



## January 2010

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Happy New Year from the Institute for Reproductive Health at Georgetown University! We thank you for supporting our work and wish you all the best in the coming year.

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### TwoDay Method

IRH has seen growing interest about the TwoDay Method®(TDM), and we're pleased to share with you the newly released 2009 edition of TDM resources. These materials can be used by providers and clients in the counseling and use of TDM. They are available below and at [www.irh.org](http://www.irh.org).

#### Service Provision Resources

- Provider Job Aids
  - Counseling Guide ([ENG](#), [SPA](#))
  - Initial Visit Checklist ([ENG](#), [SPA](#))
  - Follow Up Visit Checklist ([ENG](#), [SPA](#))
- Client Instruction Card ([ENG](#), [SPA](#))
- Client Recording Card ([ENG](#), [SPA](#))

#### Resources available for faith-based organizations

- Provider Job Aids
  - Counseling Guide ([ENG](#), [SPA](#), [FRE](#))
  - Initial Visit Checklist ([ENG](#), [SPA](#), [FRE](#))
  - Follow Up Visit Checklist ([ENG](#), [SPA](#), [FRE](#))
- Client Instruction Card ([ENG](#), [SPA](#), [FRE](#))
- Client Recording Card ([ENG](#), [SPA](#), [FRE](#))

#### What is TDM?

TDM is a fertility awareness-based method of family planning that relies on the presence of cervical secretions as the sign of a woman's fertility. TDM is based on a simple algorithm

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## How does this method work?

Today you can get pregnant if you had secretions today OR yesterday. To prevent pregnancy, abstain today.



Today pregnancy is unlikely if you did not have secretions today AND yesterday.



requiring only that the woman determine the presence or absence of cervical secretions on a daily basis. A TDM user considers herself fertile "today" if: (1) she notices any cervical secretions today, or (2) she noticed any secretions yesterday. If she did not notice any cervical secretions today or yesterday (two consecutive days with no noticeable secretions) her probability of pregnancy "today" is very low.

### Quick Facts about TDM:

- A woman with any cycle length can use TDM and can start using TDM at any point in her cycle.
- TDM is 97% effective with correct use, 86% effective with typical use.
- In the TDM efficacy trial, approximately two-thirds of the providers were facility-based while the remainder were community health workers. Results suggest that TDM can be offered equally well by different levels of providers.
- Studies show that providers can be trained to offer TDM in a relatively short time and that they, in turn, can counsel clients in a 20-minute session.
- Studies show that 90% of couples who chose the method liked it and would recommend it to others.

More questions about TDM? Read the Top 15 Frequently Asked Questions [here](#).

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## News and Current Events

### World AIDS Day 2009

In December, IRH celebrated World AIDS Day whose theme was "Universal Access and Human Rights." IRH is one of 39 organizations who supported the World AIDS Day Community Statement ([PDF](#)), which recognizes the advances that have been made in the response to HIV/AIDS, as well as the challenges ahead.

New look for IRH

IRH is getting ready to launch its new website in 2010. Check back at [www.irh.org](http://www.irh.org) in late January to see our new look and expanded collection of resources on fertility awareness-based methods.

#### U.S. Global Health Initiative

The new U.S. global health initiative will be announced in early 2010 and lays out a comprehensive U.S. government strategy for global health, proposing \$63 billion over six years. See an analysis of the plan by Kaiser Family Health [here](#). It's important to strengthen advocacy efforts in support of this initiative to guarantee increased U.S. funding in global health. See a powerful video produced by the Living Proof Project which demonstrates global health successes resulting from U.S. investment. ([video](#))

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### Other New Resources

[FAM Project Brief: \*Partnerships with Faith-Based Organizations to Expand Access to Family Planning\*](#) IRH provides training and other assistance to FBOs seeking to expand the family planning options they currently offer or to integrate family planning into their services for the first time. Read about the details of these partnerships in the DRC, Honduras, India, Kenya, Mali, Rwanda and Timor-Leste.

[FAM Project Brief: \*The Standard Days Method®: A modern family planning method\*](#) Have you ever wondered what makes the Standard Days Method a modern method of family planning? Read our new brief for more information.

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Sincerely,  
Your colleagues at IRH

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