TRAINING ON NATURAL FAMILY PLANNING METHODS FOR BARANGAY HEALTH WORKERS

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TAPJ Resort & Restaurant
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OBJECTIVES

- In general, the training aims to equip the participants with the knowledge, skills and orientation on NFP methods.
Specifically, at the end of the training, the participants shall be able to:

1. Understand the benefits of NFP methods
2. Discuss the man & woman’s fertility;
3. Enumerate the 4-Phases of Menstrual Cycle
4. Enhanced understanding and knowledge on the scientific NFP methods
5. Answer common questions on NFP
THE BENEFITS OF NFP METHODS

1.) NFP is Spacing

• Couples use any of three NFP types to identify the fertile and infertile days of the female partner.

• Our lovemaking will be only on infertile days.

• We will abstain from lovemaking on fertile days.

• We will engage in non-sexual bonding activities during fertile days.

• Also they had all the time to bond not only to each other but also with their children.
2.) **NFP is achieving Pregnancy**

- Dad said, "Lovemaking during identified fertile days assures timed pregnancy."

- Mom said "we can plan our family size by timed lovemaking only during identified fertile days."

- They said they had fun and were exited everyday, for mom closely observing her feeling of wetness and dryness and taking her daily temperature while Dad, recording observations and reading in Mom’s chart.

- They say they look forward to lovemaking days and they have a hundred and one ways to prepare and enhance their intimacies.

- On fertile days, their energies were shifted to playing their favorite sports, singing and dancing ‘till they would go to sleep, just stay together reading their favorite books and many more.
3.) NFP is Value-Based Marital Bonding

“The practice of NFP allows our innate qualities to emerge during the practice like:

✓ PATIENCE= waiting and anticipating the coming of a love making day during days of abstinence.
✓ HONESTY= puts forward the real intention of an intimacy, be it bonding or procreating or both.
✓ SENSE OF ACCURACY= observations and readings are kept to a “T” so that fertility intention is properly pursued.
✓ SWEETNESS= developed over time; as an aftermath of the constant practice of patience.
✓ GENTLENESS= a requisite of sweetness, is an outward expression of true love for a partner you have shared good and not so good times together.
✓ DETERMINATION= focused on carrying out the plan on the number of children to bear as responsible parents.
✓ GENEROSITY= willingness to give support in pursuit of a greater good.
✓ TOLERANCE = able to endure the difficulties of abstinence by re-channeling energies to non-sexual activities.

✓ NFP evokes a balance on motherhood, parental responsibilities and work responsibilities. The child is accepted and raised in a family where members are accepting, giving and surrendered to the trustee role of parenting.”
4.) NFP is Empowerment

- Fertility involves the brain together with the male and the female reproductive organs.
- He says, “Male fertility is everyday of my life starting from puberty up to death.
  - Means I am able to get a woman pregnant
  - I contribute the sperm.
- She says, “Female fertility begins at puberty when I start to menstruate and ends at menopause.
  - I am fertile from the onset of my first menses
  - I contribute the egg.
- A baby results from lovemaking during a woman’s fertile days, when an egg is released, when the sperm unites with the egg to form a baby.
- Couples have the right to decide to time their lovemaking depending on their fertility intention, either to space or to achieve a pregnancy.
- Even the children are encourage to participate the option on whether or not to have another child in the family
5.) NFP is safe motherhood

- “NFP poses no threat to my health, it is 100% without any side effects”.

- “I’ve heard and actually seen medically-compromised women and their fears of any complication.”

- “I can fully recover my health before the next child will follow.”

- “I can give full attention to the new born baby and incoming months before working.

- “I can balance my motherhood duties, work and obligations and responsibilities with ease.”

- “I can have time to be in tune with my body and understand its rhythms and cycles.”
NFP SAVES

Spacing pregnancies
Achieving pregnancies
Value-based marital bonding
Empowerment
Safe motherhood
WHO CAN USE NFP METHODS?

- Couples who want to have a child
- Women who have fear of side effects
- Couples who want to follow their religious, cultural or social convictions.
FERTILITY AWARENESS

- refers to the recognition of fertile and infertile phases of a woman’s reproductive cycle
- this can be used as an introduction or orientation to young people who are not yet sexually active especially girls who just had their first few menstrual periods.
MALE FERTILITY

- A man is fertile every day of his life from puberty until death.
- Nature awakens the boy to his fertility with his first wet dreams. This first wet dream experience tells the boy that his body is now able to produce sperms.
When a male approaches puberty, his body changes in many ways:

- Chest and shoulder widen
- Scrotum and penis grow
- Usually has a quick growth spurt
- Hair grows under his armpits, on his chest and in his pubic area
- His voice lowers
- Begins to produce sperms and have wet dreams.
FEMALE FERTILITY

