



USAID
FROM THE AMERICAN PEOPLE

E2A EVIDENCE TO ACTION
for Strengthened Reproductive Health



Pathfinder
INTERNATIONAL
Sexual and reproductive health
without fear or boundary

CycleBeads, Gateway Method Project, Tanzania

Mustafa Kudrati,
Country Representative, Tanzania

Why introduce SDM?

MWRA 15-49	No Method	Any Method Use	Modern Method Use	Traditional Methods	HIV Prevalence THMIS 2012
Tanzania	65.6	43.4	27.4	7	5.1
Dar es Salaam	49.6	50.4	30.7	19.7	6.9
Shinyanga	85	15.1	12.5	2.6	7.4

TDHS 2010

What does the project do?

Overall goal: Improve maternal health and increase economic wellbeing

Project purpose: Increase contraceptive use

Narrative summary

Objectively verifiable indicator

Results/outputs:

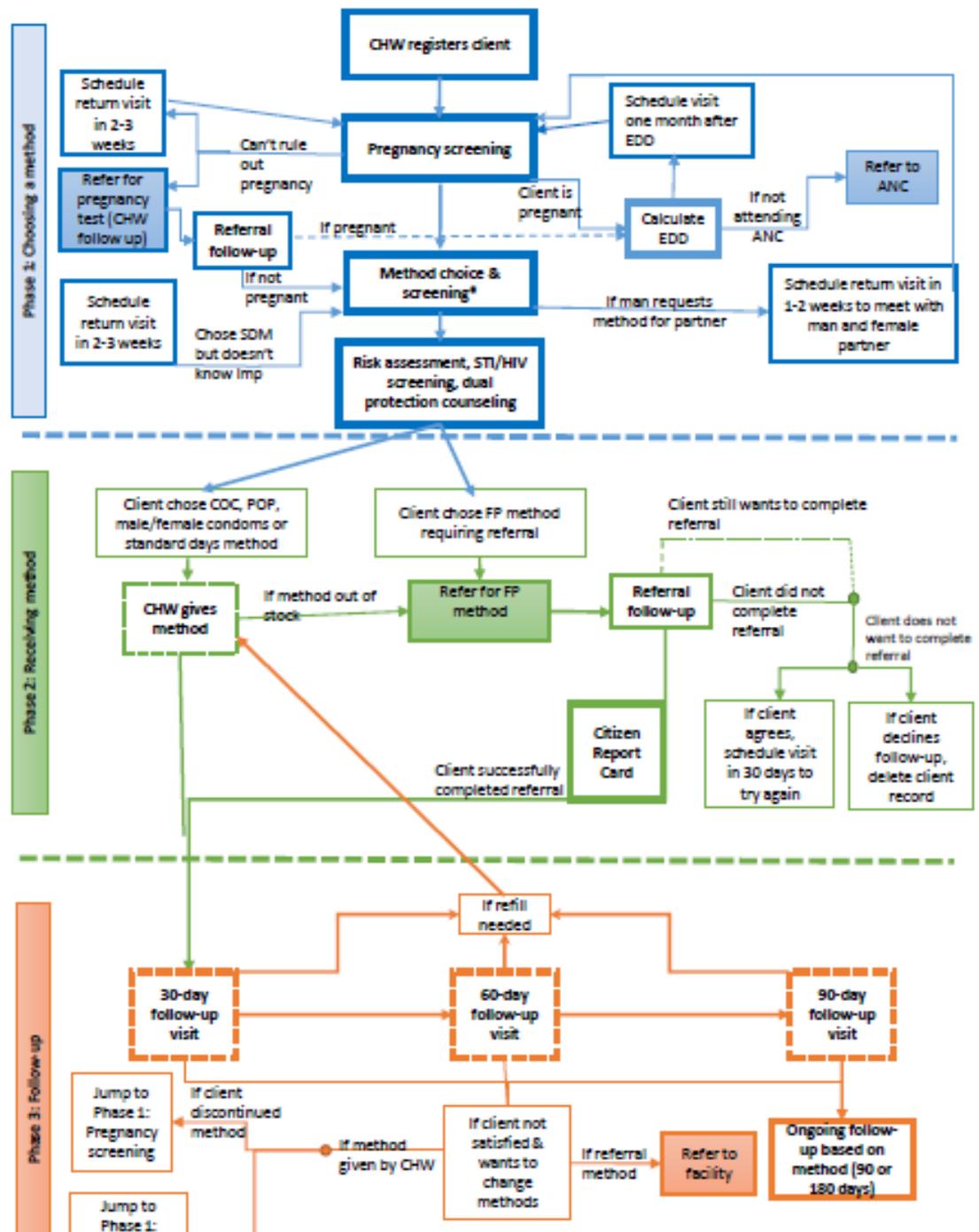
1	MOHSW approves integrated counseling strategy (ICS) that includes SDM	ICS adopted and authorized
2	Community volunteers provide accurate information on variety FP methods	# of new and continuing users increased
3	Health facility staff provide method of choice to increased number of clients	Reported contraceptive method mix at the facility level
4	Number of FP users increased	# of clients provided with FP methods
5	The process of introducing ICS with SDM is systematically documented for the MOHSW to improve the contraceptive method mix	Contraceptive method mix is expanded and client choice is enhanced



