

Follow along!

You will see slides in different colors throughout the presentation.

- Yellow: learning
- Blue: questions to reflect on
- Green: group activities and/or opportunities to practice

Natural Methods of Family Planning

Natural methods of family planning help individuals achieve their reproductive goals to either prevent or achieve a pregnancy by:

- Tracking the menstrual cycle days and avoiding or having intercourse during the fertile window; or
- Observing and tracking a woman's signs of fertility and avoiding or having intercourse on her fertile days

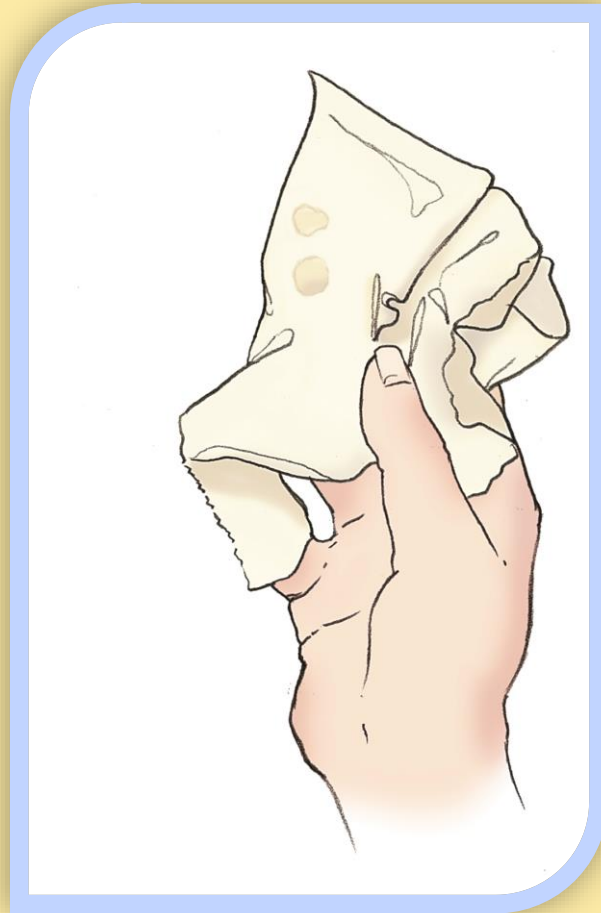
Modern Natural Methods

- Natural methods such as the Billings Ovulation Method and the Sympto-thermal Method have been available for many years.
- In the last decade, two simple effective natural methods—Standard Days Method®, TwoDay Method®--were developed and tested by Georgetown University's Institute for Reproductive Health.
- <http://old.usccb.org/prolife/issues/nfp/intronfp.shtml#5>

Why SDM and TwoDay Method?

- I appreciate the simplicity of the [SDM and TwoDay method]. They are easier to train to teach in Spanish and it is not a big time commitment for the teachers. – *NFP Doctor, Atlanta*
- It's important to be able to reach the community. – *NFP Coordinator, Boston*

TwoDay Method of Family Planning



Learning Objectives

TWODAY METHOD OVERVIEW

- Describe the characteristics of the TwoDay Method
Summarize the TwoDay Method scientific basis and efficacy
- Explain how the TwoDay Method works

HOW IS THE TWODAY METHOD OFFERED TO CLIENTS?

- Apply the TwoDay Method eligibility criteria

PRACTICE

- Practice teaching the TwoDay Method to couples
- Support communication between the couple

TwoDay Method Overview

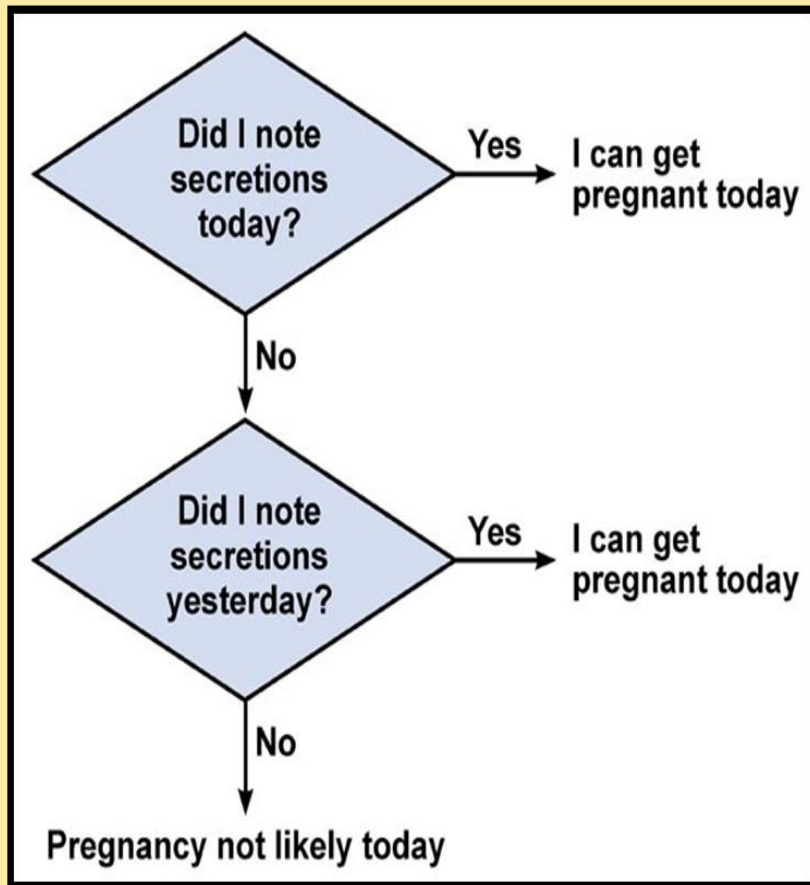
- Characteristics
- Scientific basis
- Research and development
- Effectiveness
- TwoDay Algorithm

TwoDay Method Characteristics

- Natural, effective method of family planning
- It uses cervical secretions as an indicator of fertility.
- A woman pays attention to her secretions every day to know if this is a day she can get pregnant
- Does not require interpreting types of secretions
- To prevent pregnancy the couple does not have sex on the days she can get pregnant
- Is appropriate for women with menstrual cycles of any length
- Does not protect against STIs or HIV

How the TwoDay Method Works

TwoDay Method Algorithm



- 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 sex TODAY.
- Two consecutive days without secretions indicate the woman is not fertile.

