JHPIEGO and IRH, "Standard Days Method: A simple, fertility awareness-based method of family planning."

El Salvador
SDM included in curriculum at Universidad Evangélica, with MOH

IRH
"Counseling Clients in the SDM," Trainer's Guide

Peru
SDM included in "Reproductive and Sexual Health Manual for Community Workers," MOH

Honduras
Training packet for government health professionals to promote FP/RH, created by UNFPA for the MoH

IRH
"SDM & CycleBeads: Online Training for Healthcare Providers"

India
SDM included in "Child Health and Nutrition Training and Supervision Manual," World Vision Child Survival Project

SDM included in TOT for Reproductive Health Change Agents with CARE

DR Congo
SDM included in medical school curriculum in Kinshasa
MOH working to include SDM in pre-service/in-service curriculum

USAID
SDM Electronic Course in USAID Global Health E-Learning Center

Bolivia
SDM included in pre-service curriculum of nursing schools, Escuelas Técnicas de Salud Boliviana

Ecuador
SDM included as addendum in CEMOPLAF's adolescent fertility and sexuality facilitator's manual

Peru
SDM included in curriculum at University of San Martín de Porres

SDM included in recommended curriculum of Association of Schools of Midwifery

Honduras
SDM integrated into national universities' nursing curriculum

SDM in Management Information Systems

Bolivia
MOH-Dept. Santa Cruz;
CIES; Consejo de Salude Rural Andino

Peru
MOH

Bolivia
MOH-Depts. La Paz and Tarija

Zambia
Population Council, Copperbelt

Guatemala
MOH and Social Security Institute

Rwanda
MOH

Ecuador
CEMOPLAF

Honduras
ASHONPLAFA

Benin
MOH; OSV/Jordan; PSI

Tanzania
Zanzibar Nurses Association

Bolivia
MOH-Dept. Oruro; APROSAR; APSAR; CRECER

DR Congo
Conduite de la Fécondité; Catholic Relief Services

DR Congo
MOH; PSI

Benin
MOH

Mali
MOH-forthcoming

Burkina Faso
MOH

Philippines
DOH

Ecuador
MOH

Honduras
MOH

SDM in DHS

Philippines
National Statistics Office, Family Planning Survey

Bolivia
Demographic and Health Survey (DHS), with MOH and National Statistics Institute

Philippines
DHS, with National Statistics Office and ORC Macro

Rwanda
DHS

Ethiopia
DHS

Honduras
DHS

International Partners

WHO–Global
CDC–Global

MOH–Bolivia, Peru, Philippines

CARE–Peru
CARITAS–Bolivia
Catholic Relief Services (CRS)–Bolivia
CIES–Bolivia
Project Concern International–Bolivia, El Salvador

ASHONPLAFA (IPPF Affiliate) –Honduras
CARE–India
CASP/Plan International–India
Centre for Development and Population Activities (CEDPA)–India
CEMOPLAF–Ecuador
CEPROFARENA–Peru
CEVIFA–Honduras
CIRES–El Salvador
CRS–Honduras
Fabella Hospital–Philippines
Friendly Care Foundation–Philippines
JHPIEGO–Peru
MOH–Benin, Honduras
OSV/Jordan–Benin
Population Services International (PSI)–India

Adventist Development & Relief Agency International–Peru
Aprovime–Guatemala
ARBEF (IPPF Affiliate)–Rwanda
Belejeb B'atz–Guatemala
EngenderHealth–Bolivia
Intrah–Rwanda
JHPIEGO–Burkina Faso
MOH– Burkina Faso, Guatemala, Rwanda, Zambia
Pathfinder International–India
Population Council–Guatemala, Zambia
Procosi NGO Network–Bolivia
University Research Co., LLC–Guatemala

Genesis–Guatemala
Guatemala Social Security Institute (IGGS)–Guatemala
MOH– DRCongo, Tanzania
UNFPA–Honduras
Zanzibar Nurses Association–Tanzania