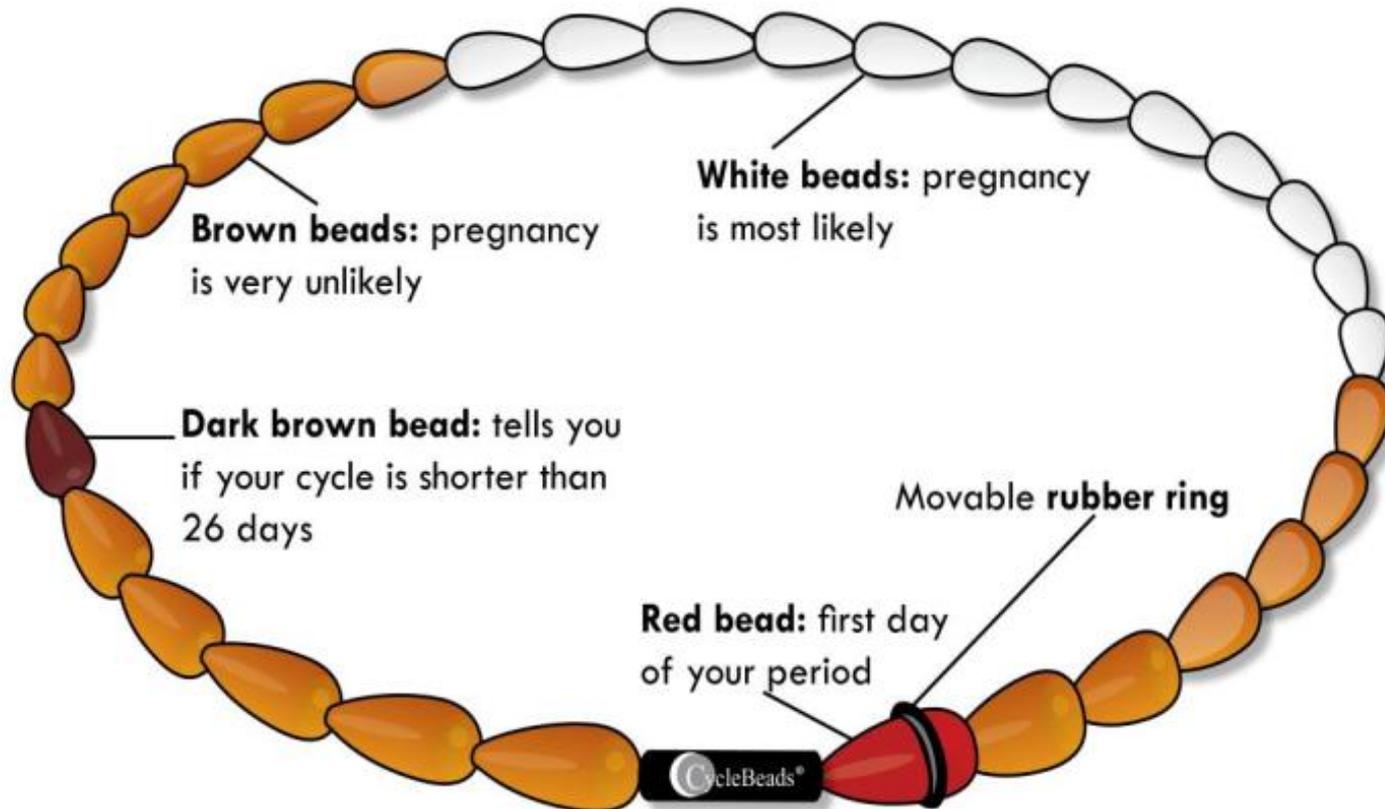
How was the project implemented?