Cervical Secretions During the Menstrual Cycle

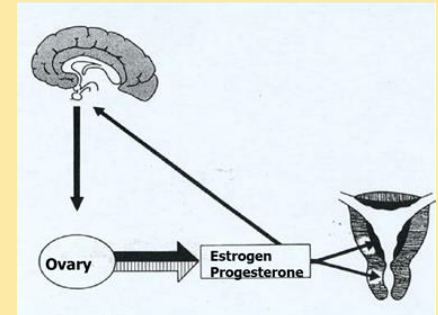
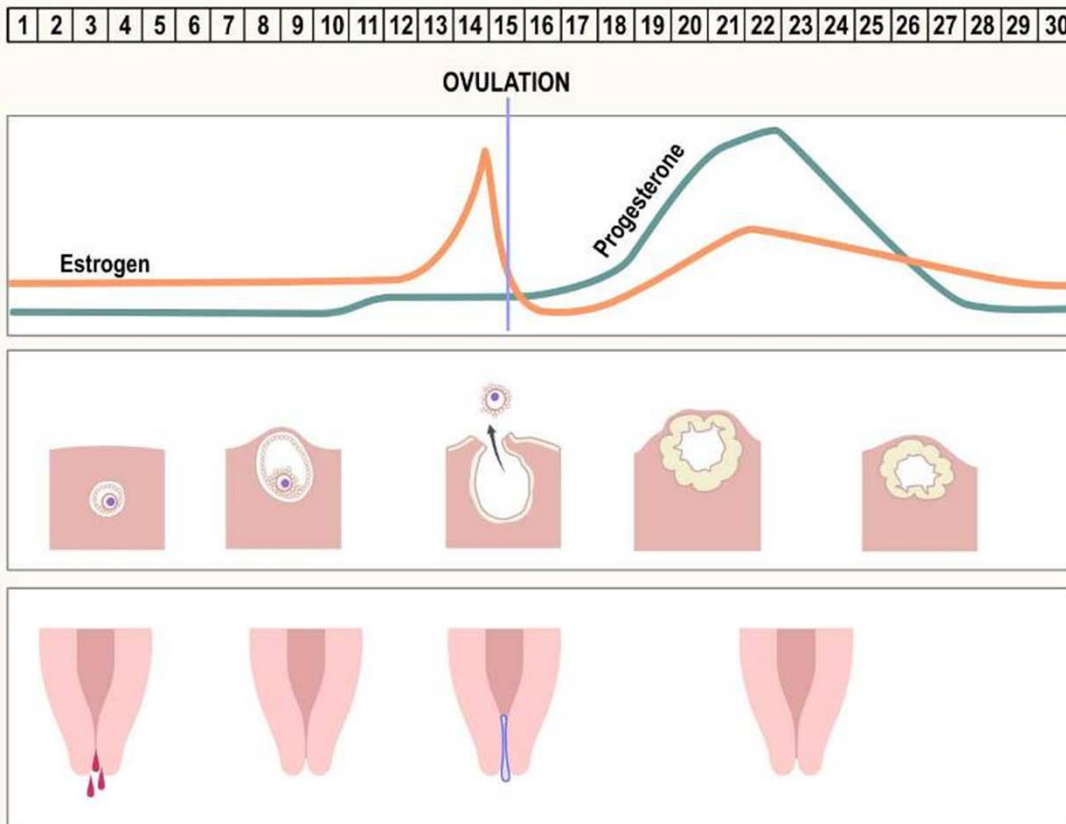
Preovulatory Days	Periovulatory Days	Postovulatory Days
Less Water Less Fluid Less detectable	More Water More Fluid More detectable	Less Water Less Fluid Less detectable

Detectable secretions = Sign of Fertility

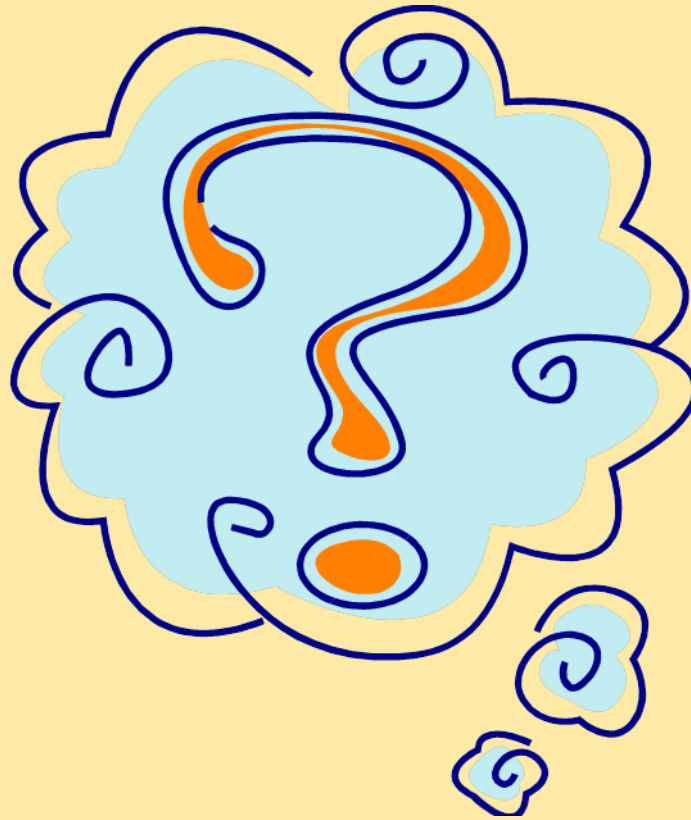
Biological Basis for Secretions

Feedback in the menstrual cycle

CHANGES IN THE MENSTRUAL CYCLE



QUESTIONS?