- A girl’s first menstruation signals her body’s readiness to bear a child.
- The female contribution in the conception of a child is the egg. Between two menstrual periods, an egg cell matures and is released into the fallopian tube where it waits for the sperm. This is called ovulation.
- Around the time of ovulation, the woman feels wet because of mucus that the body produces.
- Between puberty and menopause, a woman is only fertile around the times when her body releases an egg. The egg cell lives for about 24 hours.
- The mucus secreted around or before ovulation can keep the sperm alive from 3-5 days.
- A woman’s fertility starts at puberty, with her first menstrual period and ends at menopause, when menstruation stops.
COMBINED OR JOINT FERTILITY

Ø Is the equal contribution of the male (sperm) and female (egg) in the decision and ability to have a child, despite the fact that only a woman becomes pregnant and carries the child for 9 months and goes through childbirth.

Ø In the context of a partnership, fertility is an integral aspect of the love relationship, calling for individual maturity and responsibility in the reproductive empowerment processes.
PHASES OF MENSTRUAL CYCLE

Menstrual

Pre-Ovulatory

Post-Ovulatory

Ovulatory
PHASES OF MENSTRUAL CYCLE

1. MENSTRUAL PHASE

- Menstrual bleeding is a healthy and normal. It does not mean that a woman is sick or that there is a problem. It means that there is no pregnancy.
- The first day of a cycle is the first day of menstruation. A woman experiences bleeding from her vagina during menstruation.
- The bleeding experienced by the woman is actually the shedding of the thickened uterine lining which is prepared in case there is a pregnancy.
- Because there was no meeting of the egg and sperm cell, menstruation occurs.
- The menstrual phase includes all days of menstrual bleeding. Most women have between 4-6 days of bleeding.
- During menstruation, the ovaries are resting, the cervix is open allowing the uterine lining to flow to the vagina.
2. PRE-OVULATORY PHASE (infertile)

- ovaries are still resting
- uterine lining is at its thinnest
- cervical mucus is sticky
- cervix is closed; sealed with a thick mucus plug;
- feeling of dryness in the vaginal area
- Capsule around the egg begins secreting estrogen and its level rises.
3. OVULATORY PHASE (fertile)

a. egg inside the follicle of the ovary begins to mature;
b. uterine lining begins to build up and thicken;
c. cervix descends somewhat into the vagina and opens; mucus plug dislodges;
d. cervical mucus glands are activated
   - mucus is sticky and non-stretchy
   - mucus serves as an "outward sign" of the fertile phase of the cycle;
e. mucus becomes clear, stretchy and slippery
   - peak time of fertility because the mucus favors sperm survival;
f. ovulation occurs
   - mature egg is released as the follicle ruptures;
   - egg begins to travel along the fallopian tube;

g. other signs of ovulation include breast tenderness, low back pain;

h. slight pain on the right or left side in the area of the ovaries;

i. possible weight gain due to water retention;

j. fertile – able to conceive during this phase
4. POST OVULATORY PHASE (late infertile)

Ø Lining of the uterus stays in place until menstruation starts.
Ø If the egg is not fertilized, dissolves and is absorbed.
Ø Cervical mucus loses its wet quality and is no longer sticky and stretchy; vaginal sensation is dry.
Ø Cervix is firm and closed; sealed with a mucus plug
Ø Estrogen and progesterone remain high until day 22 when they begin to decrease
Natural Family Planning Methods

1. Lactational Amenorrhea Method (LAM)

2. Basal Body Temperature (BBT)


4. Symptothermal Method (STM)
1. LACTATIONAL AMENORRHEA METHOD

- LAM is the method that takes advantage of the normal physiologic response of the woman’s body to a suckling infant, which is to inhibit ovulation.

- Makes use of “full or almost full” breastfeeding immediately after giving birth until 6-months after delivery provided the mother has no menses yet.

- LAM is dependent on 3 requirements that include:
  - Within 6 months from delivery
  - Mother is amenorrheic
  - Infant is fully or almost fully breast-fed.
2. BASAL BODY TEMPERATURE

Ø By the use of thermometer/ recording charting

Ø By taking the temperature of her body at rest almost at the same time everyday upon waking-up a woman is able to identify her post-ovulatory infertile days.

Ø Taken by mouth under the tongue for about 5 minutes

Ø Charting starts from the first day of menstruation till the next day of menstruation.
Ø Determine the “coverline” by identifying the first 10 temperatures. Disregard days 1-5. Find the highest temperatures from days 6-10. Draw a horizontal line on the highest of the temperatures from days 6 to 10. This is the coverline.

