

NFP TEACHER SELF-EVALUATION

TEACHING SDM TO A COUPLE

OPTION 1

Instructions for use

1. After finalizing your teaching session, take a few minutes to reflect on your experience. This checklist can help you remember different aspects of the session and whether you covered essential information about the method with the couple.
2. Check "Yes", "Partially," or "No" for each question regarding your experience. In instances where you wrote "Partially" or "No," please write a comment in the "Comments" column regarding how you could have done better.
3. Provide this feedback to the Webinar course organizers in order to obtain your certificate of course completion.

	YES	PARTIALLY	NO	COMMENTS
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DID I:

• Determine if woman's periods come about a month apart (cycles 26-32 days)?				
• Establish that the couple can abstain during the fertile days when she can get pregnant?				
• Assess whether the woman's periods have been regular since giving birth? (if applicable)				
• Assess whether the woman's periods have been regular since stopping use of hormonal methods?				
• Establish when the client can start using SDM if method eligibility criteria are met?				
• Demonstrate how to use CycleBeads?				
• Explain how to monitor cycle length (periods come too early or late)?				
• Explain to the client when to return?				
• Explain what to do if the client forgets to move the ring?				
• Ask client to repeat key information on how to use method?				
• Help identify potential problems the couple may have using SDM and encourage behaviors to support use?				
• Help identify possible solutions to the problems the client identified?				
• Schedule a follow-up visit if necessary?				

Read all the statements about the tasks normally performed when teaching the method. Decide how comfortable you would feel when performing each task. Mark the box that best describes your level of comfort.

How I felt....	COMFORTABLE	SOMEWHAT COMFORTABLE	UNCOMFORTABLE	VERY UNCOMFORTABLE
Asking a woman questions about her menstrual cycle to establish whether the SDM could be suitable for her.				
Teaching the couple to use CycleBeads.				
Asking questions to confirm whether the couple understood the SDM explanations.				
Exploring with the couple aspects of their sexuality and their ability to manage the fertile days (12 white bead days).				
Talking with the couple about challenges and solutions to managing abstinence during white bead days.				

Identifying your level of comfort performing these tasks will help you determine the areas where you will need to continue working in the future. It will also allow the course organizers to assist with additional resources and information.