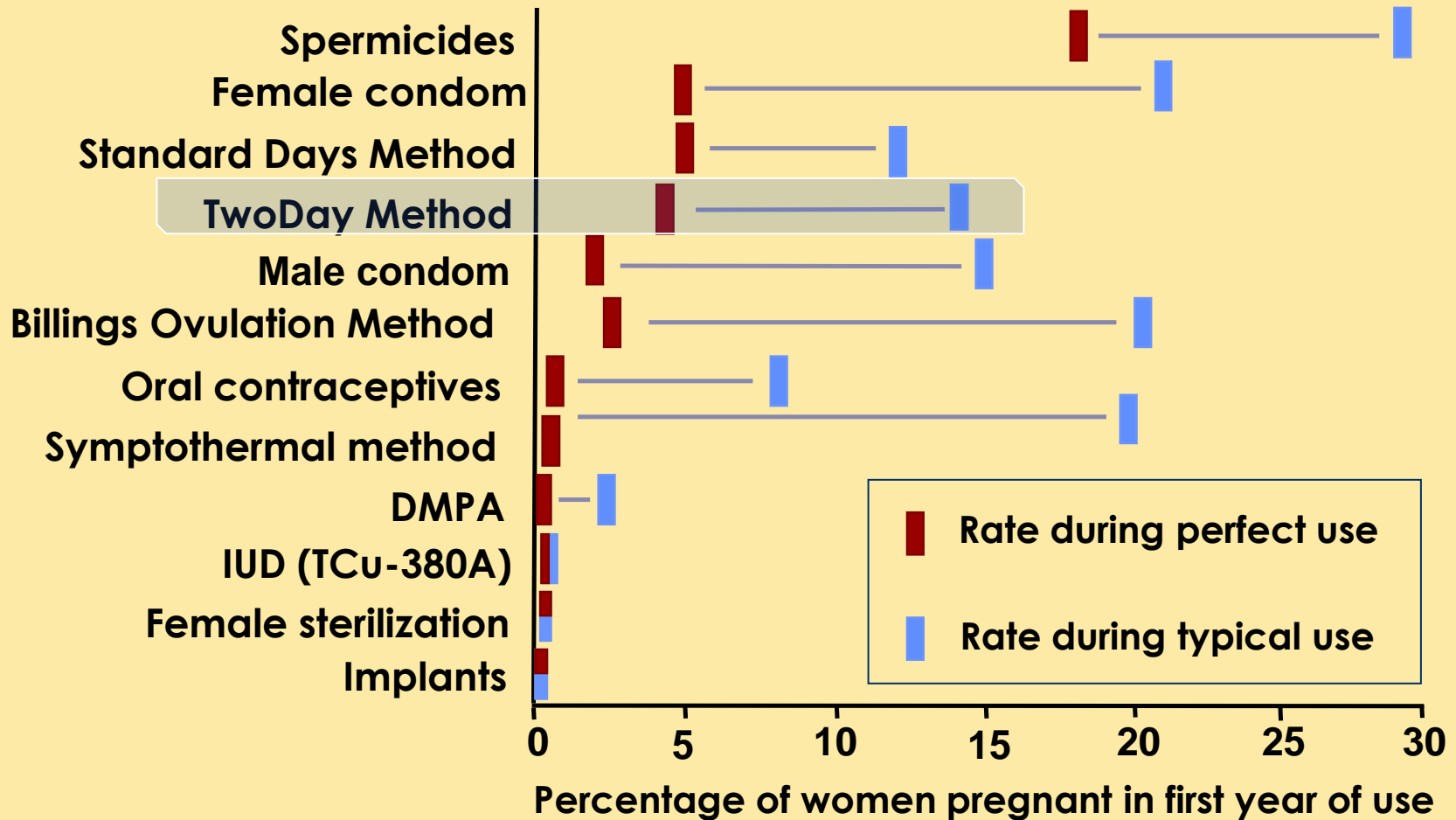
Reflection

- How effective do you think SDM is in helping a couple avoid pregnancy?
- What do you think may be some benefits (for couples, programs) of a natural method like the TwoDay Method?
- What some of the constraints or challenges?

Efficacy Study of the TwoDay Method

- Multi-site prospective study
- Services provided in existing programs
- Clients followed monthly for 13 cycles
- Couples used the method correctly in 96.4% of cycles
- 450 women in the study, 47 got pregnant
- With correct use, the pregnancy rate is 3.5
- With typical use the pregnancy rate is 13.7

Effectiveness



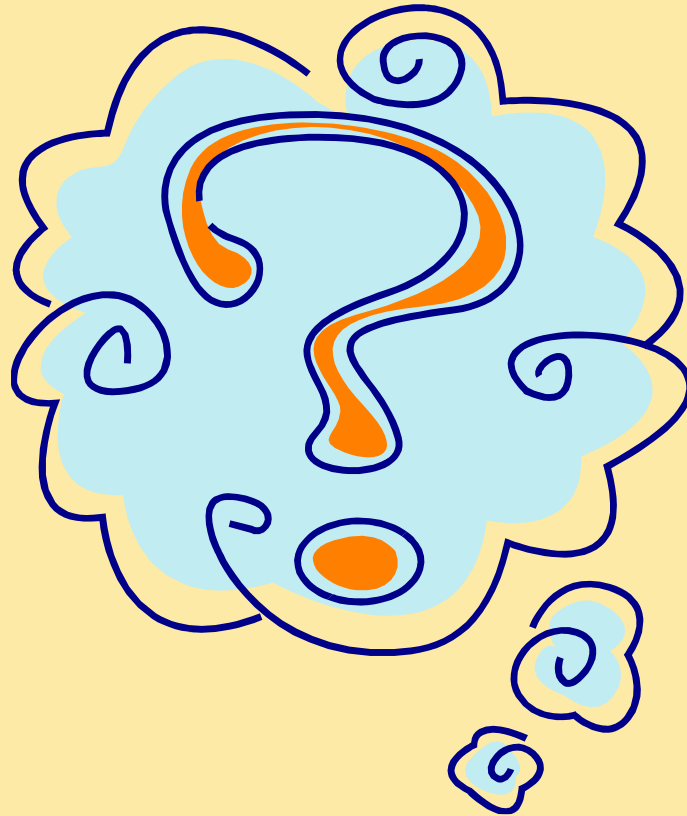
Adapted from CCP and WHO, 2007; updated 2008.

Characteristics of the TwoDay Method Reflection

Who might be interested in using this method?

