

Day 5 of the Advanced Session

- Planning NFP Service Deliver
- Autonomy and NFP
- Use of NFP for Achieving Pregnancy
- Infertility
- Closing Remarks and Farewell



Activity—Planning for NFP Service Delivery

Objective: To review the basic steps for planning and implementing NFP services

Materials: Worksheet: Planning for NFP Service Delivery (page 307)

Large pieces of paper

Felt pens

Tape or pins

Time: 2 hours and 30 minutes

- Directions:**
1. Divide the class into small groups of two.
 2. Give each small group about 30 minutes to complete the worksheet on Planning for NFP Service Delivery .
 3. On large pieces of paper, have each small group summarize their responses to the items on the worksheet.
 4. Give each small group about 10 minutes (5 minutes for each person) to report their summary to the class.
 5. Add information and ask questions such as those listed below to generate discussion.
 6. Summarize the major steps for developing a plan for NFP service delivery.

Discussion Questions

1. Who is your audience (age, number of people, etc.)?
2. Can the audience read?
3. What materials will you need to teach them?
4. What adaptations are you thinking of making in materials for your audience?
5. How will you reach your audience?
6. What supplies and equipment do you need to provide NFP services?
7. What activities do you feel you need to complete before you can begin teaching NFP clients?

8. Do you feel there is anything that might hinder the success of your program? If so, please describe it. Is there anything you can do to improve this situation?

Worksheet: Planning for NFP Service Delivery

1. List target groups you hope to provide NFP services.
2. Determine what target group you plan to teach first, second, and so on.
3. Now that you have identified your target groups, list the names of organizations, agencies, newspapers, radio shows, etc. you will be contacting to assist in the recruitment of potential clients.
4. Determine what materials you will need to conduct recruitment activities (e.g., letters, pamphlets, brochures).
5. Decide when you will begin teaching clients and how you will determine the day, time, and location for offering the classes.

Trainer's Notes

Planning NFP Service Delivery

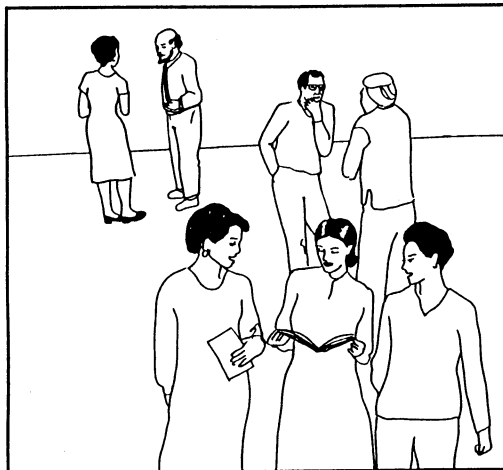
All too often, NFP instructors are disappointed because they are not teaching as many clients as they would like. In addition, sometimes new instructors become overwhelmed because they are attempting to teach too many clients at one time, or several clients with special circumstances, without the necessary experience. One way to reduce the possibility of these and other problems is to develop a plan for implementing your NFP services.

1. The first step is to develop a list of all the target groups you want to provide NFP services.

For example, your list may include healthy women in their reproductive years who want to avoid pregnancy, breastfeeding women, premenopausal women, and women who want to achieve pregnancy.

2. After you have completed your list, the next step is to expand it by including a complete description of the target groups. The description should include age, educational and reading level, socioeconomic, ethnic, cultural, and religious backgrounds, and geographical areas. For example, you may choose to teach healthy women ages 18 to 35 and their partners. These couples may all want to avoid pregnancy and are living in villages within 30 miles of your organization.

3. The third step is to decide which group you plan to teach first, second, and so on. As a new teacher, we suggest you instruct healthy regularly ovulating women who want to avoid pregnancy first.



After a few months of working with this group, you will have more teaching experience and may then feel confident working with more difficult groups such as premenopausal and breastfeeding women.

4. The fourth step is to decide how you will recruit your target groups. To do this, identify the names of organizations, agencies, religious institutions, newspapers, radio shows, etc. that reach each target group.

5. The fifth step is to decide when you will begin teaching your classes. For example, you may want to begin the first class two months after beginning your recruitment activities. This will increase the possibility that you will have an adequate number of clients to teach.

6. Determining the materials you will need to recruit clients is the sixth step to complete. You may need written information about your NFP classes in the form of brochures or flyers. Posters may also be helpful. This information should include the day, time, and location for the classes. Perhaps an article will need to be written for a newspaper or a letter sent to organizations to publicize the class.

7. In addition to completing these activities, it is very useful to keep a record of time spent on them. This record should also include a description of each activity you have completed. For example, if you developed a letter and other materials to be sent to TV and radio stations, you would list these activities. When appropriate, the name, address, and phone number of anyone contacted should also be included. By completing this record, you and your administrator will be able to determine the amount of time needed to help the NFP services grow, as well as to start them in other locations.

