

TwoDay Method[®] of Family Planning

A Training for Service Providers



USAID
FROM THE AMERICAN PEOPLE



The Institute for Reproductive Health at Georgetown University in Washington, D.C., is a leading technical resource in Natural Family Planning and a learning center committed to developing and increasing the availability of effective and easy-to-use natural methods.

© 2004 Institute for Reproductive Health, Georgetown University

Third Edition – July 2011

4301 Connecticut Ave, NW, Suite 310

Washington, DC 20008

Email: irhinfo@georgetown.edu

Website: www.irh.org

Any part of this publication may be reproduced and excerpts from it may be quoted without permission, provided the material is distributed free of charge and the Institute for Reproductive Health, Georgetown University is credited as the source of all copies, reproductions, distributions and adaptations of the material.

This publication was made possible through support provided by the United States Agency for International Development (USAID), under the terms of the Cooperative Agreement No. GPO-A-00-07-0003-00. The contents of this document do not necessarily reflect the views or policies of USAID or Georgetown University.

Table of Contents

Activity 1	1
Welcome, Introduction and Objectives	
Activity 2	2
What is the TwoDay Method?	
Activity 3	10
Secretions	
Activity 4	18
Will the TwoDay Method work for the Woman?	
Initial Visit	
Activity 5	29
How to use the Client Card	
Activity 6	34
How to deal with sexuality issues and method use	
Activity 7	38
Using the method as a couple	
Activity 8	41
Practice counseling in the TwoDay Method	
Activity 9	48
Does the method still work for the woman?	
Follow-up Visit	
Activity 10	52
Evaluation	

Activity 1

Introduction

Time: 30 minutes

Objective: By the end of the activity, participants will:

- Feel welcome to the training
- Know the names of fellow participants
- Have discussed their expectations and course objectives

Materials:

- Course objectives written on large pieces of paper or projected on Overheads (handout)
- Agenda (handout)
- Large pieces of paper or flipchart, colored markers and tape

Instructions:

1. Prepare the registration sheet, name tags and packets for participants.
2. Welcome participants and discuss important logistical matters.
3. Introduce yourself to the group and explain what your role will be during the workshop, adding that in order for everyone to know each other better, you would like to each person to share their name, where they've come from and one expectation they have for the workshop. Begin the round of introductions by sharing this information yourself and then asking participants to continue.
4. Make a note of participants' expectations on a large sheet of paper and hang the list somewhere visible, using adhesive tape.

5. When the introductions are complete, draw the participants' attention to the "Objectives" sheet and compare them to the expectations mentioned during the introductions.
6. Explain that the workshop is designed for the participants to be able to develop counseling skills specifically for the Two Day Method. Make it clear that this workshop will specifically cover the key points in counseling the user, from the time she decides to use the Two Day Method, not counting the counseling she would receive during the general counseling process in the family planning program.
7. Also explain that the participatory methodology to be used during the workshop means that it will be very important to have participation, comments and questions from each participant.
8. Display the participant notebook and explain its contents. Ask the participants to read the workshop agenda along with you and explain the general content of each session. Explain the logistics of the workshop (time schedules, breaks, location of the restrooms, etc.)

Processing the Activity

The main objective of this activity is to establish the foundations and environment for the workshop. If the workshop objectives and plan have not been shared with the participants in advance, this is the time to do so. It is important for the participants that they know each other and know each person's role within the group. Introducing each one is the first contribution every individual makes to the workshop process. During this activity you, as facilitator, will get to know the group better, assess their level of knowledge and expectations, and make any feasible adjustment to accommodate those expectations. It is also the time to let those present know what expectations cannot be met in this event and how they will be addressed later. It is important to describe the contents of the participant notebook to the group and give a general outline of how and when the various materials will be used.

LEARNING OBJECTIVES

By the end of the training workshop, the participants will:

- Be able to demonstrate knowledge of the Two Day Method, its scientific bases and how it works.
- Be able to demonstrate how to screen and counsel users interested in the Two Day Method.
- Be able to demonstrate correct use of the provider's support material.
- Have increased their level of confidence and skills in communicating with the user regarding how to talk with her partner about handling her fertile days.
- Be able to identify and practice skills for communication during counseling about the TwoDay Method, to achieve good interaction with the users.

AGENDA

- Welcome and introduction of participants
- What is involved in the Two Day Method?
- What are secretions?
- Initial visit: Who could the Two Day Method work for?
- Communication regarding topics of sexuality
- Supporting the couple in handling their fertile days
- Practicing counseling in the Two Day Method
- Follow-up visit: Is the Two Day Method still working for the couple?
- Evaluation of the workshop and closing ceremony

Activity 2

The TwoDay Method

Time: 30 minutes

Objectives: By the end of this activity, the participants will be able to demonstrate knowledge of:

- Aspects of female fertility that the Two Day Method is based on,
- Its rate of effectiveness, and
- The method's basic characteristics.

Materials

- Presentation on PowerPoint/Overhead projector
- Flipchart to write down questions from the participants
- Markers and adhesive tape

Instructions:

1. Prior to the training, review the presentation and adapt it to the level of the group. Read the presentation outline and adapt the language to your style as a facilitator, taking care to not alter the terminology or the contents.
2. Due to time constraints, ask the participants to be writing down their questions on the copy of the presentation included in their materials packet. At the end of the presentation, they will have 10 minutes to ask questions.

3. The presentation covers the following aspects:
 - Description of the Two Day Method
 - Its origin and scientific bases
 - The method's effectiveness testing phase
 - Results and lessons from the effectiveness study
4. At the end of the presentation, invite the participants to ask their questions. Write down on the Question Parking Sheet those that fall outside the subject area, so they can be answered at another time. After answering the participants' questions and providing explanations, move on to the next activity.

Processing the Activity

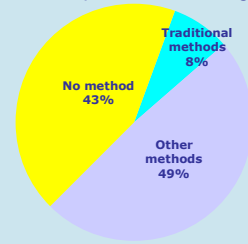
The purpose of this activity is to provide a general overview of the Two Day Method, from its origin, development and testing to its current inclusion as a valid option in family planning for women and their partners.

The Two Day Method has been only recently introduced, which is why it is important to present its characteristics and scientific bases, as well as the process used to establish its effectiveness. In the group there may possibly be participants who distrust natural methods, which is usually because they don't know their bases or because they hear that natural methods have failed many couples, but they haven't taken into account that most failures occur because the user does not know how to identify the woman's fertile phase. This presentation is fundamental to beginning to change negative attitudes towards methods that are based on knowledge of fertility.

The Two Day Method for Family Planning

Use of Family Planning

(women with partners, world figures)



Source: Levels and Trends of Contraceptive Use as Assessed in 1998. *United Nations*, Report ESA/P/WP.155 New York, 1999

Development of the Two Day Method

Goal: To find a highly reliable indicator that would easily identify a woman's fertile days.

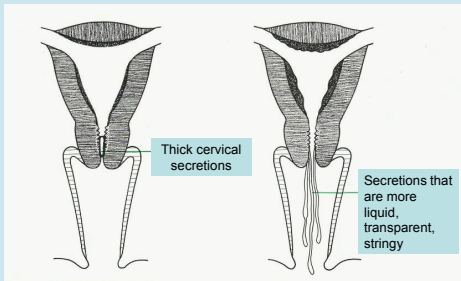
Detailed review of:

- Literature on reproductive physiology
- Counseling protocols for the ovulation and symptothermal methods
- Records of the users of those methods

Function of Secretions

- To protect the sperm against the acidic environment in the vagina
- To transport the sperm (prevent or enhance motility)
- Energy source for the sperm

Cervical Secretions



Cervical Secretions during the Menstrual Cycle

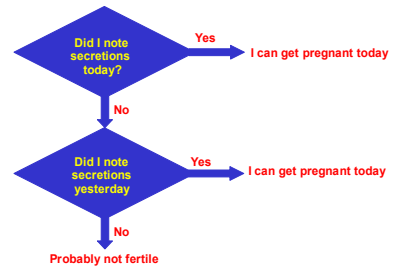
Preovulatory Days	Periovulatory Days	Postovulatory Days
Less Water Less Fluid Less detectable	More Water More Fluid More detectable	Less Water Less Fluid Less detectable

Detectable secretions = Sign of Fertility

What does the Two Day Method consist of?