- Women who have healthy secretions
- Couples who don't desire hormonal methods or devices
- Couples who want to follow the Church's teaching
- Women with cycles of any length, including irregular cycles
- Couples who want a simple, easy to use NFP method
- Couples who can abstain several consecutive days each cycle

QUESTIONS?



How is the TwoDay Method offered?



What is Involved in TwoDay Method Counseling?

- **Screening** – Help couples determine if the TwoDay Method is appropriate for them.
- **Teaching** – Provide information and instructions to use the TwoDay Method.
- **Supporting** – Explore and discuss with couple correct method use.

TwoDay Method® NFP Teacher Job Aid

The TwoDay Method of family planning is a natural method that helps a woman identify days she can get pregnant by checking her cervical secretions. When used correctly, it is more than 96% effective in preventing pregnancy.

This checklist helps the NFP teacher assist the woman and couple decide if this method is appropriate for them.

- A woman can use the TwoDay Method if:
 - her secretions are healthy, and
 - the couple can avoid having sex on the days she can get pregnant.
- The TwoDay Method requires her to check for secretions at least twice every day, in the afternoon and before she goes to bed.

To use the TwoDay Method:

1. **Determine if the woman's secretions are healthy.**
Ask the woman these questions to help you assess:
 - Have you ever noticed secretions?
 - What do they look like?
 - Are the secretions itchy, painful or smell bad?
2. **Determine if the couple can avoid having sex on days she can become pregnant.**
Ask the woman or couple these questions to help you assess:
 - Would both of you be able to avoid having sex for several days in a row when the woman is fertile and can become pregnant?
 - Can you talk openly with each other about when you want to have sex and when to avoid it?

Two Day Method does not protect against HIV/AIDS or other sexually transmitted diseases.

How does this method work?	What are secretions like?
<p>Today you can get pregnant if you had secretions today OR yesterday. To prevent pregnancy do not have sex today.</p> <p>Example: Thurs Fri Sat Sun Mon Tues Wed</p> <p>Today pregnancy is unlikely if you did not have secretions both today AND yesterday (for two days in a row).</p> <p>Example: Thurs Fri Sat Sun Mon Tues Wed</p>	<p>Secretions are not always the same. As days go by, they look and feel different. Once they start, secretions continue for several days in a row.</p> <p>Menstrual Cycle</p> <p>After your period stops you may have a few days without secretions.</p> <p>Then secretions appear in very small amounts. You must pay very close attention to notice them.</p> <p>As days go by the amount of secretions increases and they are easier to see and feel.</p> <p>After several days the amount of secretions decreases until they disappear.</p> <p>Then your period returns.</p>
<p>How can I tell if I have secretions?</p> <p>You can see or touch them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or touching your genital area.</p> <p>SEE or TOUCH</p> <p>You can also feel them by paying attention to any moisture in your genital area, without stopping your daily activities.</p> <p>FEEL</p>	<p>Return to your provider if:</p> <ul style="list-style-type: none"> • You have difficulty seeing or feeling your secretions. • If you have secretions that are itchy, painful or smell bad. • If you have difficulty avoiding sex on your fertile days. • If you have secretions for less than 5 days in a row.
<p>• If you have recently given birth or are breastfeeding, you will probably have either many more days with secretions or very few days with no secretions. As your cycles gradually become more regular, so will your secretions.</p>	<p>• If you recently used a hormonal method of family planning, you may have more (or fewer) days with secretions for a few months.</p>

Screening

Who Can Use the TwoDay Method?



Screening

Who Can Use the TwoDay Method?

- Women with healthy secretions
- Women who can check for secretions at least twice a day in the afternoon and evening.

Couples must agree to abstain on her fertile days.



Screening

To establish if the woman can use the TwoDay Method, determine:

- If her her secretions healthy?
Ask:
 - Has she ever noticed secretions?
 - What do they look like?
 - Are they ever itchy, painful or smell bad?
- If she will be able to check her secretions, at least twice a day in the afternoon and evening?
 - How will she remember to check for secretions?

1. Determine if the woman's secretions are healthy.

Ask the woman these questions to help you assess:

- Have you ever noticed secretions?
- What do they look like?
- Are the secretions itchy, painful or smell bad?

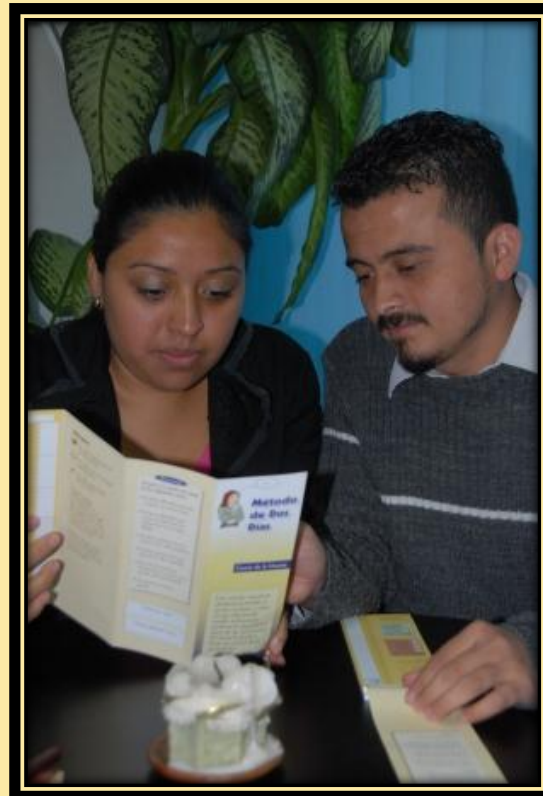
2. Determine if the couple can avoid having sex on days she can become pregnant.

Ask the woman or couple these questions to help you assess:

- Would both of you be able to avoid having sex for several days in a row when the woman is fertile and can become pregnant?
- Can you talk openly with each other about when you want to have sex and when to avoid it?

Helping the couple manage fertile days

Will the couple be able to discuss how to manage the fertile days during the cycle?