1. **Use** of protocol-driven **FP app** by **250** community health workers (CHWs)
2. **Use** of proven evidence-based **Integrated Balanced Counseling Strategy Plus**
3. **Use** of Tiahrt compliant **Information, Education and Counseling** materials: palm cards, client method brochures and facility providers cue cards
4. **Phone-based forms and registers** to record routine data on client information and services

Complex work flows for FP including Standard Days Method® (SDM)



CycleBeads®

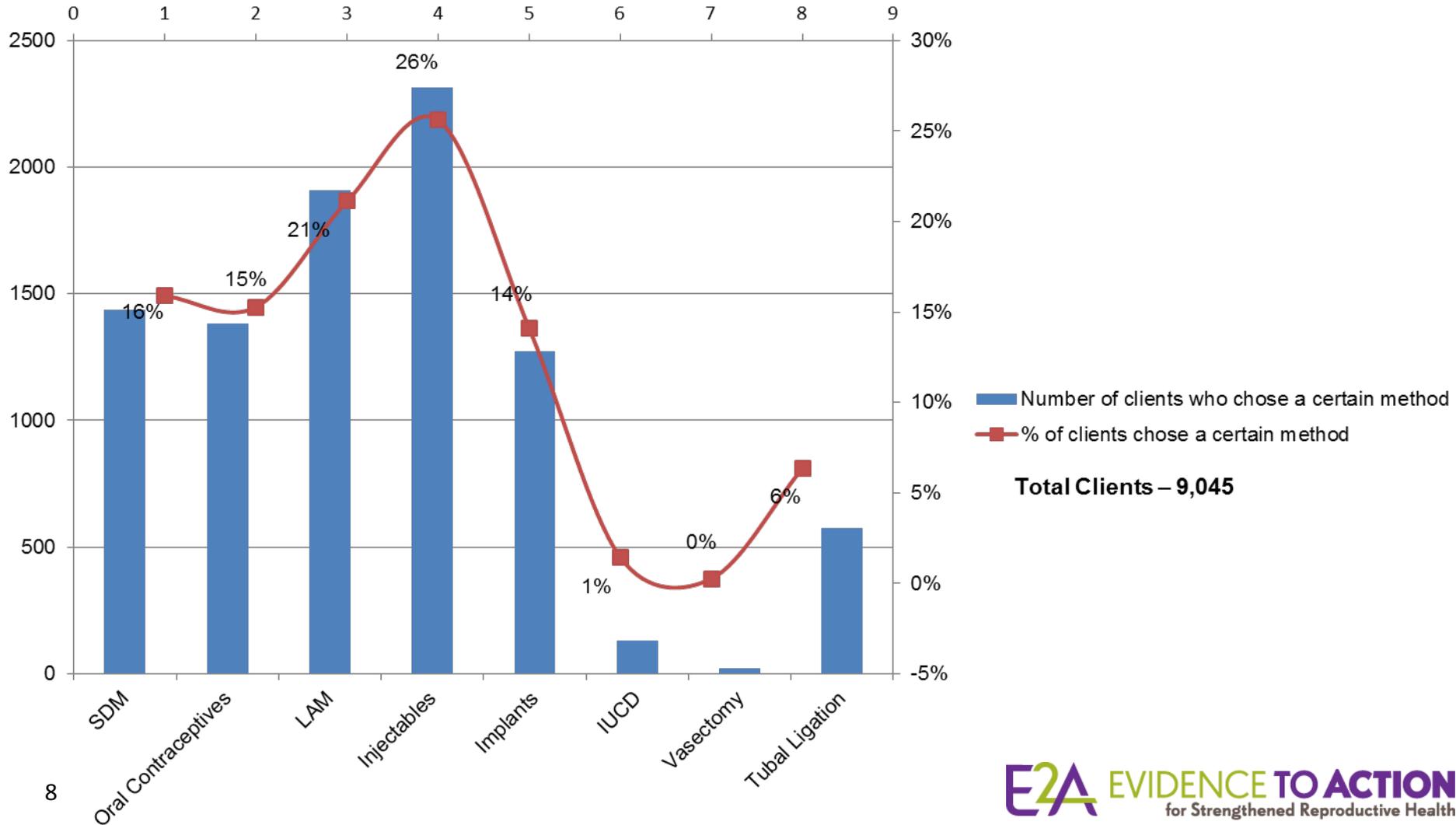


SDM uptake



Methods chosen by clients

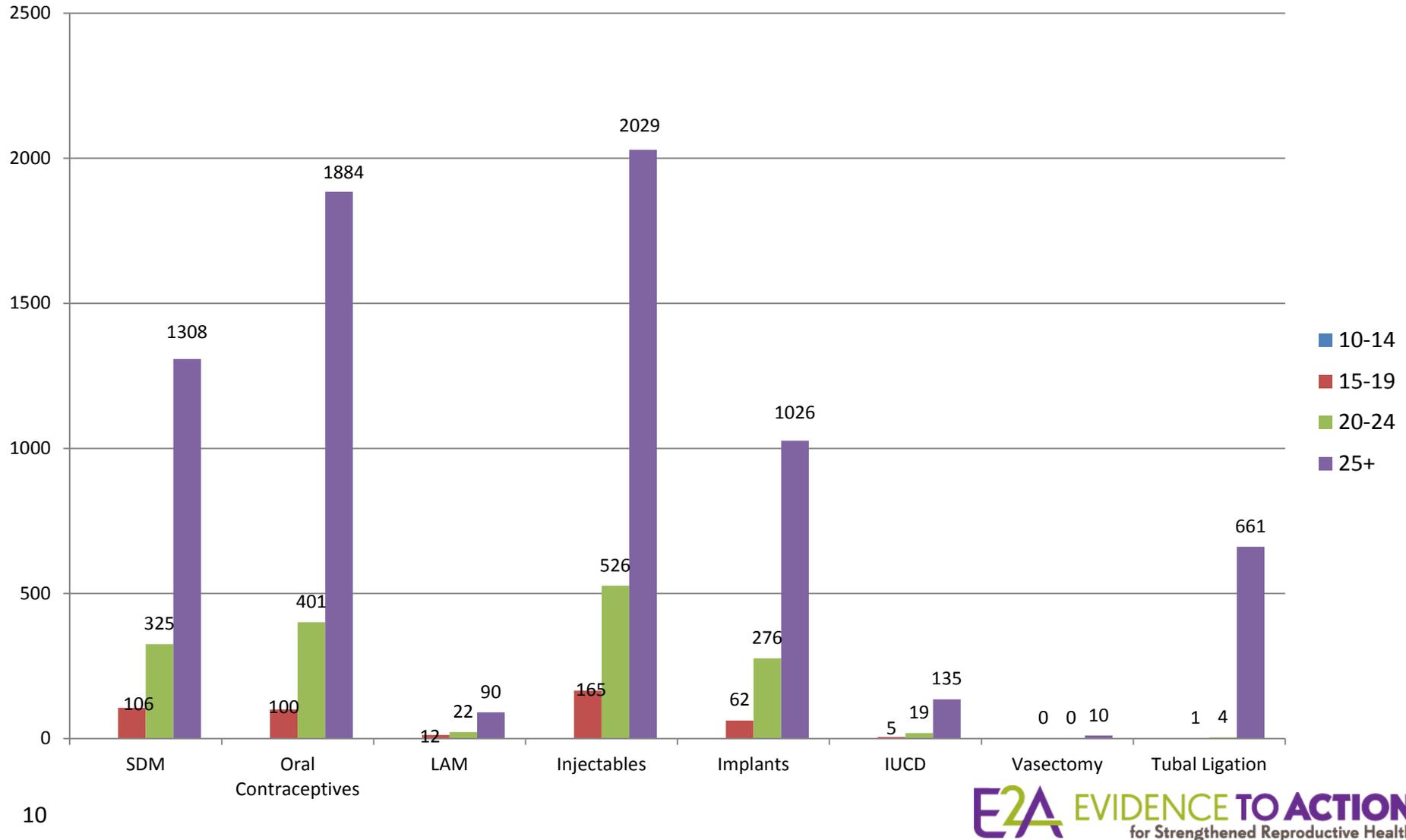
November 2014-August 2015



New FP users who chose SDM, previous FP users who switched to SDM

Total SDM adopters	1,445
Switched from other methods	273
New adopters – never used FP before	1,172

Method uptake by age group



How do clients feel about SDM?

