



sympto**pro**
FERTILITY EDUCATION

NFP E-Distance Learning

Overview of our distance education curriculum.

- What is SymptoPro™ Fertility Education

- How content is presented

- How tests are administered

- Discussion of client autonomy and charting

- Overview of our support to clients


- Enrollment and fees

- Partnership with NWFS

Overview of our SymptoPro™ Fertility Education E-Distance Learning Program



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What is SymptoPro Fertility Education?

- SymptoPro™ is a Sympto-Thermal Method started in 1978 based on the research and work of Dr. Josef Roetzer.
- SymptoPro™ has been a program of Northwest Family Services since the inception of the non profit in 1983.
- SymptoPro™ is an important part of the NWFS's overall mission to equip people with vital skills for a lifetime in support of child well-being and family stability.

Sympto-Pro™ Fertility Education Instructors and Courses



- SymptoPro™ Fertility Education is offered by certified instructors.
- Instructors can be trained either locally through our various certified teacher trainers or online to lead in person or online courses.
 - Individual training is \$400
 - Couple training is \$510
- Currently, the client course is available in English and Spanish for the in-person format. We are in the early phases of launching an online Spanish version.

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Presentation of course content



- Our interactive, three session client course is available in-person or online.
- In both versions, clients work directly with a certified instructor who reviews the learning activities, quizzes, and conducts a standardized follow-up including chart review.
- The instructor continues to work with the client through 6 cycles/months or until the client has reached autonomy and is competent in chart interpretations.
- Once a client starts with NWFS, there is no additional charge for ongoing support. Some women have received follow up for their entire reproductive life.

As an online client, you will receive:

- Access to the web course for 4 months
- Assistance from a certified SymptoPro™ Instructor
- Access to the SymptoPro™ charting app
- A packet containing:
 - A Couple's Guide to Fertility (if paper version was purchased)
 - Supplemental reading
 - Digital thermometer
 - Paper charts and an activity packet



How is the content presented online?

- The course includes three self-paced learning sessions or online modules with interactive activities embedded throughout.
- Each session is opened 2 weeks after the completion of the previous session and submission of an end of session follow up form “quiz” for clients to begin at the convenience.
- Online cumulative final exam.

Example of the online course sessions:

Session One content presented:

- Basic reproductive anatomy and physiology
- The cycle as a whole
- Observing, charting and interpreting temperature, tissue and sensation

http://online.nwfs.org/mod/scorm/player.php?a=97¤torg=NFP_Session_One... NWFS NFP with Jessica: NF...

donate today! You are logged in as Jessica Schaefer (Logout)

Northwest Family Services Live Grow Succeed

NFP > NWFS NFP with Jessica > SCORM/AICs > NFP 5

Slide Title	Duration
Orientation	00:22
Orientation to Onl...	00:03
Orientation page 2	00:03
Orientation page 3	00:13
Orientation page 4	00:03
Male Anatomy Quiz	00:03
Female Anatomy Quiz	00:03
Male Anatomy	00:10
Female Anatomy	00:05
Couple Fertility	00:15
Cervical Mucus	00:03
Conception	00:15
Pre- and Post-Ovulatory	00:03
Hormones	00:06
Menstrual Cycle Whe...	00:03
Basal Body Thermom...	00:03
Thermometer	00:03
Thermometer continu...	00:03
Activity 2	00:03
Activity #2	00:03
Rest	00:03
Temperature	00:26
Temperature Taking	00:03

Cervical Mucus

Cervical Mucus (microscopic view): The diagram below shows the extremes of congestion and openness of the cervical mucus as viewed under a microscope.

1. During the *fertile time*: the cervical mucus becomes more fluid and flows down to the vaginal entrance. Viewed under a microscope, the cervical mucus shows an open, ladder-like structure with many channels to allow easy, upward movement of the sperm. (Types S, L, and P - under the influence of estrogen)
2. During the *infertile time* (Type G - under the influence of progesterone): a dense, congested, thick-like structure, forming a thick, non-flowing mucus plug inside the cervix to keep out sperm and bacteria.

The chemical composition of the fertile-time cervical mucus nourishes sperm and helps them live longer.

For a detailed analysis of the various types of cervical mucus, their unique properties, and how they are affected by reproductive and hormonal changes read "The Discovery of Different Types of Cervical Mucus and the Billings Ovulation Method," by Professor Erik Odeblad.

Reference Note

How is the content presented online?