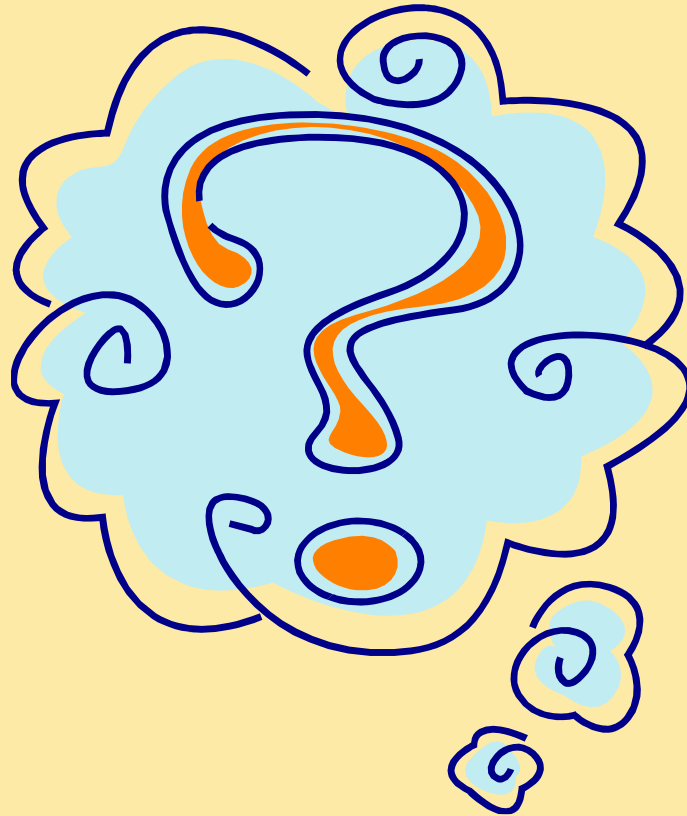


Using TwoDay Method with spouse support

Reflection

- What are some examples of ways in which you would approach clients to inquire about the couple's relationship?
- In your setting, are there issues that might emerge if you engage your client in talking about sexuality and the couple's relationship?
- What are ways you can inquire about possible domestic violence or alcohol/drug use that can affect correct TwoDay Method use?
- How comfortable do you feel engaging clients in discussing about how they will handle fertile days?

QUESTIONS?



Teaching

How to use the TwoDay Method

- Teach the woman what secretions are, and when they happen.
- Teach the woman how to check for and record her secretions
- Confirm client knows how to use the method and when to return
- Discuss managing the fertile days with her spouse

Teaching

How does this method work?
Today you can get pregnant if you had secretions today, OR yesterday. To prevent pregnancy, do not have today.

What are secretions like?
Secretions are not always the same. As they go by, they look and feel different. Once they start, secretions continue for several days in a row.

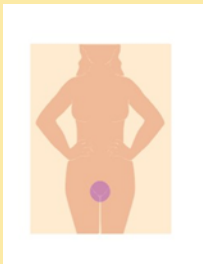
How can I tell if I have secretions?
You can see or touch them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or touching your genital area.

Return to your provider if:

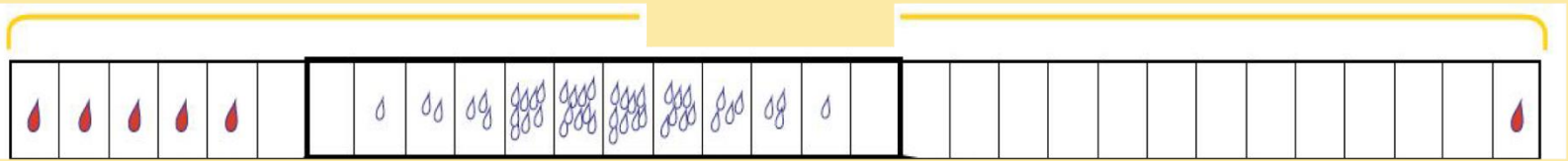
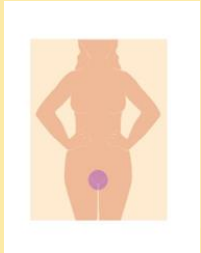
- You have difficulty seeing or feeling your secretions.
- You have secretions that are white, milky or small but.
- If you or your partner have difficulty not having sex on a fertile day.
- You have secretions for less than 3 days in a row.
- If your period has not started and you think you may be pregnant.

What are secretions

- Fluid or wetness other than her menstrual bleeding that women can notice in their genital area
- Sign that that a woman can get pregnant



Menstrual Cycle



Teaching



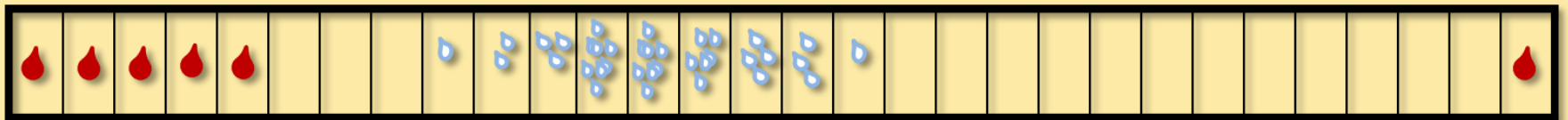
When secretions happen in the menstrual cycle

- After a woman's period stops, she may have a few days without secretions.
- Then secretions appear in very small amounts. She must pay close attention to notice them.
- As days go by, the amount of secretions increases and they are easier to see and feel. After several days the amount of secretions decreases until they disappear.
- Then, the period returns.
- Secretions change in quantity and look different. ANY secretion indicates that a woman is fertile.