Activity—Autonomy and NFP

Objective: To identify the characteristics of an autonomous user and to develop questions NFP instructors can use to determine clients' levels of autonomy

Materials: Large pieces of paper or chalkboard
Felt pens or chalk
Tape or pins

Time: 1 hour

Directions:

1. Divide the class into small groups.
2. Have each small group take 15 minutes to generate a list of characteristics of an autonomous user and a list of questions participants can ask clients to determine if they are autonomous users.
3. Give the recorder of each small group 10 minutes to discuss the group's lists with the class.
4. Write responses on large pieces of paper or on chalkboard.
5. Summarize responses, adding information as needed. Using these, develop criteria with the class for determining when a user is autonomous.

Trainer's Notes Autonomy and NFP

1. **Autonomy** in NFP use is defined as the time when a woman or couple can confidently identify the fertile and infertile days and use this information to plan their families effectively. In addition, they no longer need the assistance of an NFP instructor.
2. A couple is autonomous if they
 - can correctly identify the beginning and end of the fertile days of each cycle,
 - can time intercourse according to their family planning intentions, and

- are confident in the use of NFP.
3. Autonomous use of NFP usually occurs from three to six cycles after initial instruction in NFP has been completed.
4. In order to evaluate whether or not a woman/couple is autonomous, the NFP instructor should assess the following:
- Review NFP charting.
 - Is the woman observing and recording her fertility sign(s) correctly?
 - Has she described fertile characteristics of mucus?
 - Has she identified the peak day correctly?
 - Did she draw a coverline correctly? How did she determine the coverline?
 - If she is using a calculation, did she apply it and follow it accurately?
 - Clarify family planning intention.
 - Does the couple want to space or limit the size of their family?
 - Does the couple want to achieve a pregnancy?
 - Review method practice.
 - Can the couple correctly identify the beginning and end of the fertile days?
 - Does the couple know when to abstain in order to avoid pregnancy?
 - Is the couple abstaining on the appropriate days?
 - Review feelings about method.
 - Is the couple happy with the method?
 - What do they like about the method?
 - Is the method creating any difficulty for either partner? If so, what are the difficulties and how does the couple deal with them?
5. In order to help clients achieve autonomy, the NFP instructor should schedule a series of follow-up client visits according to the recommendations of the NFP program.

Activity—Lecturette on Achieving Pregnancy

Objective: To discuss how a couple can use NFP to achieve a pregnancy

Materials: Large pieces of paper or chalkboard
Felt pens or chalk
Tape or pins

Time: 30 minutes

Directions: Conduct a class discussion about achieving a pregnancy, using questions such as those below.

Discussion Questions

1. Which fertility sign is the best to use to determine the beginning of the fertile time of the menstrual cycle? Why?
2. In order to become pregnant, when should a couple begin having intercourse?
3. If a couple who is trying to become pregnant wants to have intercourse before the fertile time, what instructions regarding timing of intercourse would you give and why?
4. If a woman has been taking her basal body temperature throughout her menstrual cycle, what will she notice happening to her temperature if she becomes pregnant?
5. Why is it a good idea for a couple to observe fertility signs for 1 month before trying to become pregnant?

Trainer's Notes

Achieving a Pregnancy

1. Although NFP can be used for avoiding pregnancy, it can also be used for achieving a pregnancy.
2. Ideally, in order to become knowledgeable about her fertility signs, a woman should observe them for at least 1 month before she tries to become pregnant. This will make it easier for her to identify her fertile time when she is trying to become pregnant.
3. If a couple want to become pregnant, they must have intercourse during the fertile days of the menstrual cycle.
4. Wet cervical mucus and vaginal sensations are the best indicators of the most fertile time.



5. In order to become pregnant, a couple should begin having intercourse at least every other day for one week beginning on the first day of wet vaginal sensations and/or wet mucus. Though it is not often necessary, some physicians suggest having intercourse every other day, since this can increase the number of sperm in the man's semen.
6. A couple should continue to have as normal a sexual life as possible, to avoid any unnecessary stress on the relationship while trying to become pregnant. However, since a woman wants to be able to detect the first day of wet mucus and/or wet vaginal sensations, the couple should preferably abstain the day after having intercourse during the preovulatory time. This will allow time for semen to leave the vaginal area so that the woman is able to observe the beginning of wet vaginal sensations and wet mucus production.
7. Since ovulation is most likely to occur before the rise in BBT (thermal shift), the BBT is not used to determine the beginning of the fertile time. However, there are a few good reasons why the BBT is helpful for pregnancy achievement. If the temperature remains high for longer than 20 days after the thermal shift without menstrual bleeding, this is an excellent sign that the woman is pregnant. The BBT shift helps to verify that the woman is ovulating. In addition, twelve to sixteen high temperatures from the thermal shift to menses are a good indication that the ovaries are producing the right amount of hormones needed for pregnancy.
8. If a woman thinks she might be pregnant, she should, whenever possible, have a pregnancy test and/or be examined by a doctor or appropriate health worker as early as possible to make sure a normal pregnancy is developing.
9. On the average, it takes a couple less time to become pregnant using NFP compared to those who do not use the information.
10. About 85% of couples trying to become pregnant will succeed within 1 year of trying.