Ø Continue taking temperature until the thermal shift is identified. The thermal shift is 3 consecutive elevation of temperature reading above the coverline one of which is 0.2 centigrade above the coverline. This indicates that ovulation has taken place.

Ø Draw a vertical line between days 2-3 of the thermal shift. From day 3 until the next day menstruation, all days are available for lovemaking.
3. MUCUS /OVULATION/
BILLINGS OVULATION METHOD (MM/OM/BOM)

Ø 98% Effective

Ø Known as Billings ovulation method

Ø The woman observes her sensation of wetness and dryness and the appearance of the cervical mucus.

Ø The best time to observe is before and after urinating.

Ø Start observation on the first day of menstruation
Functions of the mucus

- Nourishes the sperm
- Forms channels to help the sperms swim to the egg faster
- Filters out abnormal sperms so they do not reach the egg.
- On the days when a woman is infertile, the mucus forms a plug to prevent any sperm from meeting the egg.
This method requires a woman to observe what she sees and feels throughout the cycle.

1. **Who** observes? The woman observes.
2. **What** does the woman observe? A woman observes:
   - The sensation of wetness or dryness
   - The appearance of the mucus
3. **Where** does the woman observe? Outside the vagina, at the puwerta..
4. **When** does the woman observe? Throughout the day, while standing, walking around and going through her daily activities.
5. **How** does a woman observe? “How do I feel?” Looking at the mucus in the underwear and asking, “what do I see?”
Ø After a woman has observed the mucus for a whole day, she records the observations on a chart or use a learning tool.

Ø Ideally, the woman shares her observations with her partner daily before sleeping or resting and they record the observations.

Ø It may happen that a woman may observe one sign in the morning and another sign in the afternoon. When there are differences, she should only record the more fertile sign.
Symbols of BOM Chart

R = regal or menstruation, spotting
D = dry with no mucus
X = wet with watery, slippery, stretchy and clear mucus

= Peak day, last day of wetness
1,2 = post peak days
M = with sticky, pasty, or crumbly mucus but with dry sensation/feeling

= Days of lovemaking
4. SYMPTOTHERMAL METHOD (STM)

- couple observes and notes the mucus and takes the body temperature at rest in a learning chart

- How to establish fertile and infertile days?
  - Record your temperature reading by marking a dot inside the box
  - Identify first 10 temperature reading of the cycle
  - Disregard temp. On days 1-5
  - Find the highest temp on days 6-10; disregard any temp. reading that is abnormally high due to illness.
  - Draw a horizontal line along the highest temperature on days 6-10. This is the coverline or baseline.
· After coverline is established, identify the first three consecutive temperatures above the coverline and mark 1,2,3, respectively.
· Fertile days are days to the left of the vertical line and infertile days are days to the right of the vertical line.
· Post-ovulatory infertile phase starts on the 3\textsuperscript{rd} day of consecutive rise of temperature above the coverline or the 3\textsuperscript{rd} day after the peak whichever comes later.
How to establish the beginning and end of fertile and infertile days (OM/BOM)

- After menses, any change from dry sensation to wet sensation is the beginning of fertile days and ends at 3 days after peak.
- Identify basic infertile pattern dry (BIP Dry) or menses. BIP are consecutive dry days or consecutive sticky mucus days after menses.
- Identify your peak day
- Continue observations and charting in the next 2 months/ cycles.
- Check husband’s feeling and ones feeling on the “waiting time”.
- Apply early days rule, which is lovemaking only on alternative evenings during pre ovulatory phase of the 3rd cycle.
Plan lovemaking on:

- Evening of alternate dry days only after menses (BIP DRY)
- 3rd day after peak till day before next menses.
- For short cycle women (less than 25 days) avoid lovemaking beginning menses until peak day +1,2,3.

➤ For STM, combine BBT rules and OM/BOM rules which ever comes later is applied, to identify one’s post-ovulatory infertile days.
How effective is NFP in preventing pregnancy?

NFP is considered a modern scientific method of family planning.

✓ Method effectiveness is:

- 98% for LAM
- 98% for OM/BOM
- 98% for BBT
- 99% for STM
What are the advantages and disadvantages of NFP?

Advantages:
- No chemical agents nor objects placed in the body
- No invasive procedures like injections or surgery
- No side effects
- High method effectiveness either for spacing or achieving a pregnancy
- Ensure safe motherhood
- Empowers family
- Provides value-based marital bonding
- Does not transgress any religion, cultural considerations of practitioners.
Disadvantages:

- Periodic abstinence
- Daily charting
Can NFP be used just by the wife?

- The method requires joint fertility decisions and partner communication and cooperation at all times during the woman’s cycle.