When to start using the TwoDay Method

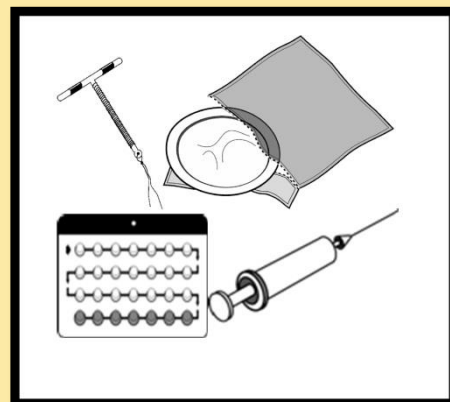
Women can start using the TwoDay Method at any point during their cycle

Teachers should explain to the woman where she is in her cycle and what she can expect based on the date of her last period



Situations that may affect number of days with secretions

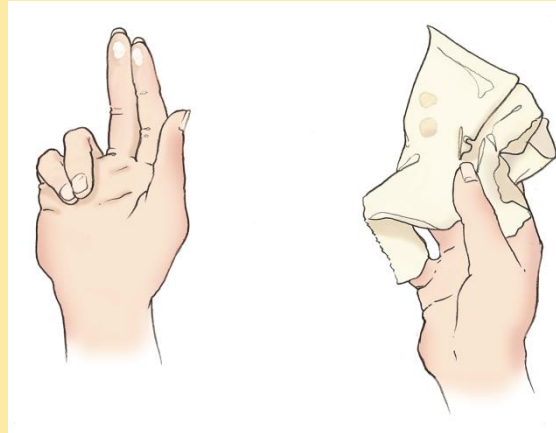
- Women who have recently given birth or are breastfeeding may experience more days with secretions
- Women who recently used a hormonal may also experience more or fewer days of secretions



Teaching

How to check for secretions

- The woman should check at least twice a day, in the afternoon and evening
- She can check by looking at her underwear, wiping her genitals gently with tissue, touching with clean hands
- She can also feel her secretions



Checking for Secretions

Reflection

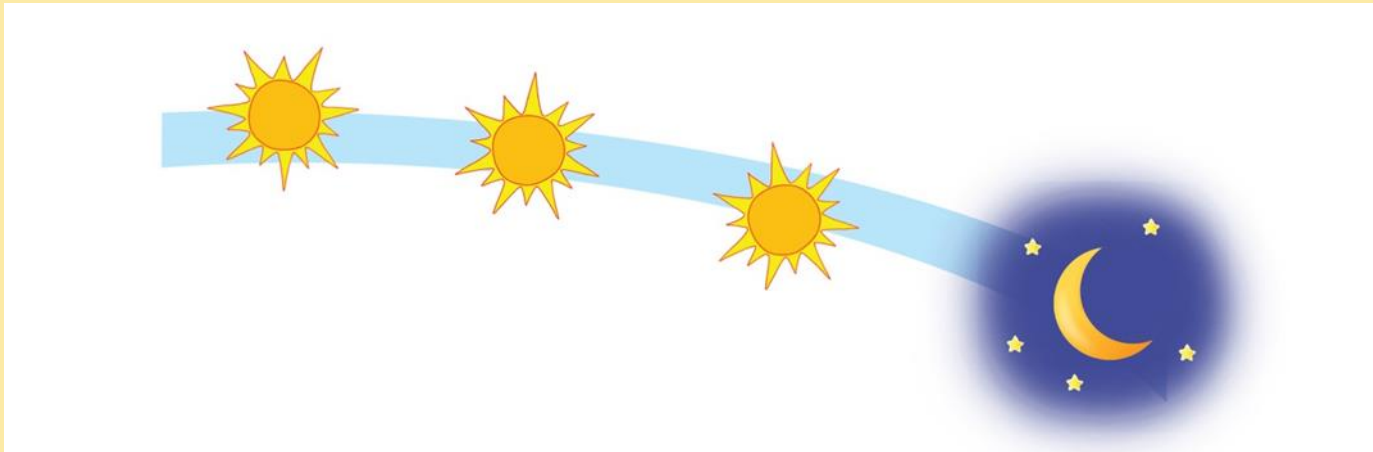
What can a woman do to know if she has secretions?

Which strategy do you think is the most effective and why?

Which strategy do you think your clients are more likely to use and why?

Which strategy would you recommend and why?

When to check secretions



Recording Secretions

Date your period starts

Look for the day of the week your period started 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="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

When is pregnancy unlikely?

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

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

Go to next page. 

Mon	
Tues	
Wed	
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The woman keeps a record of secretions to identify the fertile days.

To start, she will:

- Note the date of her last period in the box (if she knows it)
- Begin marking on the correct day of the week
- Mark the card every night before going to bed

Recording Secretions

Date your
period starts

8/1/2012

Look for the day of the week your period started and begin marking on that day.

Mark:

● the days you have your period

○ the days you do not have secretions

X the days you have secretions

Remember to mark every night before going to bed.

Mon	
Tues	
Wed	●
Thurs	●
Fri	●
Sat	●
Sun	●
Mon	○
Tues	○
Wed	○
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	X

Use the following symbols to mark the card:



Days of menstruation



Days with no secretions



Days with secretions



Days of low chance of pregnancy

When is pregnancy unlikely?



The diagram features a central silhouette of a woman. To her left is a 3x2 grid of boxes. The top row has two shaded boxes. The middle row has one shaded box on the left and one white box on the right. The bottom row has two white boxes.

Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.

- A woman does not get pregnant if she had no secretions two days in a row.
- She also does not get pregnant on days when she has her period.

Days a woman can get pregnant

- If a woman has secretions today OR if she had any yesterday, she can get pregnant

When can you get pregnant?

	
X	
	
X	
X	
X	
X	
	

Pregnancy is likely if you had secretions (X) today OR yesterday. Do not have sex today.

- If she forgets to check secretions, consider herself fertile today.
- To prevent pregnancy the couple does not have sex today

Group Activity

Practice Marking the TwoDay Method Client Recording Card

Mark your card with the following menstrual cycle:

Date your period starts

Look for the day of the week your period started 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?

When is pregnancy unlikely?

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

Go to next page.

Mon
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Sun

Sunday	Began period	Sunday	Felt secretions
Monday	Bleeding	Monday	Felt secretions
Tuesday	Bleeding	Tuesday	Felt secretions
Wednesday	Bleeding	Wednesday	Felt secretions
Thursday	Bleeding	Thursday	Felt secretions
Friday	Nothing	Friday	Noted small spot
Saturday	Nothing	Saturday	Felt dampness
Sunday	Nothing	Sunday	Nothing
Monday	Nothing	Monday	Nothing
Tuesday	Felt dampness	Tuesday	Nothing
Wednesday	Small spot on under wear	Wednesday	Nothing
Thursday	Felt dampness, saw spot	Thursday	Nothing
Friday	Saw spot	Friday	Nothing
Saturday	Saw spot	Saturday	Began period

Group Activity

TwoDay Method Card Marking Exercise

Mon	●
Tues	●
Wed	●
Thurs	●
Fri	●
Sat	○
Sun	○
Mon	○
Tues	○
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	X
Tues	X
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	○
Tues	○

Is the woman fertile?

