

Menstrual Health Study

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BACKGROUND

- Menstruation is a fundamental experience for girls and women, and appropriate menstrual hygiene management (MHM) is directly linked with basic human rights and key to sexual and reproductive health (SRH). Yet, MHM is often left out of SRH interventions and continues to be a challenge for many girls and women, especially in countries like Zimbabwe. With this in mind, CHIEDZA intervention services will include MHM education and the provision of MHM products (e.g. the menstrual cup, reusable pads, period pants, and pain medication).
- The YRA project will be used to inform and develop a period tracking diary and the profile of an MHM champion that will support and influence the uptake and retention of MHM services within CHIEDZA.

AIM and OBJECTIVES

AIM

To support female engagement and participation in the menstrual health management (MHM) intervention within CHIEDZA

OBJECTIVES

1. To investigate the facilitators and barriers to MHM intervention uptake and retention among young women in CHIEDZA
2. Develop a menstrual health champion profile for CHIEDZA
3. Develop a simple period tracking diary to support menstrual health management among young women in CHIEDZA

Methods

Develop data collection plan and data collection tools

Recruit of participants for focus group discussions, in-depth interviews, and participatory workshops

Data collection

Data analyses

Produce and share period tracking diary and menstrual health champion profile

BENEFITS

RISKS and LIMITATIONS



Benefits

- Improve MHM intervention uptake and retention within CHIEDZA

- Facilitate improved menstrual health management through the use of the period tracking diary



Risks & Limitations

- Culture and tradition
- Bias (researcher acceptability of MHM intervention)

THANK YOU !!