

The Bead Method – Teacher Cue Card

Follow-Up Visit

Mucus Observation:

Ask:

- Do you check at least 3 times each day for mucus?
- Do you make the Feel, See and Touch observation each time you check for mucus?
- Were you able to See and Touch mucus?
- Were you able to Feel wet observations?
- Were you able to identify the drying up days after days of wet observation and or egg white mucus?

If the answer to any of the questions is no, identify the difficulty and reinstruct with client card.

Use of Bead String

Ask:

- Did you remember to string a bead at the end of each day of the cycle?
- Did you know which bead to place on your string each day?

If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.

Review: client bead string

Correct any errors and review with client card and sample bead set.

Use of Bead Chart

Ask:

- Did you remember to note your observation on your bead chart each day?
- Did you know how to mark your chart each day?

If the answer to any of the questions is no, identify the difficulty and reinstruct with client bead chart.

Review: client bead chart

Correct any errors.

Placement of Beads - Regular Instructions

Ask:

- Did you place the start up bead on the correct day?
- Did you place the four drying up beads on the string correctly?
- Have you noted acts of intercourse on the bead string?

If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.

Placement of Beads - Special Instructions

Ask:

- Did you string beads correctly? red beads = bleeding, yellow beads = dryness or stick/tacky mucus, green beads = egg white mucus or wet observation
- Did you string the four drying up beads after each episode of bleeding, egg white mucus or wet observation?
- Have you noted acts of intercourse on the bead string?

If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.

Application of Rules/Achieving Pregnancy

Ask:

- If trying to achieve pregnancy, have you had intercourse on days with mucus, days of green beads?

If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.

Application of Rules/Postponing Pregnancy/Regular Instructions

Ask:

- If trying to postpone pregnancy, have you abstained from the start up bead until the night of the fourth drying up bead?

If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.

Application of Rules/Postponing Pregnancy/Special Instructions

Ask:

- If trying to postpone pregnancy, have you restricted intercourse to days with yellow beads?
If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.

Abstinence (If Applicable)

Ask:

- How did you manage the fertile days?
- How do you communicate to know on which days to have intercourse?
- Did you have difficulty abstaining?

Identify any difficulties and provide the necessary support.

Family Planning Intent/Use of Natural Method

Ask:

- Are you still in agreement about your family planning intent and your use of a natural method?

If the answer is no, encourage discussion and resolution. The method may no longer be appropriate for the couple.

Risk of Sexually Transmitted Infections

Ask:

- Do you believe that you are at risk of getting a sexually transmitted infection?
- Since using the Bead Method, have either of you been diagnosed with a sexually transmitted infection?

If the answer to any of the questions is yes, remind them that the Bead Method does not prevent sexually transmitted infections and refer to a health care provider. The method may no longer be appropriate for the couple.

Method Satisfaction

Ask:

- How is the method working for you?
- Are you satisfied?
- Do you feel confident in your use of method?
- Are you satisfied with the level of support from spouse?
- What do you like about the method?
- Are you having any difficulties with method?

Identify any difficulties and provide the necessary support.

When To Contact A Teacher for Follow-Up

- If a woman has difficulty interpreting her cervical mucus observations
- If a couple has any questions regarding the chart, bead string or rules
- If a couple has difficulties with the relational aspects of the Bead Method
- If there has been a change in a woman's reproductive status

When To Contact A Health Care Provider

- If a woman is having unusual bleeding
- If a couple is having difficulty conceiving
- If a woman is having heavy periods with pain
- If a woman is having painful intercourse
- If a woman is having burning, itching or pain in association with vaginal secretions
- If a woman with regular cycles has not had a period in over 42 days
- Any woman who suspects pregnancy