

NFP TEACHER SELF-EVALUATION: TEACHING TWO DAY METHOD TO A COUPLE

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 TwoDay 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 that the woman has healthy secretions?				
• Determine that the woman can check for secretions at least twice a day, every day?				
• Establish that the couple can abstain during the fertile days when she can get pregnant?				
• Explain that if the woman recently gave birth or is breastfeeding she may have more days with secretions, or fewer days with secretions?				
• Explain that if the woman recently used a hormonal method of family planning, she may have more, or fewer, days of secretions for a few months?				
• Explain how to mark the presence or absence of secretions on the client recording card each night?				
• Explain that if she had secretions today OR yesterday, she can get pregnant today and should not have sex today?				
• Explain that if she had no secretions today AND no secretions yesterday, pregnancy is unlikely today?				
• Explain what secretions are like and when she will see them?				
• Explain how to check for secretions every day, at least twice a day and discussed which way of checking she prefers?				

• Explain to the client when to return?				
• Ask client to repeat key information on how to use method?				
• Help the women identify a routine for remembering to check her secretions?				
• Help identify potential problems the couple may have using the TwoDay Method 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 secretions to establish whether the TwoDay Method could be suitable for her.				
Teaching the couple to use the TwoDay Method.				
Asking questions to confirm whether the couple understood the TwoDay Method explanations.				
Exploring with the couple aspects of their sexuality and their ability to manage the fertile days.				
Talking with the couple about challenges and solutions to managing abstinence during the fertile 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.