

# STANDARD DAYS METHOD (SDM) - KNOWLEDGE IMPROVEMENT TOOL (KIT)

Provider's Name: \_\_\_\_\_

Community/Clinic Name: \_\_\_\_\_

Date Trained: \_\_\_\_\_

Name of person applying KIT: \_\_\_\_\_

**Instructions:** Ask the provider the following questions. If s/he responds correctly, mark "1". If s/he does not respond correctly, mark "0" and explain the concept. For questions that were answered incorrectly, please reinforce the knowledge and ask these questions again during your next visit.

How to use CycleBeads?		Visit Dates	
		1	2
1.	Pretend that I would like to use the method. Explain to me how to use CycleBeads (Give the provider a set of CycleBeads to use in the demonstration).		
1a.	• CycleBeads represent the menstrual cycle. Each bead is a day of the cycle.		
1b.	• The <b>RED</b> bead marks the first day of your period ( <i>menstrual bleeding</i> ).		
1c.	• The <b>BROWN</b> beads mark days when pregnancy is unlikely.		
1d.	• The <b>WHITE</b> beads are days when you CAN get pregnant.		
1e.	• On the day you start your period, move the ring to the RED bead.		
1f.	• Mark this day on your calendar.		
1g.	• Move the ring every day to the next bead, even on days you are having your period.		
1h.	• Always move the ring in the direction of the arrow.		
1i.	• Use a condom or do not have sex during the white bead days when you can get pregnant.		
1j.	• You may have sex when the ring is on the brown beads.		
1k.	• When your next period starts, move the ring to the red bead, skipping over any remaining beads.		
1l.	• If your period comes before the dark brown bead, your period has come too soon to use this method.		
1m.	• If your period does not come by the day after you reach the last brown bead, your period has come too late to use this method.		
2.	What should the woman do if she forgets whether or not she has moved the ring?		
2a.	• Check her calendar and count how many days have gone by since the first day of her last period. Then count the same number of beads and place the ring on the correct day.		
<b>Who can use the SDM?</b>			
3.	What two requirements are necessary to be able to use the method?		
3a.	• The woman must have periods about once a month, when she expects them.		
3b.	• The woman and her partner are able to use a condom or not have sex on the days she can get pregnant (white bead days).		
<b>When can a woman start using the method?</b>			
4.	When can a woman begin using the method?		
4a.	• She can begin using the method when her next period starts. Until then she should use a condom or abstain to prevent a pregnancy.		
5.	When can a woman who is postpartum or breastfeeding start using the method?		

5a.	<ul style="list-style-type: none"> <li>Once she has had at least four periods since her baby was born, and</li> </ul>		
5b.	<ul style="list-style-type: none"> <li>If her last two periods were about a month apart.</li> </ul>		
6.	<b>When can a woman who has recently used a hormonal method start using the SDM?</b>		
6a.	<ul style="list-style-type: none"> <li>She should be referred to the nearest health center.</li> </ul>		
<b>Always be ALERT!</b>			
7.	<b>Why is it important for the woman to move the ring every day?</b>		
7a.	Moving the ring every day helps her know if she can get pregnant or not that day.		
7b.	It also helps her know if her period has come <b>too soon</b> (period starts before DARK Brown bead)		
7c.	It also helps her know if her period has come <b>too late</b> to use this method (period has not started after moving ring to last brown bead.		
<b>When should the client contact the provider?</b>			
	<b>When should the client contact the provider?</b>		
8a.	<ul style="list-style-type: none"> <li>If her period starts before she puts the ring on the dark brown bead. This means that her period came too soon to use CycleBeads.</li> </ul>		
8b.	<ul style="list-style-type: none"> <li>If her period does not start by the day after putting the ring on the last brown bead. This means that her period came too late to use CycleBeads.</li> </ul>		
8c.	<ul style="list-style-type: none"> <li>If the couple cannot abstain or use condoms on the white bead days and wants to switch to another method.</li> </ul>		
8d.	<ul style="list-style-type: none"> <li>If the couple has had sex on the white bead days without using condoms.</li> </ul>		
8f.	<ul style="list-style-type: none"> <li>If she hasn't had her period when she expects it and thinks she may be pregnant.</li> </ul>		
<b>How effective is the SDM?</b>			
9.	<b>How effective is the SDM?</b>		
9a.	Five out of 100 women who use the SDM in a year will get pregnant.		