“SDM made me to be closer to my husband, we now must discuss about my cycle this makes my relationship more enjoyable”

Client, Salawe Ward

“I was using oral contraceptives and later injections which made me to over-bleed to the extent of getting treatment but since I started using cycle beads I am safe and healthy”

Client, Ibinzamata Ward

“SDM helps me to understand my body and my menstrual cycle, now I know when I start and finish my menstruation”

Client, Iselamagazi Ward

“My religion does not allow me to use any modern FP method, I now have 5 children and did not know how to avoid getting any more pregnancies, this has come just on time and my partner is happy about it”

Client, Lunguya Ward

CHWs' perspective on being able to offer SDM

“SDM is helping me to reach the clients who have strong religious beliefs and the ones who faced intensive side effects with other hormonal methods, none of my clients got pregnant when using SDM, I enjoy when I explain the use of SDM and I am not scared even at Ngokolo Catholic Dispensary where I report as we are not allowed to explain about other methods”

CHW, Ngokolo Ward

“I managed to register even Doctors and nurses in this method, I was surprised to know that most of them never heard the SDM before”

CHW, Ibinzamata Ward

“SDM brings more clients to other methods, as one of my clients tried to have unprotected sex during danger days and she got pregnant. After delivery she chose to use IUCD and she is now healthy and the baby is growing”