- YES OR NO?

No

- WHY?

She is menstruating, so she did not have secretions today and yesterday

Group Activity

TwoDay Method Card Marking Exercise

of the	Mon	●
started	Tues	●
on	Wed	●
	Thurs	●
	Fri	●
ve	Sat	○
	Sun	○
not	Mon	○
	Tues	○
ve	Wed	X
	Thurs	X
k	Fri	X
going	Sat	X
	Sun	X
	Mon	X
ou	Tues	X
?	Wed	X
	Thurs	X
	Fri	X
	Sat	X
	Sun	X
	Mon	○
	Tues	○

Is the woman fertile?

- YES OR NO?

NO

- WHY?

She did not have secretions today (Tuesday) or yesterday (Monday)

Group Activity

TwoDay Method Card Marking Exercise

of the	Mon	●
started	Tues	●
on	Wed	●
	Thurs	●
	Fri	●
ve	Sat	○
	Sun	○
not	Mon	○
	Tues	○
ve	Wed	X
	Thurs	X
k	Fri	X
going	Sat	X
	Sun	X
	Mon	X
ou	Tues	X
?	Wed	X
	Thurs	X
	Fri	X
	Sat	X
	Sun	X
	Mon	○
	Tues	○

Is the woman fertile?

- YES or NO?

YES

- WHY?

Even though she did not have secretions yesterday (Tuesday), she DID have secretions today (Wednesday)

Group Activity

TwoDay Method Card Marking Exercise

Mon	●
Tues	●
Wed	●
Thurs	●
Fri	●
Sat	○
Sun	○
Mon	○
Tues	○
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	X
Tues	X
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	○
Tues	○

Is the woman fertile?

- YES OR NO?

YES

- WHY?

She had secretions both today (Friday) and yesterday (Saturday)

Group Activity

TwoDay Method Card Marking Exercise

The image shows a TwoDay Method card with a 28-day cycle. The days are listed on the left, and the fertility status is marked on the right. The card is divided into sections by horizontal lines. The first section (Days 1-5) is marked with shaded circles. The second section (Days 6-10) is marked with white circles. The third section (Days 11-17) is marked with X's. The fourth section (Days 18-24) is marked with X's. The fifth section (Days 25-28) is marked with white circles. A red arrow points to the 'Mon' row of the fifth section.

Mon	●
Tues	●
Wed	●
Thurs	●
Fri	●
Sat	○
Sun	○
Mon	○
Tues	○
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	X
Tues	X
Wed	X
Thurs	X
Fri	X
Sat	X
Sun	X
Mon	○
Tues	○

Is the woman fertile?

- YES OR NO?

YES

- WHY?

Although she had no secretions today (Monday), she had secretions yesterday (Tuesday).

Remembering to check for secretions

Reflection

- How can you help the woman remember to check for secretions every day?
- Why is it important to check for secretions several times a day?
- How can you help her remember to record each day?

Apply TwoDay Method Eligibility Criteria

Decide who meets the criteria to use the TwoDay Method

- Read each case study
- Answer questions
- Review and discuss answers as a group

TwoDay Method Eligibility Criteria

Case 1 - Maria

Maria is 26 years old and has 2 children. The youngest is 3.

- She has never used a method and they use withdrawal most of the time.
- The couple would like to use a natural method but her husband couldn't come today.
- After hearing of the TwoDay Method, they think it would be a good choice.
- The NFP teacher has determined that Maria's secretions are healthy and that she is willing to check her secretions daily.
- She is on the 3rd day of her period.



• **Can she use the TwoDay Method?**

Yes

• **What are some recommendations to offer this couple?**

Show her where she is in her cycle and what she can expect. Talk to her husband about using this method.

TwoDay Method Eligibility Criteria



Case 2 - Sara

- Sara became interested in the TwoDay Method after hearing about it from a friend.
- She is still breastfeeding her 7 month old child.
- She has had 4 periods since her child was born and expects her period to begin again next week.
- She has noted a discharge sometimes, and it matches the NFP teacher's description of healthy cervical secretions.
- She says she is willing to check her secretions daily, but she is worried about remembering to do it and whether she will know if secretions are present.
- She has had sex since her last period.

• **Can she use the Two Day Method?** Yes

• **What are some recommendations to offer this couple?**

Discuss ways to check daily and stress how to check by seeing or touching to feel more confident of the presence of secretions. Inform them that if they had sex this month, she may already be pregnant.

TwoDay Method Eligibility Criteria



Case 3 - Dora

- Dora wants to use the TwoDay 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 use withdrawal sometimes. She does not want another pregnancy, but doesn't want to use the pill either.
- 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 10 days ago.

- **Can she use the TwoDay Method?** Yes
- **What are some recommendations to offer this couple?**

Discuss some ways to help her remember to check herself every day. Explain that b/c she used the pill until recently, it is possible that she will see more or less days with secretions the next couple of cycles.

Using TwoDay Method Reflection

- How can you help couples identify possible challenges to using the TwoDay Method?
- What are possible ways the couple can handle the fertile days? Are these options feasible and appropriate in your community?
- What are ways in which you think male spouses can participate in TwoDay Method use in this community?

When to Return

Return to your NFP Teacher:

- If you had less than 5 days or more than 14 days with secretions
- If you have secretions that smell, itch or are accompanied by pain
- If you/your husband is having difficulty handling the fertile days
- If your period has not returned and you think you might be pregnant
- If you would like to use another method

Teaching TwoDay Method to Clients

Practice, Observe, Offer Feedback



Key Counseling Topics for TwoDay Method Users

- Efficacy (depends on the woman's ability to track her cycle days as well as avoiding sex on fertile days.)
- How the TwoDay Method works
- What are secretions and what do they look like
- Remembering to check for secretions and record each day
- Importance of couple's discussing how to avoid sex.
- Informing TwoDay Method does not protect from STIs/HIV
- When to return to NFP teacher

Follow-up for TwoDay Method

- No fixed schedule.
- Encourage client to contact teacher with questions or if she has difficulty identifying secretions
- Support method use with husband. Offer to include husband in subsequent visits.
- If a follow-up visit takes place:
 - Check client's recording card to confirm marking
 - Assess method satisfaction and couple's ability to manage fertile days
 - Reinforce correct method use (checking and recording secretions each day and avoiding sex on fertile days).
 - Anticipate that the woman might be experiencing different patterns of secretions.