- It uses cervical secretions as an indicator of fertility.
- The woman checks daily for the presence or absence of secretions (of any type).
- If she notes secretions **TODAY** or **YESTERDAY**, she is considered to be fertile **TODAY**. To prevent pregnancy, avoid unprotected sex **TODAY**.

Two Day Method



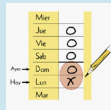
How to use the Two Day Method

1



Identify secretions during the day.

2



When you are going to bed, think whether you had any that day.

3



Determine whether you are on a fertile day and decide whether you can have sex or not.

Efficacy study of the Two Day Method

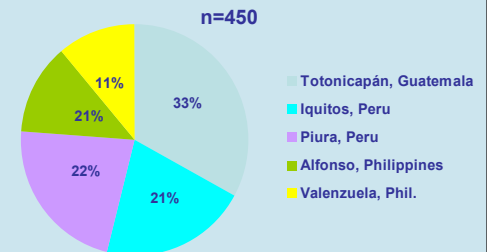
Principal research questions

- Is it effective?
- Is it acceptable?
- Can programs feasibly incorporate it into their services?

Efficacy Study

- Multi-center prospective study
- Services offered through pre-established programs.
- Users monitored monthly for 13 cycles.

Effectiveness Study Locations



Source: Arévalo et al. Fertility & Sterility, October 2004

Characteristics of Participants

Peru, Guatemala, Philippines		
Area	Rural	45%
	Urban, semi-urban	55%
Age	18-24	24%
	25-29	29%
	30-34	26%
	35-39	21%

Source: Arévalo et al. Fertility & Sterility, October 2004

Parity

0	0%
1-2	61%
3-4	28%
5+	11%
Average # of children: 2.5	

Source: Arévalo et al. Fertility & Sterility, October 2004

Prior Use of Family Planning

No method	21%
Rhythm	30%
Withdrawal	16%
Barrier	12%
Injectable	10%
Combined	6.2%
Pill	5.5%
IUD	1.5%

Source: Arévalo et al. 2004

Rate of Effectiveness of the Two Day Method

Pregnancies for every 100 woman-years	
Correct use (with abstinence)	3.5
Correct + incorrect	13.7

Source: Arévalo et al. Fertility & Sterility, October 2004

Failure Rate for Methods Controlled by the User

	Correct Use	Typical Use
Nothing	85	85
Spermicides	18	29
Periodic abstinence	1-9	25
Female condom	5	21
Diaphragm	6	16
Withdrawal	4	27
Standard Days Method	5	12
Two Day Method	3.5	13.7
Male condom	2	15
Pill	0.3	8

Source: Método de los Dos Días: Arévalo et al, 2004.
Otros métodos: Tecnología Anticonceptiva, 18th Edition 2004

How did women check their secretions?

- Touching their genitals with their fingers and feeling or seeing
- Observing or touching the toilet paper, underwear
- By sensing only

Two Day Method

Lessons:

- Women want to know how their bodies work.
- Women had no problem about observing their secretions.
- They could identify their secretions in the first cycle of using the method.
- Couples can avoid unprotected sex during their fertile days.

Who can use the Two Day Method?

- Women with cycles of any length.
- Women with normal secretions.
- Women willing to observe their secretions daily
- Couples who can avoid sex for several days in a row every cycle.



Activity 3

Secretions

Time: 30 MINUTES

Objective: By the end of this activity, the participants will be able to:

- Identify the phases of the menstrual cycle.
- Explain what secretions are like, what they indicate and how they change throughout the month.
- Identify the fertile phase based on the presence of secretions.
- Explain the different strategies that a woman can use to know whether she is having secretions or not.

Materials:

- Poster A: The menstrual cycle
- Posters B and C: How secretions can be seen and felt
- Poster D: Summary of how to use the Method
- Flipchart

Instructions:

1. Before starting, use the brainstorming method to explore the participants' knowledge of secretions. Make a note of the answers to the following questions:
 - What are they like?
 - What do they mean?
 - How do women usually refer to their secretions?
 - How are secretions interpreted in the communities or services where they work?

2. Before continuing, explain that women are generally aware that, apart from menstruation, something else is discharged during their cycle. Nevertheless, many of them don't know its significance or pay any attention to it. They only know that they have it now and then. Women generally feel secretions when they are more abundant, but when they learn to use this method, they realize that these secretions are present, although scant, and they learn to feel them, touch them and see them.
3. Explain that, because this method is based on secretions or signs of fertility that occur during each cycle, it is first of all important to understand what the menstrual cycle is, how secretions appear and how they change as the days go by.
4. Present the information on the phases of the menstrual cycle. First explain when the cycle begins and ends. Then explain what happens to the secretions after menstruation, around the middle of the cycle and before menstruation returns. (Use Poster A.)
5. It is important that the facilitator focus on the secretions phase using Poster A and emphasize that in showing the user how to use the method the provider must make it clear that secretions change and feel and look different throughout the month. Although they change and feel or look different, all secretions are a sign of fertility and so the women must consider herself fertile.
6. At the end of the explanation, invite the participants to ask questions. Write down on the Question Parking Sheet those that fall outside the subject area, so they can be answered at the appropriate time. Then answer the participants' questions and provide explanations.
7. Divide the participants into groups of four. Ask each group to explore the following:
 - ◆ **How can a woman know if she has secretions?**

Then ask a representative of each group to share the results of their group's discussion and the answers to these questions.
8. Using Posters B and C – "How secretions can be seen and felt," compare the participants' contributions with the ways used during the study. Explain the following key points:
 - A woman has the option to look at them or touch them when she goes to the bathroom or to feel them throughout the day as she goes about her daily activities
 - The provider can tell her about these options and together they can determine the most effective and convenient way for her to notice them.

- The studies performed for this method found that, contrary to what some providers thought, women don't have any problem touching themselves with their fingers and many of them used this technique on their own to be sure they were having secretions. There were women who preferred to check themselves using toilet paper. It isn't necessary that they touch themselves, but sometimes this is the most effective way, especially at the beginning when the women is getting used to taking note of her secretions.
9. End this activity by explaining how this information is applied to know whether the women is on a fertile day, i.e., how to use the Two Day Method. (Use Poster D.)

Processing the Activity

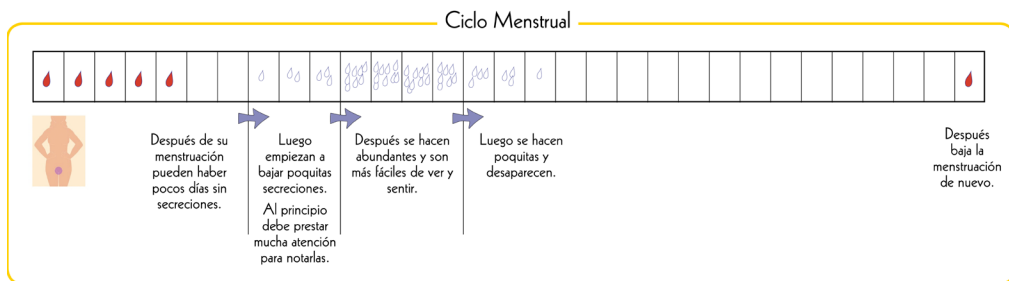
The main purpose of this activity is to give the provider the necessary knowledge of and information on the menstrual cycle and secretions, so he or she can explain it to a user in a simple, concrete way. Another objective is to familiarize the provider with the different ways a woman can know whether or not she is having secretions. It is important that a provider distinguish between the "phases" of the cycle based on the changes in the secretions.