CHW; Iselemagazi Ward

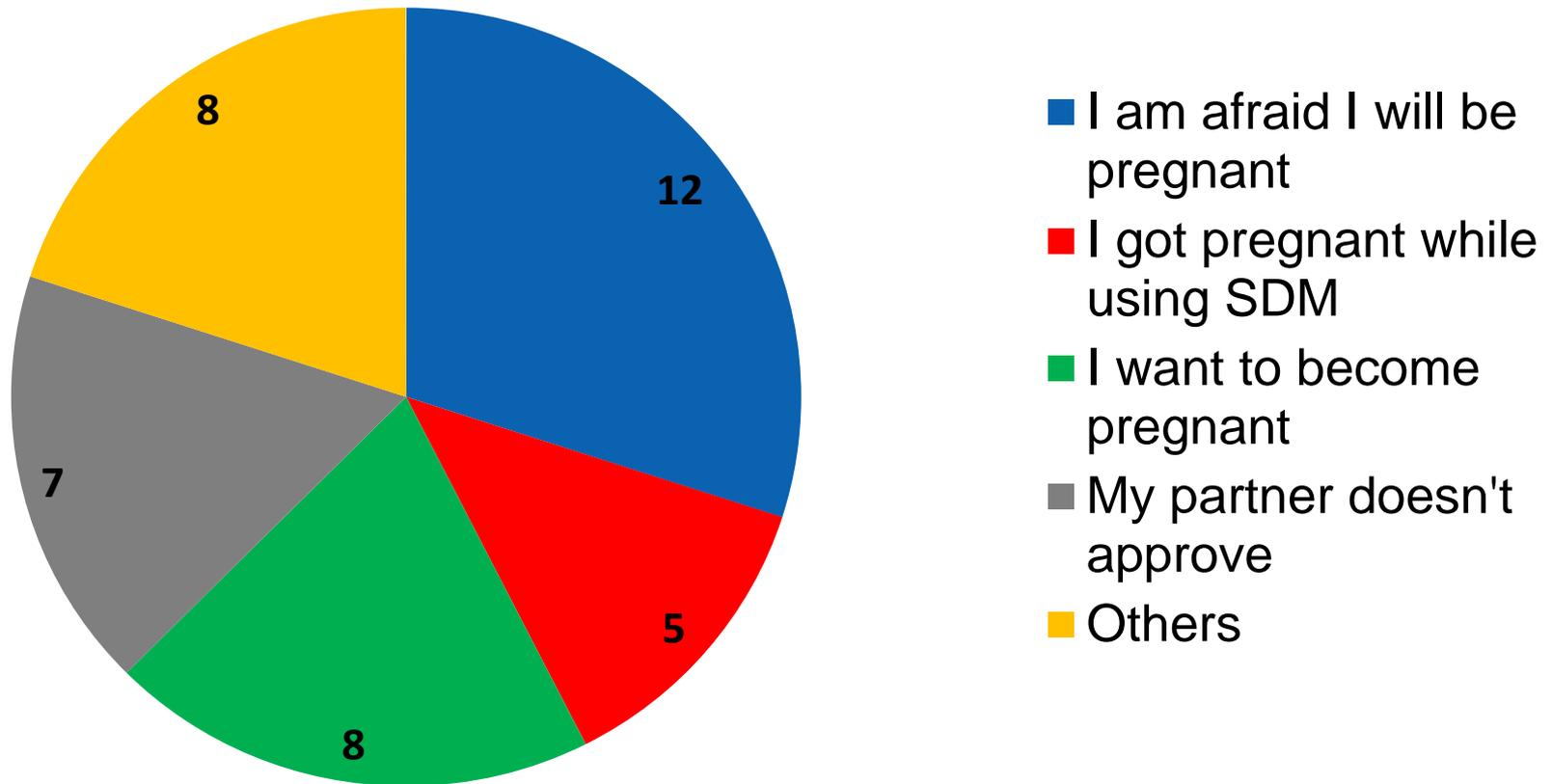
Method Discontinuation



Reasons for discontinuation of SDM

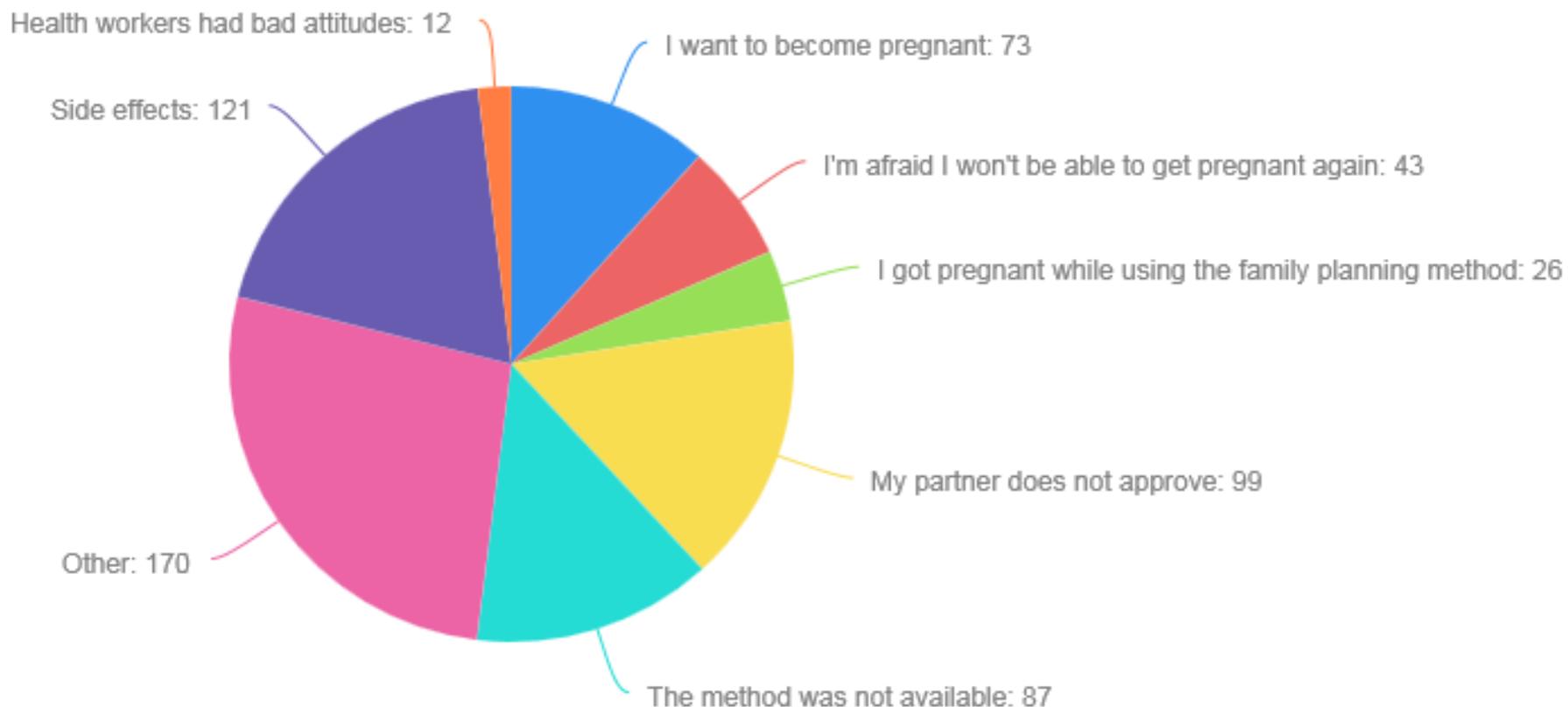
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Out of 1,445 acceptors: 40 (2.8%) discontinued

