

Standard Days Method Case Studies

Case 1 - Lori

Date last menstrual period: April 8

Date of visit to clinic: April 14

Your client has regular periods that come each month, when she expects them. She and her husband are both interested in a natural method. She is not breastfeeding and has never used a hormonal method of family planning.

Case 2 - Maggie

Date last menstrual period: Does not remember; beginning of month

Date of visit to clinic: May 20

Your clients are a newlywed couple interested in the SDM because it is natural and there are no side effects. She does not remember the exact date of her last period but her periods come around the same time each month. She has not been using any other method and has been married only a few months.

Case 3 - Emma

Date last menstrual period: May 12

Date of visit to clinic: May 28

Emma breastfeeds her 15-month old son. She started getting her periods regularly about eight months ago. Her husband travels often, at least twice a month and for several days at a time. Sometimes they abstain and other times they use withdrawal. They both have decided to use a natural method.

Questions

- Can she use the Standard Days Method?
- If suitable, when could she start using it?
- What are some recommendations to offer this client?

SDM Case Studies

Case 1 - Lori

Date last menstrual period: April 8

Date of visit to clinic: April 14

Your client has regular periods that come each month, when she expects them. She and her husband are both interested in a natural method. She is not breastfeeding and has never used a hormonal method of family planning.

- Can she use the Standard Days Method?
 - Yes
- If suitable, when could she start using it?
 - Immediately
- What are some recommendations to offer this client?
 - Monitor cycle length over time, discuss with husband. Place ring on correct bead.

Case 2 - Maggie

Date last menstrual period: Does not remember; beginning of month

Date of visit to clinic: May 20

Your clients are a newlywed couple interested in the SDM because it is natural and there are no side effects. She does not remember the exact date of her last period but her periods come around the same time each month. She has not been using any other method and has been married only a few months.

- Can she use the Standard Days Method?
 - Yes
- If suitable, when could she start using it?
 - Wait until her next period starts
- What are some recommendations to offer this client?
 - Abstain until she starts SDM. Discuss with husband method use. If she had sex this month, she may already be pregnant.

Case 3 - Emma

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Date of visit to clinic: May 28

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- Can she use the Standard Days Method?
 - Yes
- If suitable, when could she start using it?
 - Immediately
- What are some recommendations to offer this client?
 - Discuss with husband method use. If she had sex this month, she may already be pregnant.