FACILITATOR'S MATERIAL

THE MENSTRUAL CYCLE

1. The menstrual cycle begins on the first day of a woman's period and ends the day before the next period. Many people refer to the cycle as "a woman's month."
2. A woman is fertile only during some days of the cycle. These fertile days are around the middle of the cycle, when ovulation occurs. It is on these days that secretions usually appear. The secretions produced by a woman's body help with fertilization of the ovule by facilitating the sperm's movement toward the ovule.
3. The following are the phases of the menstrual cycle: some days of menstruation, followed by some days of secretions, then secretions begin and continue for several days. They later disappear and the woman's period returns and the cycle begins again.

POSTER A



SECRETIONS: WHAT ARE THEY?

A woman's body produces secretions. Secretions are an indication that the woman is fertile and they can be seen and felt on her genitals. The days that a woman has secretions are the days on which she must take precautions.

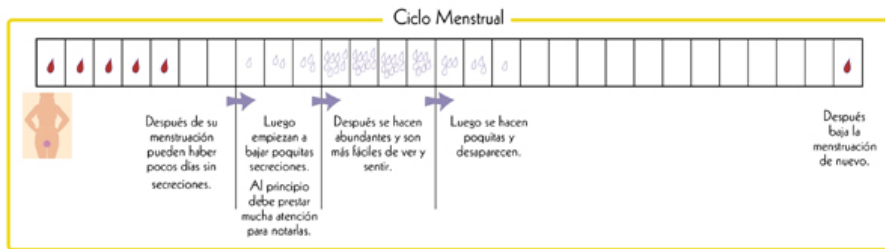
- After your period, you may have a few days without secretions.
- Then secretions start and are scant.
- At the beginning they are scant and then they become more abundant.
- Once secretions begin, they continue for several days in a row.

- Then there are days without secretions and then the woman's period begins again. This happens over and over again, every month.

SECRETIONS: WHAT ARE THEY LIKE?

- Secretions are not always the same. As the days go by, they look and feel different.
- At the start they are scant, so the woman has to pay closer attention in order to see them or feel them. Then they become more abundant and it is easier to see and feel them.
- They can be clear, powdery, rubbery, opaque, lumpy, creamy, slimy, shiny, liquid, transparent, smooth, thick, sticky or sparse.
- Although they change in quantity or look different, ALL secretions indicate that the woman can become pregnant. She should not have unprotected sex when she has secretions if she doesn't want a pregnancy.

REVIEW:



¿En qué días de su ciclo se encuentra?

SECRETIONS: HOW CAN YOU TELL WHETHER YOU ARE HAVING THEM?

You can tell whether you are having secretions by looking at them, touching them or feeling them. You should check your secretions several times a day starting at mid day and until bedtime. It is recommended that a woman check herself at least twice a day.

- You can see them or touch them when you go to the bathroom, by
- Wiping yourself before urinating,
- Looking to seek whether there is any mark on your underwear, and
- Touching your genitals with clean fingers.

POSTER B



You can **feel them**, checking for whether you feel dampness (on your underwear or genitals) as you go about your daily activities

- As you go about your daily tasks
- As you shop
- While you are at work

POSTER C

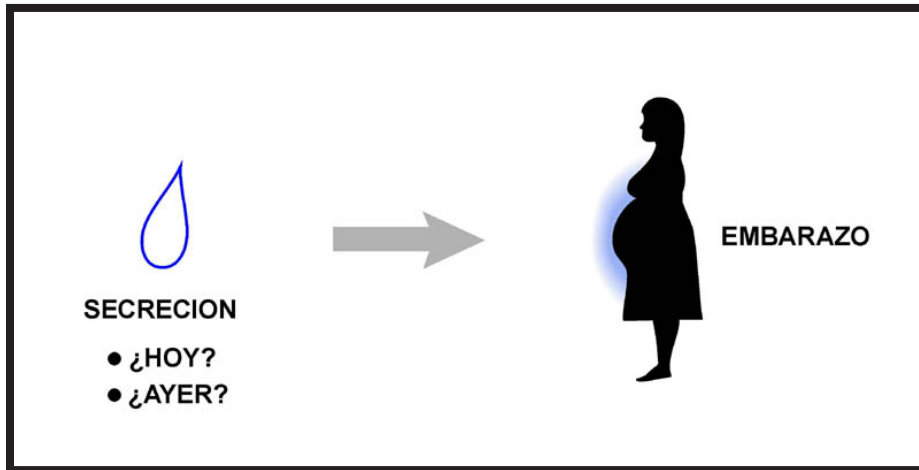


It is important to remember that at the start secretions are scant and it is recommended that you touch or look at them until you become accustomed to feeling them. It is not necessary to touch them, but sometimes this is the most effective way. It is always recommended that you look at them, either on the toilet paper or on your underwear, specially on the days immediately following your period and until you become accustomed to feeling them. It is also important that the woman establish a routine to help her remember to check herself daily for secretions. For example, she can check herself each time she goes to the bathroom, before urinating.

HOW TO DETERMINE WHETHER A WOMAN IS ON A FERTILE DAY?

If the woman had secretions TODAY or YESTERDAY, she could get pregnant TODAY. If she wants to avoid a pregnancy, she should avoid unprotected sex TODAY.

POSTER D



Today is a safe day, with a low risk of pregnancy if you are menstruating or if you did not have secretions either today or yesterday (two days in a row without secretions). You can have sex today.

POSTER E

TO USE THE TWODAY METHOD:

1. Check daily to see whether you have secretions, beginning at mid day.
2. Before going to bed, ask yourself if you had them and mark it on the card.
3. Decide whether you are on a fertile day or not.

Activity 4

Initial Visit: Can the TwoDay Method Work for You?

Time: 40 minutes

Objectives: By the end of this activity, the participants will be able to:

- Identify criteria for use of the Two Day Method
- Identify criteria for beginning to use the method
- Recognize the materials that are used for each step in the counseling

Materials:

- Flipchart pages entitled “Who is it appropriate for?”
- POSTER F: Selection Criteria sheet
- POSTER G: Verification List (Initial Visit)
- Memory Aid for Counseling and Client Cards
- Cases for the Case Analysis activity

Instructions:

Criteria of the Method

1. Through brainstorming, the facilitator will ask the participants to give their opinion of who can use the Two Day Method. At the end, the facilitator will clarify and correct the list and will present a complete list of the criteria for the method.
2. Then the provider will present the Checklist: Initial Visit (POSTER G) and will explain its purpose. This material was designed to help the provider determine,

along with the client, whether the Two Day Method is appropriate for her and her partner. The participants must review the content of the checklist, so it is recommended that the facilitator ask the participants to take turns reading each question aloud.

3. On reaching the last question on the list (Question #12), the facilitator should explain that this question is meant to help determine approximately what phase of the cycle the patient is in and to thus have an idea of what the woman might be experiencing in terms of her secretions at the time of the counseling. This information also helps the provider to focus the explanation of the secretions on the user during the counseling. Then the facilitator will explain the time at which the women who meet the requirements can begin using the method.
4. Following the detailed explanation of the Checklist, the facilitator will briefly explain the rest of the support materials that are used during a complete counseling session on the Two Day Method:

Memory Aid for Counseling: includes all the important topics that must be covered during a counseling session. It must be emphasized that it is important to use this material to the letter during the counseling, especially in the beginning when one is still not well familiarized with the content.

User Card: Helps the client to keep a record of her secretions, to help her remember whether she had secretions and to determine whether today is a fertile day. Explain that its use will be covered in detail in the next activity.

Checklist – Follow-up Visit: Used during the follow-up visit, for the provider and the user to determine together whether the method is still appropriate for her and her partner. This material will also be explained in detail in some of the following activities.

Case Analysis

Tell the participants that they will now do a group exercise to practice the requirements of the method. Give each participant a flyer with cases. Ask each group to resolve one case and answer the questions within the stipulated time of 5 minutes, using the Checklist – Initial Visit. Each group should ask the following questions:

- **Does the woman meet the biological criteria for using the method?**
- **Is the Two Day Method appropriate for her? Why or why not?**
- **Which phase of her cycle is she in now?**

- What explanation did they give the user based on the phase she is in now?
- Did they use the Checklist? What do they think of it?