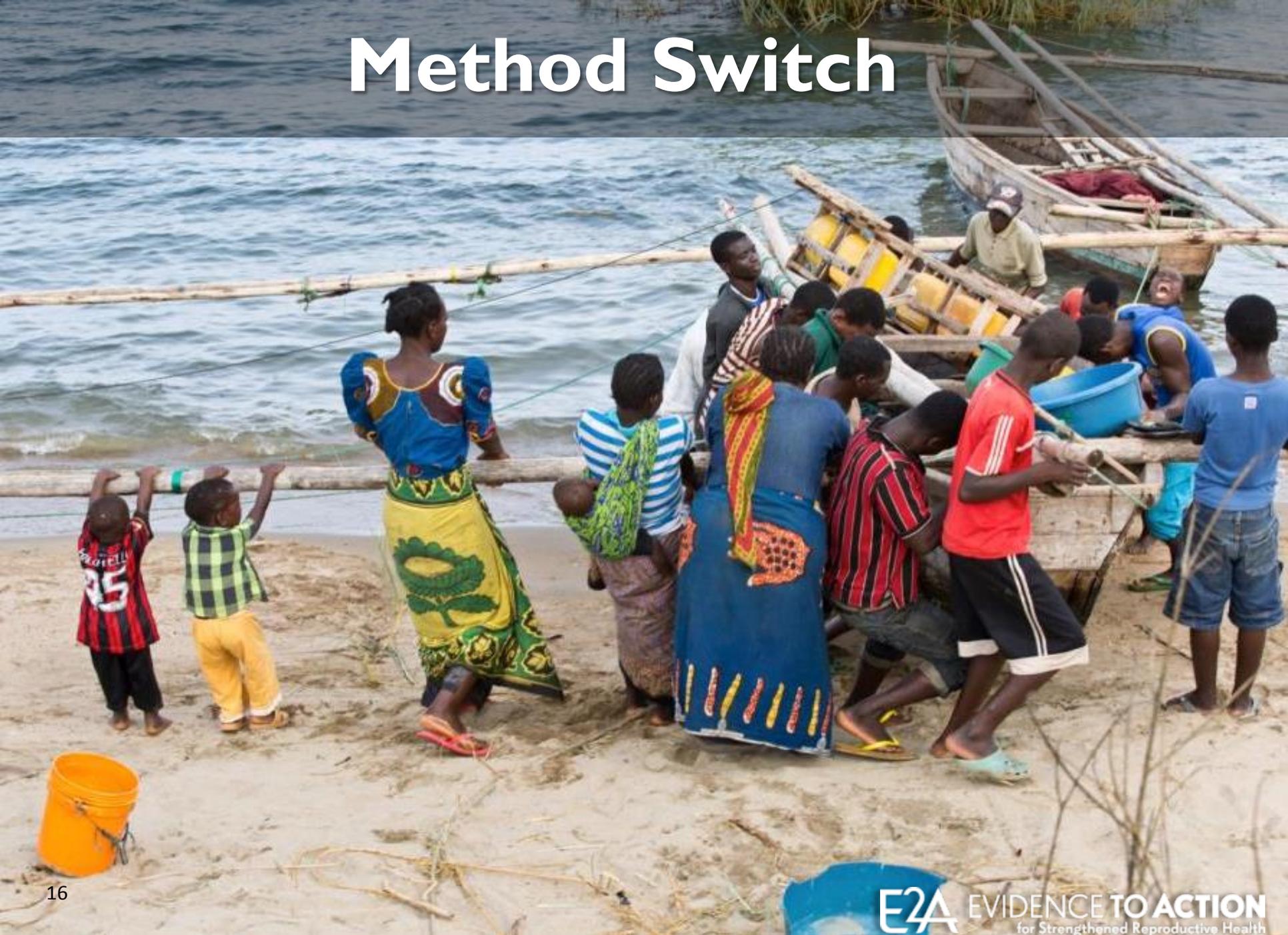


Reasons for discontinuation for ALL methods

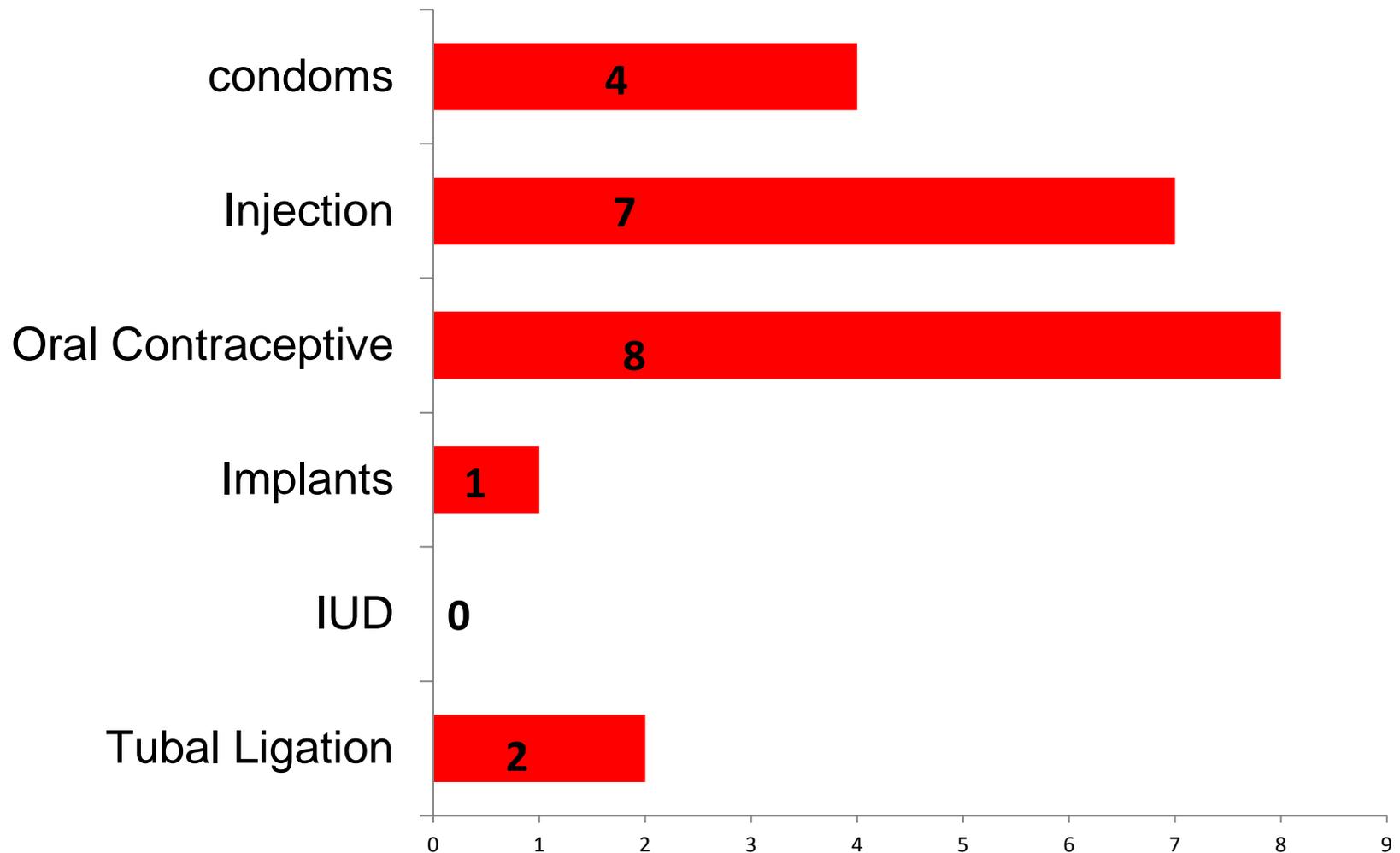
Reasons for discontinuation (In Program)



Method Switch



SDM switch to other methods



17 **Total switching from SDM to other methods = 22 out of 1,445 SDM adopters (1.5%)**



“Take away and the way forward”

Question:

Are CycleBeads a gateway method?

- Need to engage researchers to dig a little deeper to expand our understanding of CycleBeads

Other key lessons learned & next steps:

- Optimizing choice and resources is crucial
- mHealth: a transformational tool
- FTP & LARCs strengthening



Thank You!

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