Can a couple use condoms while learning the ovulation/billings ovulation method?

- While learning OM, it is very important to be aware of a woman’s natural pattern of wet and dry sensations.
- Condoms interfere with this; it is no longer NFP but condom that the couples are using as FP method.
What if a woman always feels wet?

Possibilities:
1. She may not be observing correctly
2. She is observing correctly and the secretion has a fishy odor, yellowish in color and does not change and she feels itchy.
   In the second case, she may have an infection and should visit an STI service provider to have this investigated.
3. Another possibility, although very remote, is that the woman is constantly sexually aroused.
How long must a couple abstain from sex when practicing NFP?

Based on WHO standards, it depends on the cycle of the woman, usually during the ovulation phase of the menstrual cycle and two-three days immediately after.

Post-ovulatory days are constant 11-16 days free for lovemaking.

Who can practice NFP?

Any couple in the reproductive age group, 15-49 years of age can practice NFP.
SERVICE GUIDELINES FOR SERVICE PROVIDERS

- Method delivery guideline
  - Fertility Awareness Session (FAS)
  - Initial Instructions (II)
Cycle 1 Follow Up

- This meeting occurs not later than 3 weeks after the start of a menstrual period.
- Review client’s first cycle and take menstrual history questions.
  - Month/ day of last menstruation?
  - Month/ day of first day
  - Month/ day of previous menses?
  - Does your period come every month?
  - Are there months with no menstruation?
Did you experience any of the following during menstruation?

- Dull ache or sharp pain in the abdomen lasting from a few minutes to a day or two?
- A change in complexion?
- Drier or oilier skin?
- Increase or decrease in energy?
- Swelling?
- Spotting?
- Breast or nipple tenderness?
- Mucus presence or absence?
• If a client has noticed this, ask when in the cycle did occur.
  ✓ It is important to get this information to find out what is normal for the client.
  ✓ It will also help the service provider to determine how aware the client is of her body changes.

• Areas of consideration for the first cycle
  ✓ Abstinence on the first three weeks is important because it helps the client to understand her mucus or temperature pattern without confusing it with fluid from lovemaking.
  ✓ The service provider should review the chart for the first cycle.
Cycle II Follow Up

- Ideally these meetings occur not later than 3 weeks after the start of that cycle’s menstrual period.
- The service provider asks the client to explain her observations and experiences and how she is using the method.
- The service provider corrects or clarifies any incorrect information.
THE EARLY DAYS RULE: On dry days following menstruation, lovemaking is allowed only on alternate evenings.

Why alternate? The woman may feel wet with lovemaking fluid the next day. If she feels wet, this day can not be considered a dry day.

- Is taught to most clients during their 2nd cycle visit. They can apply it during their 3rd cycle and all other later cycles.
Cycle III Follow Up

- Once a client can complete the current/autonomous user checklist, the client becomes a “current user” of NFP

- Service providers or their supervisors validate that all NFP method clients can complete the current/autonomous user checklist.
If the client can correctly perform these 8 tasks, she has successfully completed the current/autonomous user checklist as follows:

✓ Describe the cycle length
✓ Clarify fertility intention with partner
✓ Describe mucus or temp. pattern based on chart
✓ Identify the beginning and end of fertile days, based on chart.
✓ Apply peak day rule, based on chart
✓ Apply early days rule
✓ Explain benefits of NFP practice
✓ Describe strategies used to adopt sexual behavior during fertile time.
SUMMARY OF CLIENTS CONTACT SCHEDULE

First: Fertility Awareness Session (FAS) and Initial Instruction (II)

Second: Cycle 1 Follow-Up

Third: Cycle 2 Follow-Up
   Includes the Partner Involvement Exercise

Fourth: Cycle 3 Follow-Up
   Includes the Autonomy Checklist
METHOD DISCONTINUATION

- There are many reasons that the client might drop out or discontinue the method.
- Perhaps the client has decided to use another method of family planning.
- She may also become pregnant. Sometimes it is a planned pregnancy; other times it is unplanned.
An unplanned pregnancy could be due to any of the following reasons:

- The method failed. All methods fail sometimes.
- The client understood the method but did not use it correctly.
- The client did not understand the method. The teaching was not adequate for the client.

In summary, there are 3 reasons that a client may experience an unplanned pregnancy:

= method failure
= user failure
= teaching failure.
WAYS OF SUSTAINING NFP SERVICES

- Involvement of both the client and partner to sustain couple practice
- Sharing with neighbor who does not have any FP method
- Join any people’s organization or community based health organization with NFP services.
- Volunteer to your LGU-RH Center to assist staff in the conduct of FAS, NFP follow ups.
- Recruit current users to become members of the existing NFP- PO.