Then invite a representative from each group to read their case and report how they resolved it. When a case has been presented, ask the group if anyone would resolve it differently and how. Clarify mistaken ideas, refer to the poster with the Checklist to review the criteria as necessary. After providing answers and clarifications for the participants, go on to the next activity.

Processing the Activity

The main purpose of this activity is to have the provider know the eligibility criteria for the Two Day Method and to put that knowledge into practice. It is important that the participants know well the circumstances that can affect correct use of the method or delay its start. This activity should also help the participants begin to become familiar with the support materials designed for clients and providers.

Activity 4: Provider Material

Criteria for the Two Day Method

Women can use the method if they:

- Are willing to pay attention to their secretions on a daily basis.
- Have healthy secretions.
- And their partner are willing to avoid unprotected sex on her fertile days.

POSTER F

SPECIAL CIRCUMSTANCES

She is postpartum or breastfeeding:

- She must have had at least 4 periods after the childbirth.

She recently used the 3-month injectable:

- 4 months must have passed since she received the last injection.
- She must have had at least one period after those 4 months.

She recently used the 1-month injectable:

- At least one month must have passed since she received the last injection.
- She must have had her period after that month.

She recently used the pill:

- She must have stopped using the method.
- She must have had her period after stopping the method.

She recently used the emergency contraceptive pill:

- She must have had her period after taking the pill.
- She must wait until the bleeding associated with use of the pill ends.

She recently used an IUD:

- Make sure that the IUD has been removed.

She recently had an abortion:

- Wait until the bleeding associated with the loss of pregnancy ends.
- She must have had at least one period after childbirth.

POSTER F

<p>In what circumstances can the couple use the TwoDay Method?</p>	<p>In what circumstances should the couple NOT use the TwoDay Method?</p>
<ul style="list-style-type: none"> • If both agree to using the method • If the couple wants to and can avoid unprotected sex on fertile days • If the couple can talk openly and decide together when to have and when to avoid sex • If the couple is not at risk of contracting a sexually transmitted infection 	<ul style="list-style-type: none"> • If one of them does not agree to using a family planning method • If the couple cannot avoid unprotected sex on fertile days • If one of them is not faithful • If one of them cannot decide freely when to have sex

POSTER G

TwoDay Method Checklist – Initial Visit

The TwoDay Method is a natural method for fertility awareness. It is a woman-friendly method for checking her fertile days by checking her vaginal secretions. The checklist helps the provider determine, along with the client, if the method is appropriate for her and her spouse.

Woman

1. Family planning:

Are the woman's intentions healthy?

2. Family structure:

Is the woman able to check her secretions several times a day, everyday?

3. Spouse in agreement:

Does the couple want to avoid pregnancy at this time?

4. Use of STI, barrier:

Is the couple free of all from sexually transmitted infections (STIs) or have HIV/AIDS?

5. Healthy fertile day:

Can the couple abstain during the fertile days?

Continue on back page.

Special Circumstances

Answer only the question that pertains to the woman's circumstance.

1. Pregnancy or breastfeeding:

Has the last her period at least 4 times since the baby was born?

2. Breast size or breast infection:

Have 4 months passed since she received the last injection? AND Has her period returned after that month?

3. Breast size or the pill or IUD or injection:

Has enough passed since stopping the pill or her last injection? AND Has her period returned after that month?

4. Emergency contraception:

Has the bleeding associated with the use of emergency contraception stopped? AND Has her period returned after using it?

5. Breast size or an IUD:

Has the IUD been removed?

6. Breast size or an abortion:

Has the bleeding associated with the abortion stopped? AND Has her period returned?

If the answer to all five questions in bold is **YES**, the method is appropriate for the woman and the couple.

If the answer to any of the questions in bold is **NO**, the method is not appropriate for the woman or the couple.

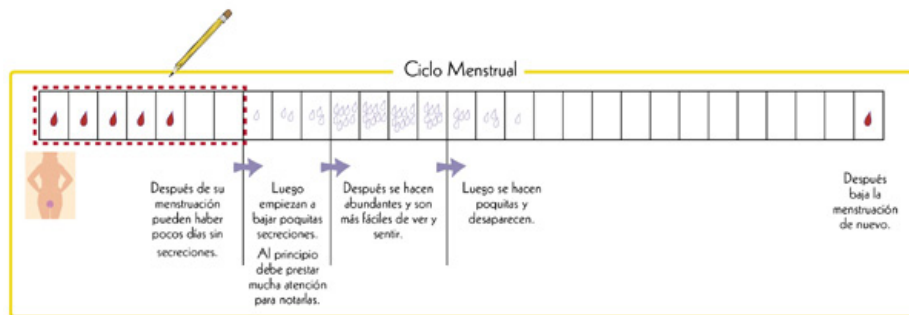
The woman can start using the method if she is within the last 7 days of her cycle. Ask the woman the date of her last period for reference if she can start the method at this time or wait until her next period starts.

Criteria for beginning to use the Method

The woman can begin to use the method at any time during her cycle, providing she meets the method requirements. During the screening, the provider will get an idea of what phase of her cycle a woman is in by asking her approximately when her last period began. The exact date is not necessary, only an approximation. This information is very important in explaining the menstrual cycle, secretions and the Method in general. It is not necessary that the user know the exact date of her last period, but it is important that the provider help her reach an approximation so as to be able to stress what secretions are like in the phase she is in at the time of the counseling.

If the woman began her period **less than one week ago**, explain the following information:

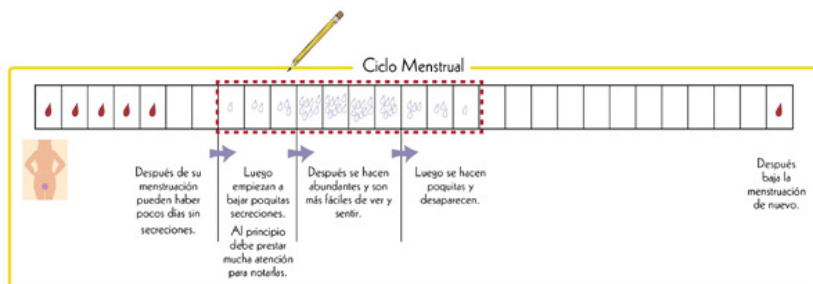
- You are having your period at this time / have just finished your period. If your period has already stopped, it is possible that you are not yet having secretions, but they are about to begin.
- Once they begin, the secretions are very scant and you should pay close attention in order to note them, especially now when your period is about to end or has just ended.



During the counseling, repeat this information in more detail, following the explanations of the menstrual cycle and secretions as they appear in the Memory Aid for Counseling.

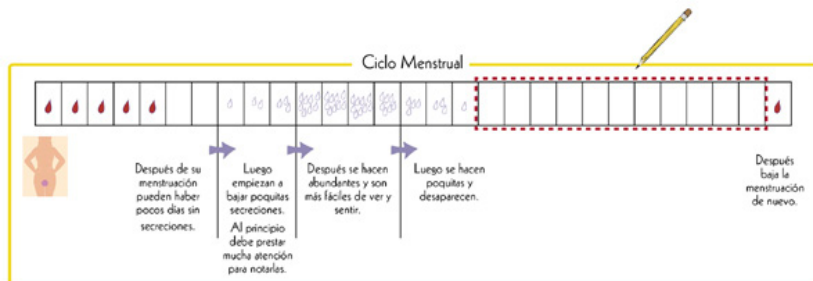
If the woman began menstruating more than one week ago, emphasize the following information, explaining where she is in her menstrual cycle at this time.

- At this time, your secretions have probably already begun and will continue for several days in a row.
- Once they begin, secretions are very scant and you need to pay close attention to notice them.
- The secretions will be easier to see and feel at this time.



