



News from IRH, July 2012



Study shows that the Standard Days Method® with CycleBeads® can be successfully introduced into Title X Clinics

IRH recently completed a study on the [Strategic Approach to Standard Days Method® Introduction](#), which was carried out in collaboration with research and service delivery partners in California and Massachusetts and funded by the U.S. Department of Health and Human Services' Office of Population Affairs.

This study (2008-2012) aimed to integrate Standard Days Method using CycleBeads® into Title X family planning programs in selected clinics and to test whether offering this method led to increased use of fertility awareness-based family planning methods.

Overall, this study demonstrated that CycleBeads can be successfully introduced into family planning service delivery at a variety of Title X clinics, from reproductive-health-focused organizations to facilities providing the full range of primary care services.

Lessons learned:

- Clinic staff perceived that offering CycleBeads added value to their services because it enabled them to provide more options for their clients and to better meet the needs of clients seeking a non-hormonal method.
- While the number of users of fertility awareness-based methods (FAM) at participating clinics increased with the integration of CycleBeads, the overall number of FAM users remained low relative to other methods.
- Managers perceived that integrating CycleBeads into

New iCycleBeads™ Web App



Easy and effective natural family planning is now available online with the new iCycleBeads™ web app, the only web app in the world based on the Standard Days Method of family planning.

Click [here](#) to learn more.

CycleBeadsToolkit.com



is home to the CycleBeads Integration Guide, a resource for U.S.-based

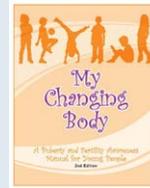
family planning programs who wish to integrate the Standard Days Method® (SDM), used with CycleBeads, into their services.

My Changing Body Curriculum Available

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existing clinic-based systems was simple and straightforward, and providers found that CycleBeads counseling fit within the flow of clinic services.

- While clinic staff found CycleBeads easy to teach, they sometimes forgot to offer it because it was not part of their normal counseling routine. Other barriers to access included the fact that most clients had not heard of the method before and therefore did not know to ask for it, and that some clients who wanted the method did not meet the eligibility criteria due to out-of-range cycle length or lack of partner cooperation.
- Most clients chose CycleBeads because it was natural with no side effects. They were able to use it successfully and were satisfied with the method.



edition of the *My Changing Body* curriculum, targeted at

very young adolescents (10-14y), provides accurate information about puberty through activity and discussion-based sessions.

ENG, FRE, SPA

Want to know more?

- [Research Brief - Expanding Family Planning Options: Meeting the Demand for Non-hormonal Methods in the US](#)
- [Final Report](#) and [Executive Summary](#)
- *CycleBeads Integration Guide for Family Planning Programs* located at www.cyclebeadstoolkit.com
- New! Provider Training Videos : [Standard Days Method® with CycleBeads®: Who Can Use this Method?](#)

www.irh.org



Upcoming Events

Come visit IRH's exhibit or hear us present at the following upcoming events:

[National Reproductive Health Conference, Title X](#)

New Orleans, LA | Aug. 5-7, 2012

- CycleBeads Skills Session from 9-11am on Sunday, August 5th during the 'Mother Nature and Reproduction' workshop
- Poster: "Meeting Clients' Needs for Non-Hormonal Options"

[Association of Reproductive Health Professionals \(ARHP\)](#)

New Orleans, LA | Sept. 20-22, 2012

- Presentation: "Systematic Screening: Building Health Systems to Address Family Planning and Chronic Disease"

[American Public Health Association \(APHA\)](#)

San Francisco, CA | Oct. 27-31