TwoDay Method Resources



Reference Materials & Tools

- Links to scientific articles
- Technical briefs
- IEC materials
- Job aids

Training Materials

- Trainers' Manual
- Participant Handbook
- Online Training

www.naturalfp.com

Common misconceptions about TwoDay Method

1. “Because a TwoDay Method user is not differentiating fertile and infertile secretions, it can’t be very effective.”
2. “TwoDay Method sounds just the same as the Billings Ovulation method.”
3. “Women do not like this method because they will not want to touch themselves.”
4. “Training in TwoDay Method counseling would take too much time to offer.”

“TwoDay Method can’t be very effective if user doesn’t differentiate fertile from infertile secretions.”



Fact: The TwoDay Method is effective

Tested in a rigorous multi-site efficacy trial.

- Found to be 96% effective with correct use and 87% with typical use, similar to other user directed methods.
- Users were able to identify their secretions in the first cycle of method use.
- Women had no problems observing their secretions and were interested in learning about their bodies

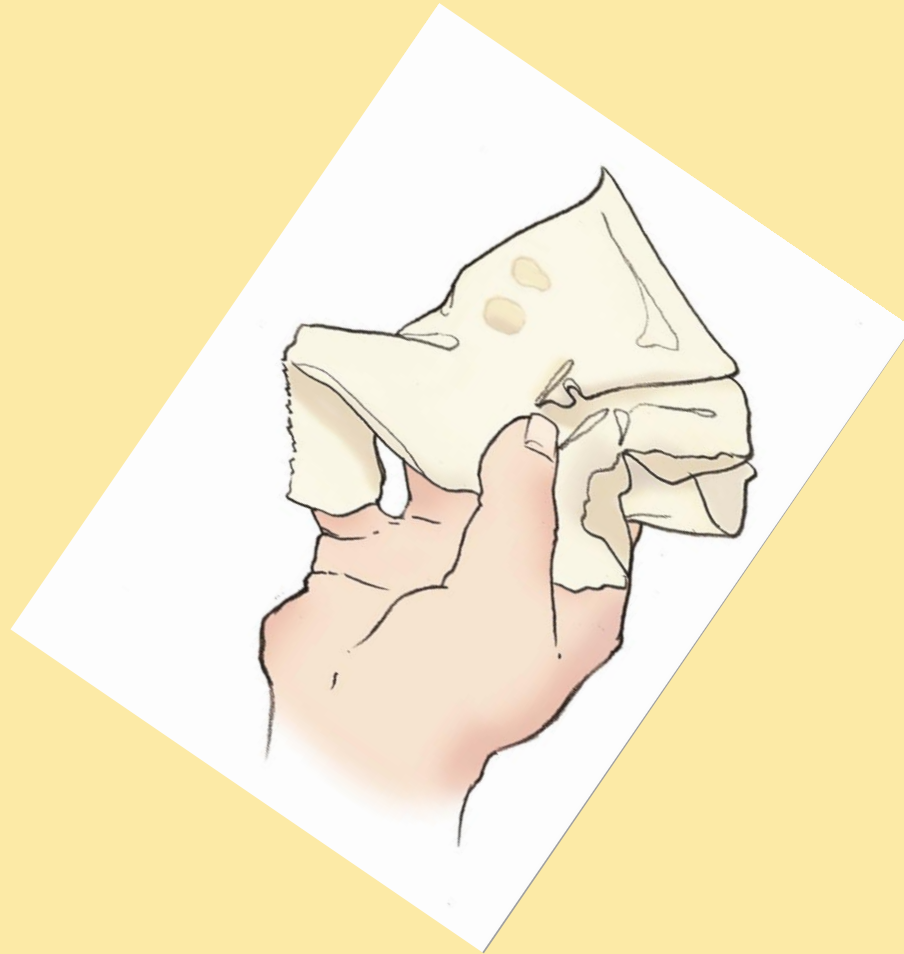
“Are TwoDay Method and Billings the same?”



FACT: While they are both based on observing secretions, the method rules are different

TwoDay Method	Billings Ovulation Method
<p>Asks woman to identify presence or absence of secretions each day.</p>	<p>Asks woman to identify presence of secretions <i>and type of secretion</i></p>
<p>One Rule: If woman had secretions today OR yesterday, she is on a fertile day. All other days are not fertile days and she can have sex.</p>	<p>Three rules apply to the time in the cycle before ovulation, until the Peak of fertility is recognized, which identifies the time of ovulation. The fourth rule (the Peak Rule) applies once the Peak has been recognized.</p>

“Women do not like this method because they will not want to touch themselves.”



Fact: experience has shown that women are aware of their secretions and are comfortable checking for them.

- ❑ Women have shown that they are willing and comfortable checking for secretions.
- ❑ There are several ways to check for secretions, one of which is using her fingers to touch her genitals. Studies show women reported ease of checking with fingers to identify secretions in early phase.
- ❑ After using the method for a while, women learn to 'feel' secretions, and many report not needing to touch, although think is good practice at the beginning to ensure detection of secretions.

“TwoDay Method would take too much time to offer.”



Experience has shown that time for teaching the TwoDay Method brief

- TwoDay Method is a simple method that is easy to teach, learn and use for clients. The same is true when training providers about the method.
- Trained NFP teachers can be taught to provide the TwoDay Method in **as little 1-2 hours.**

Learning Objectives Revisited

TwoDay Method Overview

- ❑ Describe characteristics of TwoDay Method
- ❑ Summarize TwoDay Method Scientific basis and efficacy
- ❑ Explain how TwoDay Method works

How is TwoDay Method offered to clients?

- ❑ Apply TwoDay Method eligibility criteria

Practice

- ❑ Practice counseling clients in TwoDay Method
- ❑ Support communication between the couple