During the counseling, repeat this information in more detail, following the explanations of the menstrual cycle and secretions as they appear in the Memory Aid for Counseling.

If the woman had secretions over two weeks ago, explain where she is in her menstrual cycle and that at this time her secretions are probably about to disappear or have already stopped and then her period will return again.



During the counseling, repeat this information in more detail, following the explanations of the menstrual cycle and secretions as they appear in the Memory Aid for Counseling.

Always emphasize that:

- Once they begin, secretions continue to appear for several days in a row and that they look different as the days go by. It is important to explain to the woman that she **WILL NOT** see or feel the same thing every day. What she sees or feels one day is not necessarily the same as she will see or feel on other days. What she sees or feels will depend on where she is in her cycle.
- Although the quantity may change or they may look or feel different, any secretion indicates that a woman can become pregnant. She should not have unprotected sex when she has secretions, if she wants to avoid pregnancy.

MATERIAL FOR THE CASE ANALYSIS ACTIVITY

Instructions: Read the case and use the Checklist to determine whether the Two Day Method is appropriate for the user and, if so, what phase of her cycle she is in.

Questions for Case Analysis

1. Does the woman meet the biological criteria for using the method?
2. Is the Two Day Method appropriate for her? Why or why not?
3. What phase of her menstrual cycle is she in right now?
4. What explanation was the user given based on the phase she is in now?
5. Was the Checklist used? What do you think of it?

CASE 1:

- Maria is 26 years old and has 2 children. The youngest is 3.
- She has never used contraception and they sometimes use a condom to avoid pregnancy, but most of the time they use withdrawal.
- She would like to use a natural method.
- After hearing of the Two Day Method, she thinks it would be a good choice for her. The counselor has determined that Maria's secretions are healthy and that she is willing to check herself on a daily basis.
- She is on the third day of her period.

CASE 2:

- Consuelo wants to use a natural method.
- She became interested in the Two Day Method after hearing a friend talk about it.
- She has a 7-month old child and is still breastfeeding him. She has had sex since her last period, sometimes using a condom and sometimes not. They frequently forget to use one.
- She has noted that she sometimes has a discharge and it matches the counselor's description of vaginal secretions.

- She says she is willing to check herself on a daily basis, but she is worried about remembering to do it and whether she will know whether she is having secretions.
- She has already had 4 periods since her child was born and expects her period to begin again next week.

CASE 3:

- Dora wants to use the Two Day Method.
- She has been married for 8 years and has 3 children.
- She was using the pill up to two months ago and now they are using a condom once in a while. She does not want another pregnancy, but she doesn't want to use the pill either because they give her headaches.
- Her secretions are normal and she is willing to check herself on a daily basis, but is afraid she'll forget.
- Her last period started approximately one and a half weeks ago.

CASE 4:

- Rebecka had been looking for a natural method and after finding out what's involved in the Two Day Method she decided to use it.
- She received her last (one-month) injection a month and a half ago, and since then has not used contraception when she's had sex.
- She still hasn't had her period and isn't sure when it will come.

ANSWERS

Case 1	Case 2
<p>She meets the criteria because:</p> <ul style="list-style-type: none"> • She has healthy secretions. • She is willing to check herself daily. • She is in the first phase of her cycle because she is on the 3rd day of her period. 	<p>She meets the criteria because:</p> <ul style="list-style-type: none"> • She has healthy secretions. • She has had 4 periods since her baby was born. • She is in the last phase of her cycle. <p>Warning Signs:</p> <ul style="list-style-type: none"> • She is motivated to check herself daily, but is afraid of forgetting. It is important to support her in identifying a daily routine that fits her lifestyle. • She had unprotected sex 7 days after her last period, so it is necessary to tell her that she could already be pregnant and that she should return to the center if her period doesn't come on time.
Case 3	Case 4
<p>She meets the criteria because:</p> <ul style="list-style-type: none"> • She has healthy secretions. • She is willing to check herself daily. • She has used the pill, but stopped two months ago. • She had her period a week and a half ago, so she is in the second phase of her cycle. 	<p>She does not meet the criteria because:</p> <ul style="list-style-type: none"> • She has not had her period since she received her last injections, even though it was over one month ago. • Tell her that at this time she cannot begin the method and that she should return _____ after her period begins. Help her identify how to take precautions to avoid pregnancy while she is waiting to begin the method.

Activity 5

Using the Card

Time: 30 minutes

Learning Objectives:

- To demonstrate knowledge of the key messages in explaining use of the Card.
- To demonstrate skills in explaining use of the Card.

Materials:

- Cards
- Flipchart and markers
- Poster: Client Card

Instructions:

1. Before starting the activity, explain that the purpose of the Card is to help the woman keep a record of her secretions. Keeping a record is important because this helps the woman to remember whether she had secretions, to identify her fertile days and to know her menstrual cycle and pattern of secretions.
2. Either the facilitator or a participant can explain how to fill out the Card, but this depends on the level of schooling of the participants. If the facilitator decides that one of the participants can explain the Card properly, the facilitator should give the participant time to study it in detail. After the participant finishes presenting the material, the facilitator should review the key points with the following questions:

- What is the Card?
 - What does it consist of?
 - How is it used?
 - How does it work in helping the couple avoid pregnancy?
 - In what cases should the woman consult the health post or center or the provider?
3. Then the facilitator will ask a volunteer to come to the front of the class and fill in the card as the facilitator reads aloud a case explaining what a client will experience in terms of her secretions on each day of her cycle. Before starting this activity, ask the other participants to do the same using a blank card that is given to them. As the days go by, the facilitator will ask if the client is on a fertile day today, based on whether she had secretions today or yesterday.
 4. End the exercise by stressing that the user of the Client Card must know:
 - How and when to mark the card
 - When to avoid sex
 - When to consult the provider
 - How to remember that she should mark the card every day before going to bed
 - What to do if she forgets to mark the card
 5. Ask the whole group to identify the difficulties the user could encounter in daily use of the tools and identify strategies to help the client use each one successfully.

Processing the Activity

The main purpose of this activity is to strengthen the providers' skills in explaining how to use the Client Card, in order to ensure that the clients use the method correctly.

Activity 5: Facilitator’s Material Explaining the Client Card:

Date your period starts

Look for the day of the week you start using the method and begin marking on that day.

Mark:

- the days you have your period
- the days you do not have secretions
- the days you have secretions

Remember to mark every night before going to bed.

When can you get pregnant?

<input checked="" type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>

When is pregnancy unlikely?

<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>

Begin marking a new card when your period returns or you have completed this card.

Go to next page.

Monday	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	

The Card helps to keep a record of secretions in order to be able to identify the woman’s fertile days.

To use the Card, the woman must:

- Mark the Card every night before going to bed, recording whether she had secretions or not
- Look on the card for the day of the week that she began using the method and begin marking on that day. If she is menstruating, explain to her that she should also note that date in the respective box.

- Use the following symbols to mark the Card:



Mark the dark circle on the days she has her period



Mark the empty circle on the days she does not have secretions



Mark an X on the days she has secretions

- Know that she can become pregnant TODAY if she had secretions today or yesterday, i.e., if she marked an X either for TODAY or yesterday. She should not have sex today if she wants to avoid pregnancy.
- Know that if she is menstruating or if she did not have secretions either today or yesterday, i.e., if she marked either a dark circle or an empty circle for yesterday and today (two days in a row with circles), today is a safe day without risk of pregnancy.

If she forgets to check herself during the day or does not remember whether she had secretions or not that day, she must mark that day with an X.

Practice explaining to the user.

Using the Memory Aid and the Client Card, explain to the person next to you how the method works (observing secretions).