ABEF (IPPF Affiliate)–DRCongo
Advance Africa–Angola, DRCongo, Mozambique
Chemonics–Madagascar, Philippines
Conduite de la Fécondité–DRCongo
Family Health International –Nicaragua
Interchurch Medical Assistance/SANRU –DRCongo
IRH Philippines Foundation–Philippines
Johns Hopkins University Center for Communication Programs–Headquarters
Johns Hopkins University Center for Communication Programs–Nicaragua
John Snow, Inc.–Romania
Krishi Gram Vikas Kendra–India
Management Sciences for Health–Nicaragua
Mauritius Family Planning Association (IPPF affiliate)–Mauritius
Mercy Corps–Azerbaijan, Honduras
MOH–Madagascar, Nicaragua
Pathfinder International–Ethiopia, Peru
Population Council–Ecuador
Program for Appropriate Technology in Health–Global
Project HOPE–Guatemala
PSI– Benin, DRCongo
UNFPA–Nicaragua
World Vision–India

ABPF (IPPF Affiliate)–Benin
Academy for Educational Development (SARA Project) & Réseau Population et Santé de la Reproduction en Afrique Francophone–West Africa Region
CARE–DRCongo
Catholic Dioceses of Kinshasa and Bukavu–DRCongo
Haitian Health Foundation–Haiti
Jane Goodall Institute–DRCongo
MOH–Ecuador
Management Sciences for Health–Haiti, Senegal
Peru Social Security Institute (Es Salud)–Peru
Project HOPE–Kyrgyzstan
PROSALUD–Bolivia
Save the Children–Guinea, Mali
University San Martín de Porres–Peru

SDM in USAID Project Results

USAID facilitates availability of CycleBeads

Bolivia: Included in maternal insurance scheme

DRC: Included in AXXES RFA

Kenya: Included in APHIA II RFA

Uganda: Included in AFFORD RFA

Honduras: Included in mission grant for community-based FP

Benin: Included in POPFAM RFA

Global: Included in Extending Service Delivery

Haiti: Included in HS 2007

Other SDM Milestones

SDM IN THE MEDIA:
- *Woman Today*, India
- *El Comercio*, Peru
- *Family Planning Today*, The Philippines
- *Straits Times*, Singapore

SDM IN THE MEDIA:
- *La Prensa*, Nicaragua
- *Ahora*, Peru
- *Sexual Health Exchange*, USA
- *Le Matin*, Benin
- *La Nation*, Benin
- *La Prensa*, Bolivia
- *Outlook*, India

SDM IN THE MEDIA:
- *Newsweek*, USA
- *Times-Picayune*, USA
- *Wall Street Journal*, USA
- *Kaiser Daily Reproductive Health Review*, USA

PRESENTATIONS:
- APHA
- ARHP
- NANP

AWARDS:
- SDM efficacy article named among 25 most important reproductive health papers in 25 years by Contraceptive Technology

SDM IN THE MEDIA:
- *Washington Post*
- *Los Angeles Daily News*
- *Times Picayune*, USA
- *El Nacional*,Guatemala
- *Savannah Morning News*, USA
- MayoClinic.com
- news-medical.net

PRESENTATIONS:
- ACNM
- Global Health
- Peruvian Association of Ob-Gyn
- Psychosocial Workshop
- FIGO
- APHA
- SAGO
- DRC MAQ
- India Ob-Gyn Congress
- Contraceptive Technology

SDM IN THE MEDIA:
- *Chicago Tribune*, USA
- *Washington Times*, USA
- Science Daily.com
- *Glamour Magazine*, USA
- CNN.com
- www.khaleejtimes.com, India
- *El Nuevo Diario*, Nicaragua
- *Medical News Today*

PRESENTATIONS:
- West African RH Repositioning
- LA Regional Ob-Gyn
- Psychosocial Workshop
- PAA
- FLASOG
- Ecuadorian SAC
- APHA

AWARDS:
- India: SDM paper awarded top prize at Obstetrics and Gynecology Conference
- SDM OR partner CEMOPLAF wins Dr. Marjorie C. Horn Operations Research Award

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