Activity—Lecturette on Infertility

Objective: To assist the NFP instructor in understanding and discussing basic information about infertility with NFP clients

Materials: Large pieces of paper or chalkboard
Felt pens or chalk
Tape or pins

Time: 30 minutes

Directions: Conduct an open question-and-answer session about infertility, using the questions below to generate discussion.

Discussion Questions

1. What is the definition of infertility?
2. How common is infertility?
3. Are infertility problems always due to problems with the man or the woman? Explain your answer.
4. What are the most common infertility problems experienced by men?
5. What are the most common infertility problems experienced by women?
6. What are some causes of infertility?
7. What possible signs of infertility might an NFP instructor or client observe?
8. When should an NFP instructor refer a client to a doctor or other health professional for a possible infertility problem?
9. How can the NFP instructor be of help to a client who is concerned about a possible infertility problem?

Trainer's Notes

Infertility

1. **Infertility** is the inability of a couple to achieve a pregnancy after a year of unprotected intercourse, or an inability to carry a pregnancy to live birth.
2. At least one out of every six couples experiences difficulty achieving a pregnancy. Sometimes this is because of problems with the man or the woman, and at other times it is because of problems with both.
3. The most common infertility problems for men are related to a low number of sperm in the semen or poor movement of the sperm.
4. Infertility problems in men may be caused by infection, illness, exposure to chemicals, certain drugs, or other physical problems.
5. The most common infertility problems for women are no ovulation (or infrequent ovulation), problems with the cervix or cervical mucus, and problems with the uterus and fallopian tubes.
6. Infertility problems in women can also be caused by abnormal amounts of hormones, infection, illness, or other medical problems.
7. Some couples who have a fertility problem, as well as many who don't, do not achieve a pregnancy because they are unaware of the fertile phase of the menstrual cycle. Because of this, they have intercourse at the wrong time.
8. If a couple has not achieved a pregnancy after having intercourse during the fertile days for six menstrual cycles, if possible, they should seek help from a doctor or other health worker who treats fertility problems. Many of these problems can be dealt with if medical diagnosis and treatment are available.
9. An important role of the NFP instructor is to assess the client who is attempting to achieve a pregnancy and provide referral when appropriate and if possible.
10. The NFP instructor should look for the following signs of possible infertility problems and should refer clients who show such signs for medical care:
 - The client has abnormal patterns of fertility signs, such as no fertile mucus and/or thermal shift for more than 2 months. Menses occurring fewer than 10 days from the peak day or thermal shift are other examples of abnormal patterns.

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- The client is concerned about a possible infertility problem.
 - The couple has a history of no pregnancy after a year or more of regular (at least once a week) unprotected intercourse.
 - The client has a history of irregular or anovulatory cycles.
 - The client has a history of gonorrhea, PID, IUD use, abortion with complications, ectopic pregnancy, or endometriosis.
 - The client has general health problems, such as being too thin or overweight, thyroid dysfunction, or alcohol or drug abuse.
11. What can the NFP instructor do?
- Find out what the clients know about pregnancy and when it most easily occurs.
 - Correct misinformation. Teaching clients about fertility can be invaluable.
 - Support the feelings of the clients.
 - Refer the clients for medical help if necessary and if possible.

Activity—Closing Exercise

Objective: To provide feedback about the training and say goodbye

Materials: Evaluation Forms

Time: 30 minutes

Directions:

1. Divide class into groups of two.
2. Allow 10 minutes for each small group to compose a 10-word telegram summarizing their training experience and a 10-word telegram expressing their goodbyes.
3. Have each small group read their telegrams to the class.
4. Hand out evaluation forms for participants to complete.

To the Trainer

1. The closing exercise of the day such as the one described above should be enjoyable and should allow participants and you to say goodbye and thank each other.
2. You may want to have a closing ceremony in which you give participants a certificate that states they have attended an NFP Instructors Training Course.
3. Many participants would like to have a copy of the names and addresses of all participants. Providing them with such a list will enable them to correspond with one another once the Course is over.

We hope you have enjoyed this Guide and have found our suggestions for planning, conducting, and evaluating NFP training courses helpful.

Your feedback about the Guide would be greatly appreciated. Please complete the enclosed **feedback/evaluation form** and send it to:

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Best of luck in your training endeavors; we look forward to hearing from you.