Card Marking Exercise

		Fertile: Yes or No
Sunday	began period	No
Monday	bleeding	No
Tuesday	bleeding	No
Wednesday	bleeding	No
Thursday	spotting	No
Friday	nothing	No
Saturday	nothing	No
Sunday	nothing	No
Monday	nothing	No
Tuesday	felt dampness on her fingers	Yes
Wednesday	small spot on underwear	Yes
Thursday	felt dampness and saw spot	Yes
Friday	saw spot	Yes
Saturday	saw spot	Yes
Sunday	felt secretions	Yes
Monday	felt secretions	Yes
Tuesday	felt secretions	Yes
Wednesday	felt secretions	Yes
Thursday	felt secretions	Yes
Friday	noted small spot	Yes
Saturday	felt a bit of dampness	Yes
Sunday	nothing	Yes
Monday	nothing	No
Tuesday	nothing	No
Wednesday	nothing	No
Thursday	nothing	No
Friday	nothing	No
Saturday	nothing	No
Sunday	nothing	No
Monday	began period again	No (begin new card)

Activity 6

The couple's sexual relationship

Time: 20 minutes

Objectives: By the end of this activity, the participants will be able to:

- Identify strategies to use during the counseling session for conversing with the user about topics related to sexuality.
- Identify situations that can affect correct use of the Two Day Method and provide the appropriate counseling.

Materials:

- List of questions about My Sexuality
- Blank paper (or post-it notes) How would I feel asking? / How would I feel answering? / How would the user feel when asked about aspects of her sexuality?
- Cases for group role-playing (use Checklist).
- Checklist
- Guidelines for feedback

Instructions:

Topic 1: My Sexuality

1. Divide the group into pairs. Give each pair the My Sexuality question list. Tell them they have 10 minutes to ask each other the questions. When 10 minutes have passed, they must hand in the answers to the following questions on separate papers:

- One: How would I feel asking?
- Two: How would I feel answering?
- Three: How would the user feel when asked about aspects of her sexuality?

Afterwards, the facilitator should review the contributions from the group and arrange the papers with the answers in the same order as the questions. All the answers to “How would I feel asking?” should be grouped together, as should those for “How would I feel answering?” and “How would the user feel when asked about aspects of her sexuality?”

2. With the entire group together, take comments on the group’s contributions. The group should concentrate on the following topics:
 - Why did you feel that way?
 - How can a person avoid feeling that way?
 - How could you talk about these topics without the woman feeling intimidated?
3. Based on the participants’ answers, stress the importance of recognizing how difficult it can be for some people to talk about these topics. These topics should be explored during a counseling session because it helps the provider and the client to identify the most appropriate method for her and her situation. Clarify that:
 - A person doesn’t always feel comfortable talking about this topic with other people and that these topics cannot be addressed just anywhere.
 - Stress the importance of creating a comfortable, private environment and provide the appropriate support.
 - Before asking direct questions on the topic, the conversation should begin with a brief introduction to indicate that it is important to know more about the couple relationship because it affects correct use of the method.

Processing the Activity

The main purpose of this activity is to ensure that the provider has the ability to inquire about topics related to sexuality that can affect how the couple handles their fertile days and, ultimately affect correct use of the method.

ACTIVITY 6: FACILITATOR MATERIALS

QUESTIONS ABOUT MY SEXUALITY

1. How many children do you have?
2. Do you want to have more children? Does your partner agree?
3. What would happen if you wanted to space your children but your husband didn't?
4. What are you doing now to prevent pregnancy?
5. Is your partner satisfied with the method the two of you are using?
6. Are you having sex with only one person?
7. Do you trust that your partner is only having sex with you?
8. Have you ever worried that you could have a sexually transmitted infection?
9. Have you ever felt pressured by your partner to have sex?
10. Can you talk openly with your partner when he wants or doesn't want to have sex?
11. Did you answer these questions truthfully?

It is important to explain to the user that the couple's relationship has a heavy influence on correct use of a method, especially a natural one. That is why it is necessary to ask questions about their relationship, to help her determine whether the method is appropriate for her.

Examples of how to introduce the topic:

- "Before talking about the options of available methods, it is important to talk about your relationship with your partner."
- "Lately, domestic violence has been recognized as a SOCIAL problem, so we are giving it more attention and so we're asking the users if they are living in a similar situation."

Direct questions:

- Do you and your husband fight much? Has he ever injured you?
- Does your husband have problems with alcohol or drugs or any other problem?

- How does this affect you and your children?
- When a person chooses a natural family planning method it is important to know beforehand if you will have sex or not. In general, so you think you have the control to decide when to have sex or not?
- Has your husband ever wanted to have sex and you didn't? What generally happens in that situation?
- Have you ever been the victim of domestic violence?
- Has your husband ever hit you or forced you to have sex?

Activity 7

Using the method as a couple

Time: 20 minutes

Objectives: By the end of this activity, the participants will:

- Have a better idea of how to help the couple handle their fertile days,
- Be able to help the client get her partner involved in using the method.

Materials:

- Flipchart
- Markers
- Paper (Post-it notes)

Instructions:

1. Divide the participants into groups of 4 people and give each group a sheet from the flipchart.
2. Ask each group to come up with 5 suggestions that a provider could give a couple to help them avoid unprotected sex on her fertile days and to write them on the sheet of paper.
3. Afterwards, the facilitator will present recommendations and will ask the group as a whole how the topic could be addressed and what types of questions could be asked.
4. Ask the entire group to identify how to get the couple involved in using the method.

Processing the Activity:

The purpose of this activity is to prepare the facilitator to be able to offer the woman alternatives for avoiding sex on her fertile days, despite difficulties the couple might be experiencing.

ACTIVITY 7: HANDLING FERTILE DAYS

Recommendations for handling fertile days:

- Take good advantage of the non fertile days.
- Talk with your partner and reach an agreement beforehand about what you should do if one of you insists on having sex on a fertile day.
- If either one of you drinks alcohol, talk beforehand about how you will handle the situation if you want to have sex.
- Sleep separately.
- Find other ways of satisfying sexual desires with your partner.
- Find other ways of spending time together.

Suggested questions for addressing the topic:

- How do you and your partner communicate now to let each other know which days you can have sex?
- How would you let your partner know on which days you can have sex and on which days you can't?
- What will you do to avoid pregnancy during your fertile days?
- How will the two of you make this decision?
- How do you think your partner will react to avoiding unprotected sex during fertile days (days with secretions)? And you?

Suggestions for involving the partner:

- Talk with your partner when you are both relaxed and in a good mood.
- Explore ways to let your partner know, either through verbal or nonverbal (body language) communication, when you want and don't want to have sex.

- Put the Card in a visible place.
- Get your partner involved in filling out the Card.
- Suggest to your partner that he speak with the provider, individually or as a couple.
- Discuss ideas he has for resolving any problem that has been identified.

Activity 8

Practicing a counseling session

Time: 30 minutes

Objectives: By the end of this activity, the participants will:

- Have practiced holding a complete counseling session on the Two Day Method
- Be able to use the provider and user materials

Materials:

- Memory Aid for Counseling
- Checklist – Initial Visit
- Client Card
- Poster: Steps for counseling in the Two Day Method
- Guidelines for providing clear information to the client
- Guidelines for feedback

Procedure:

Demonstration of a counseling session

1. The facilitator will perform a demonstration of a counseling session on the Two Day Method. Ask the participants to watch the demonstration and write down any questions or comments they have, to share them following the demonstration. The facilitator will mention that the counseling session is done at the health center with a woman who is interested in using a natural method. In this case, the user's personal information has already been taken and she has been informed of all methods available. She repeats that she is interested in a natural method.

2. At the end of the demonstration, the participants will be asked to identify the key aspects of the counseling session they just watched. Then the facilitator will present the components of a counseling session on the Two Day Method and the materials that should be used for each component.
3. Mention that the participants had an earlier opportunity to analyze and apply the Two Day Method criteria through the case analysis. Explain that in the activity they are going to do now they will have the opportunity to practice a complete counseling session and apply the following skills:
 - Determine whether the client meets the criteria for using the method
 - Explain the method to the client, using the guide for teaching the method
 - Explain to the client how to fill out the Card, using the guide and the Card
 - Explore with the client how the couple can handle fertile days.
4. Again divide the participants into pairs, ensuring that they pair off differently this time, and give each pair the materials. To hold the counseling session, the participants must use the following:
 - Memory Aid for Counseling
 - Client Card
5. Give them 30 minutes to do the role play. The participants in each pair will take turns of 15 minutes each playing the roles of the counselor and the user.
6. It is recommended that the facilitator provide the whole group with an explanation of the procedure for this exercise and then move around from pair to pair to ensure that they understood the instructions and to make the necessary clarifications.
7. At the end of the practice, gather the group together and ask them to share their experiences, questions or concerns?
 - What was your experience in using the materials?
 - Did they help you?
 - Was there something that complicated the process?
 - How did you feel explaining the menstrual cycle, what secretions are like, how to determine whether a woman is having secretions or not and what phase of her cycle the woman is in?

- Does the Memory Aid for Counseling have sufficient information or the important points needed to explain the method and help the client understand how to use it?
- Do you think the explanations for using the Card were clear enough? Is it clear when they should begin marking, relating the symbols to what they marked for that day, and recognizing the days on which they can become pregnant?

ACTIVITY 8: Provider Materials

Case for demonstration of a counseling session on the Two Day Method

- The woman is interested in a natural method.
- She has been in a stable relationship for over 3 years.
- She has a child aged 1 ½ and for now she and her husband don't want a pregnancy.
- She stopped using the pill two months ago, but now she prefers to use a natural method.
- She is menstruating.
- The couple has agreed to use a natural method and are willing to use a condom on her fertile days.
- She is aware that she has secretions and is willing to check herself daily.
- Her friend told her about a natural method called the Two Day Method.

Steps in Counseling on the Two Day Method

Evaluate/Screening	Tell/Teach	Support the Couple
<ul style="list-style-type: none"> • Determine whether the woman's secretions are healthy and whether she can pay attention to her secretions several times a day. • Determine whether there is any circumstance that could affect the secretions. • Help the woman to determine whether this method is appropriate for her and her partner. • Determine what phase of her cycle she is in and briefly explain what she could be observing at this time. 	<ul style="list-style-type: none"> • Explain how the method works and how to use the Card. • Verify that the woman has understood the key points and ask her to explain how to use the method. • Clarify or correct 	<ul style="list-style-type: none"> • Help identify problems that the couple could have while using the method and motivate them to practice the behaviors that promote correct use of the method. • Help identify possible complications or difficulties with the method. • Schedule a follow-up visit if necessary
Checklist – Initial Visit	<ul style="list-style-type: none"> • Memory Aid for Counseling • Client Card 	

STEPS IN THE COUNSELING SESSION

- Evaluate whether the method is appropriate for the woman and her partner.
- Inform the user about the method and assess her understanding.
- Support the couple in using the method correctly.

CASES FOR ROLE PLAYING:

CASE 1:

- Cecilia is 29 years old and has 3 children.
- The youngest is 3 years old.
- Before becoming pregnant, she used the 3-month injectable, but now she wants to use a natural method.
- The couple is using a condom, but they don't want to use it every time they have sex.
- She is in a stable relationship and although her husband drinks a little and gets drunk once in a while, he always respects her. Cecilia thinks that she has a good relationship with her partner.
- Neither of them have ever had a sexually transmitted disease.
- After hearing of the Two Day Method, she believes it would be a good option for her. Her secretions are normal and she is willing to check herself on a daily basis.
- She is on the third day of her period.

CASE 2:

- Mercedes wants to use a natural method.
- Her youngest child is 9 months old and she is still breastfeeding him.
- She heard a friend talking about the Two Day Method and it seemed like a good option for her. She is familiar with her secretions and for a few months she noticed that her secretions were scant and very irregular, but since she began to give her child solid food, her secretions have been more regular.
- Her secretions are normal and she is willing to check herself on a daily basis.
- She has already had 4 periods since her child was born and she is expecting the next one in two weeks. Since her last period she has had sex using a condom.
- She believes she and her husband have a stable relationship and that he would agree to use a natural method. They are faithful to each other.

ANSWERS

CASE 1	CASE 2
<p>She meets the criteria because:</p> <ul style="list-style-type: none">• She has healthy secretions.• She is willing to check herself daily.• She is in the first phase of her cycle because she is on the 3rd day of her period	<p>She meets the criteria because:</p> <ul style="list-style-type: none">• She has healthy secretions.• She is willing to check herself daily.• She has had 4 periods since her child was born.• She had her period a week and a half ago, so she is in the second phase of her cycle.

FEEDBACK FORM

Instructions for the participants:

1. Briefly examine how your partner completed this exercise.
2. Place an X under "Yes," "Partially" or "No" for each answer regarding your partner's enactment of a counseling session. If you mark "Partially" or "No," please write a comment in the "Comments" column explaining how your partner could have done better.
3. Give this feedback to your partner after you have completed the form.

	Yes	Partially	No	Comments
My partner:				
1. Did the screening to establish that the user could use the method.				
2. Established what phase of her cycle the woman was in and focused the presentation based on that phase (clarified or stressed key points based on what phase of her cycle the woman was in).				
3. Explained how to use the method and verified comprehension.				
4. Explained how to use the Card and verified comprehension.				
5. Followed the memory aids.				
6. Provided support on handling the woman's fertile days.				
7. Used simple words in her explanations.				

Activity 9

Follow-up Visit: Is the TwoDay Method still working for the couple?

Time: 20 minutes

Objectives: By the end of this activity, the participants will be able to:

- Apply the evaluation criteria for continuing to use the method

Materials:

- Poster with evaluation criteria for the follow-up visit
- Checklist: Follow-up Visit
- Cases and notes for resolving them

Instructions:

1. Begin the activity by asking the group: "What do you need to know to determine whether the Two Day Method is still working for the woman and her partner? Write the answers on a flipchart."
2. Present a flipchart sheet containing the basic evaluation criteria for the follow-up visit.
3. Then compare the two lists and reinforce the importance of verifying these criteria. After presenting the criteria, ask the participants what type of support you could give if the woman does not meet some of the requirements. It is recommended that the participant identify the support they could give for each requirement and when to offer the woman another option. For example:
 - What would you do if you observe that the woman has marked on her card

that she had one day with secretions and another with no secretions on days that she would usually have continual secretions?

- What would you do if you noticed that the woman only observed 4 days with secretions?
- What would you do if you noticed that the woman observed more than 16 days with secretions?
- What would you do if the woman did not mark her card on a daily basis?
- What would you do if the woman mentions that it's hard for her to remember to check her secretions?
- What would you do if the woman tells you that her husband sometimes doesn't believe that she is on a fertile day?
- What would you do if the woman says that it's hard for her to tell whether she has secretions or not, particularly after her period ends?

Processing the Activity

The main purpose of this activity is to ensure knowledge and correct application of the basic criteria for evaluating use of the method during a follow-up visit.

ACTIVITY 9: Follow-up Visit

When is the follow-up visit held?

The follow-up visit should be held after the woman has completed one complete cycle using the method. It is important that the Client Card be available because it will help the provider determine whether the woman looked for her secretions at the right times and whether their pattern is as it should be based on the woman's situation. It is easier to refer to the Card than to ask the woman to recall information from her memory.

What should be considered in determining whether the method is still appropriate for the woman and her partner?

Secretions

1. Whether the woman was able to pay attention to her secretions every day.
2. Whether the woman marked on her card what she felt and/or saw every day.
3. Whether the woman paid attention to her secretions starting at mid day and until going to bed every day.
4. Whether the woman began to notice secretions a few days after her period ended.
5. Whether the secretions were continuous once they began and continued for several days in a row.
6. Whether the secretions lasted 5 to 14 days.
7. Whether the secretions are healthy, are not accompanied by color, discomfort or itching.
8. Whether the woman was able to mark the Card correctly.

Handling the Fertile Days

9. The couple still wants to avoid pregnancy at this time
10. The couple was able to avoid sex or used a condom on fertile days.
11. The couple is still not at risk of contracting a STI.
12. Both are satisfied with the method.

POSTER I

TwoDay Method Checklist - Follow-Up Visit

This checklist helps the provider determine, along with the user, if the method is still appropriate for her and her partner.

The TwoDay Method is still appropriate for the client if she has used protection to her satisfaction on a date that ends with her partner, avoided unprotected sex on the fertile days. The user is no longer suitable for the method if questions 1-5, 8, or 9 are answered "no" on the pink questions to indicate that the required elements of each component.

Women

1 Has she been able to check her secretions every day?

Ask the user:

- How many times a day do you check your secretions?
- How do you remember to check your secretions?

4 Did she start checking for secretions immediately after her period stopped? AND Did secretions appear a few days after her period? (Review the Client's card)

Ask the user:

- When did you start paying attention to your secretions?
- When did your secretions start?
- How many days after your period ended did your secretions start?

5 After secretions started, did they continue for several days in a row? (Review the Client's card)

6 Did her secretions last between 5 and 14 days? (Review the Client's card)

Ask the user:

- Since you started using the method, did you have secretions for less than 5 days in a row?
- Since you started using the method, did you have secretions for more than 14 days?

8 Are her secretions healthy?

Ask the user:

- What do your secretions look like?
- Have you had itchy or foul smelling secretions?

Continue on back page.

Identify any difficulty with method use and provide the necessary support.

Couple

1 Does the couple want to avoid pregnancy at this time?

2 Is the couple able to abstain on days when the woman can get pregnant?

Ask the User:

- How does your spouse know you are on a fertile day?
- How did you restrain the fertile days?
- Did you have difficult days?

3 Is the couple free of risk from HIV/AIDS or other sexually transmitted infections?

4 Is the couple satisfied with the method and do they want to continue using it?

5 Is the couple able to use the client card correctly? (Review the Client's card)

Ask the User:

- Were you able to mark the fertility on the Client Card correctly?

If the answer to any of the questions in bold is **YES**, the method is still appropriate for the woman and the couple.

If the answer to any of the questions in bold is **NO**, identify any difficulty with method use and provide the necessary support.

Identify any difficulty with method use and provide the necessary support.

Activity 10

Evaluating this workshop and closing ceremony

Time: 40 minutes

Objectives: By the end of this activity, the participants will be able to:

- Identify the providers' knowledge of the method.
- Identify the providers' ability to replicate the concepts and means of using the method.
- Know what the providers think of the workshop and whether it achieved its objectives.

Materials:

- Final test
- Final workshop evaluation
- Certificates

Instructions:

1. Tell the participants that the workshop has been completed and, like every workshop, requires an evaluation of the content and of the workshop in general. A test will be given to evaluate the level of knowledge acquired and a final evaluation form will be distributed, to ask the participants for their opinions of the workshop.
2. Tell the participants that the test is individual and that they have 15 minutes to complete it.

3. When the 15 minutes are up, gather up the tests that have not yet been handed in to the facilitator and distribute the Final Workshop Evaluation form.
4. Tell the participants they will have 10 minutes to complete the evaluation and ask them to answer honestly.
5. Tell the participants that this evaluation will not be graded, but that the answers will be used to improve future training activities.
6. Once they have completed the evaluations, gather them up and thank the participants for taking part in the workshop and for their help through the evaluation.
7. Close the workshop by handing out certificates (15 minutes are allowed for this). Make this a ceremony by previously asking individuals or authorities who were present at the workshop to present the certificates or to offer some closing remarks.

Processing the Activity

The main purpose of this activity is to evaluate the knowledge and ability of the providers to replicate the concepts and means of using the method during their counseling sessions and to thus ensure that the clients use the TwoDay Method correctly.

Profession: _____

Date: _____

Health Center: _____

TwoDay Method - Post Test

Instructions: Read the question and choose the answer(s) you believe are correct.

1. To use the Two Day Method correctly:
 - a) Couples need to be able to talk freely about when they want to have sex and when to avoid it.
 - b) The woman must check herself daily to see whether she is having secretions or not and mark the fact on her Card.
 - c) Couples must avoid unprotected sex on their fertile days.

2. The woman using the Two Day Method has a greater likelihood of becoming pregnant:
 - a) Every day
 - b) When she is menstruating
 - c) Only if she had secretions yesterday
 - d) Only if she had secretions today
 - e) If she had secretions today or yesterday

3. The woman is on a safe day on which she won't get pregnant:
 - a) Only on the days she is menstruating
 - b) If she is menstruating or if she didn't have secretions today or yesterday
 - c) Only if she didn't have secretions today

4. Which is not a characteristic of the Two Day Method:
 - a) It is natural.
 - b) A woman has to know the date of her last period to be able to begin using the method.
 - c) It requires that the woman pay attention to her secretions every day in order to know whether she is on a fertile day.
 - d) It requires the couple to work together.

5. A woman who is postpartum or breastfeeding can use the Two Day Method:
 - a) At any time
 - b) If she's had at least 4 periods after her baby was born
 - c) As soon as she begins to menstruate
 - d) When her baby is 4 months old

6. A woman who has recently used the pill can use the Two Day Method:
 - a) At any time
 - b) One month after stopping use of the pill
 - c) After stopping the pill and having at least one period after stopping it.

7. A woman who used the 3-month injectable can use the Two Day Method:
 - a) When her period resumes
 - b) If 4 months have passed since she received the last injection and she has had her period after those 4 months had passed
 - c) At any time
 - d) If 3 months have passed since she received the last injection

8. A woman who uses the Two Day Method must pay attention to her secretions:
 - a) As soon as she gets up in the morning
 - b) At least twice a day beginning at mid day
 - c) Only before going to bed

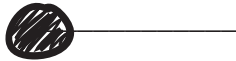
9. It is recommended that a woman just starting to use the method check her secretions by:
 - a) Just looking at them
 - b) Just feeling them
 - c) Just touching them
 - d) Looking at them, touching them and feeling them

10. Secretions

- a) Are not always the same and change over time
- b) Continue for several days in a row once they have begun
- c) Are scant when they begin, so a woman has to pay close attention to be able to notice them
- d) Always feel and look the same

11. Each time a woman gets her period, she should:

- a) Continue to mark the same Card
- b) Begin to mark a new Card
- c) Stop marking

12. What do the following symbols on the Card represent?

TRAINING EVALUATION

INSTRUCTIONS FOR COMPLETING THE FORM:

Please evaluate some of the aspects of this workshop. On a scale of 1 to 4, where **4 means you completely agree** and 1 means you completely disagree, rate each one of the topics based on your own opinion. Your answer will be kept confidential and is very important to us, so we ask you to think it over well and be as objective as possible.

1. The training achieved its objectives

1	2	3	4
Completely disagree			Completely agree

2. The training time was sufficient to cover the subject

1	2	3	4
---	---	---	---

3. The discussion and question time was sufficient

1	2	3	4
---	---	---	---

4. The counseling tools provided (Checklist, Client Card, Memory Aid) are useful

1	2	3	4
---	---	---	---

5. The topics were presented clearly:

Background on the method	1	2	3	4	
Selection criteria	1	2	3	4	
Steps in a counseling session		1	2	3	4
What secretions are like	1	2	3	4	
How to determine whether there are secretions	1	2	3	4	

6. The demonstration of the counseling steps was useful

1

2

3

4

7. The practices in pairs were useful

1

2

3

4

8. What is your overall impression of the workshop?

9. What suggestions do you have for future training workshops?

10. Do you think you need additional information to be able to provide counseling on the TwoDay Method?

Institute for Reproductive Health
Georgetown University
4301 Connecticut Avenue, NW
Suite 310
Washington, DC 20008
202.687.1392 (T)
202.537.7450 (F)
irhinfo@georgetown.edu
www.irh.org



USAID
FROM THE AMERICAN PEOPLE