- Activities and quizzes built into each session

The screenshot displays a web browser window with the URL http://online.nwfs.org/mod/scorm/player.php?a=99¤torg=NFP_Class_3_ORG&. The page header includes the Northwest Family Services logo and the tagline "Live Grow Succeed". A user is logged in as Jessica Schaefer. The main content area is titled "Fill in" and contains a quiz question about the first fertile day. The question text is: "Each couple must go by whatever signs are observed and charted: whether it is one, two, or all three. These charts illustrate practical decisions about charting and interpretation that couples are faced with. Complete the sentence below by filling in the blanks. The First Fertile Day is 1 [dropdown] Because 2 [dropdown]". To the right of the question is a fertility chart. The chart includes a table for "Monthly Cycle Day" (1-17) with columns for "Menses", "Sensation", "Tissue", "Cervix", and "FC". Below the table is a line graph showing temperature over the cycle. The bottom of the page shows "Question 4 of 26" and buttons for "Clear", "Back", and "Submit".

donate today!

You are logged in as Jessica Schaefer (Logout)

Northwest Family Services

Live Grow Succeed

NFP > NWFS NFP with Jessica > SCORM/AICCs > NFP Session Three

Update this SCORM/AICC Exit activity

Natural Family Planning Session Three
<http://www.nwfs.org>

Slide Title Duration

- NFP Session 3 00:03
- Introduction 00:03
- Review the Sympto-Thermal Rule 00:03
- Review Sympto-Thermal Rule 00:03
- Sympto-Thermal Rule 00:07
- Cycle Review 00:09
- Cycle Review Activity 00:09
- Activity 7 00:09
- Relatively Infertile Time 00:03
- Relatively Infertile Time 00:03
- Fertility Change and ... 00:03
- Early Dry Days Rule 00:15
- Early Dry Days Rule 00:07
- Chart 1 Evaluation 00:06
- Chart 2 Evaluation 00:06
- Chart 3 Evaluation 00:06
- Chart 4 Evaluation 00:06
- Post-Intercourse Disc... 00:06
- Alternate, Dry Days 00:05
- Cervix as Guide 00:03
- Activity 8 00:18
- Understanding Bleeding 00:03

Fill in

Each couple must go by whatever signs are observed and charted: whether it is one, two, or all three. These charts illustrate practical decisions about charting and interpretation that couples are faced with. Complete the sentence below by filling in the blanks.

The First Fertile Day is

1 [dropdown]

Because

2 [dropdown]

Children: #M: 1 #F: 2 Cycle Range: 26-31 Cycle#: 12 Gyn. Age: 22

Monthly Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Menses																	
Sensation	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d
Tissue	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cervix	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC	FC
FC																	

Question 4 of 26

Clear Back Submit

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How tests and follow up is administered

- Fertility history in take form at the end of Session One.
- Follow up forms to assess the client's understanding of content thus far at the end of Session Two and Three.
- Review of personal charting at the end of each session.
- Final Exam taken by clients online after the third session is complete.

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Client Autonomy and Charting



- In order to receive a certificate of completion, clients are asked to chart from the moment they complete Session One through the end of the course.
 - Personal charts are reviewed at the end of each session and as needed in between.
- Clients are instructed to submit charting for the first 4-6 cycles beyond completion of the course. We do not consider clients autonomous users until they have done this.
 - Ongoing chart review by a certified instructor is recommended for the first 6 months to a year after the completion of the course.

-

Online Charting App: Entering Observations



Cycle Day 6 - February 8, 2013 ✕

Menses: ☒ None ☐ Spotting ☐ Light ☐ Medium ☐ Heavy

Temperature: 97.5 ° ▼ (in Fahrenheit)

Did you have any factors that might disturb your observations? ☒ No ☐ Yes
If so, please note:

Sensation

What did you observe by **sensation** today? ☐ N/A ☒ d ☐ m/M ☐ L

Tissue

What did you observe by **tissue** today? ☐ N/A ☒ Ø ☐ M ☐ EW-M

Cervix

Did you check the **cervix** today? ☒ No ☐ Yes

Was today: ☒ N/A ☐ Fertile ☐ Infertile

Did you notice **breast tenderness** today? ☒ N/A ☐ Yes

Did you notice **inter-menstrual pain** today? ☒ N/A ☐ Yes

Did you have **X or GC**? ☒ N/A ☐ X ☐ GC

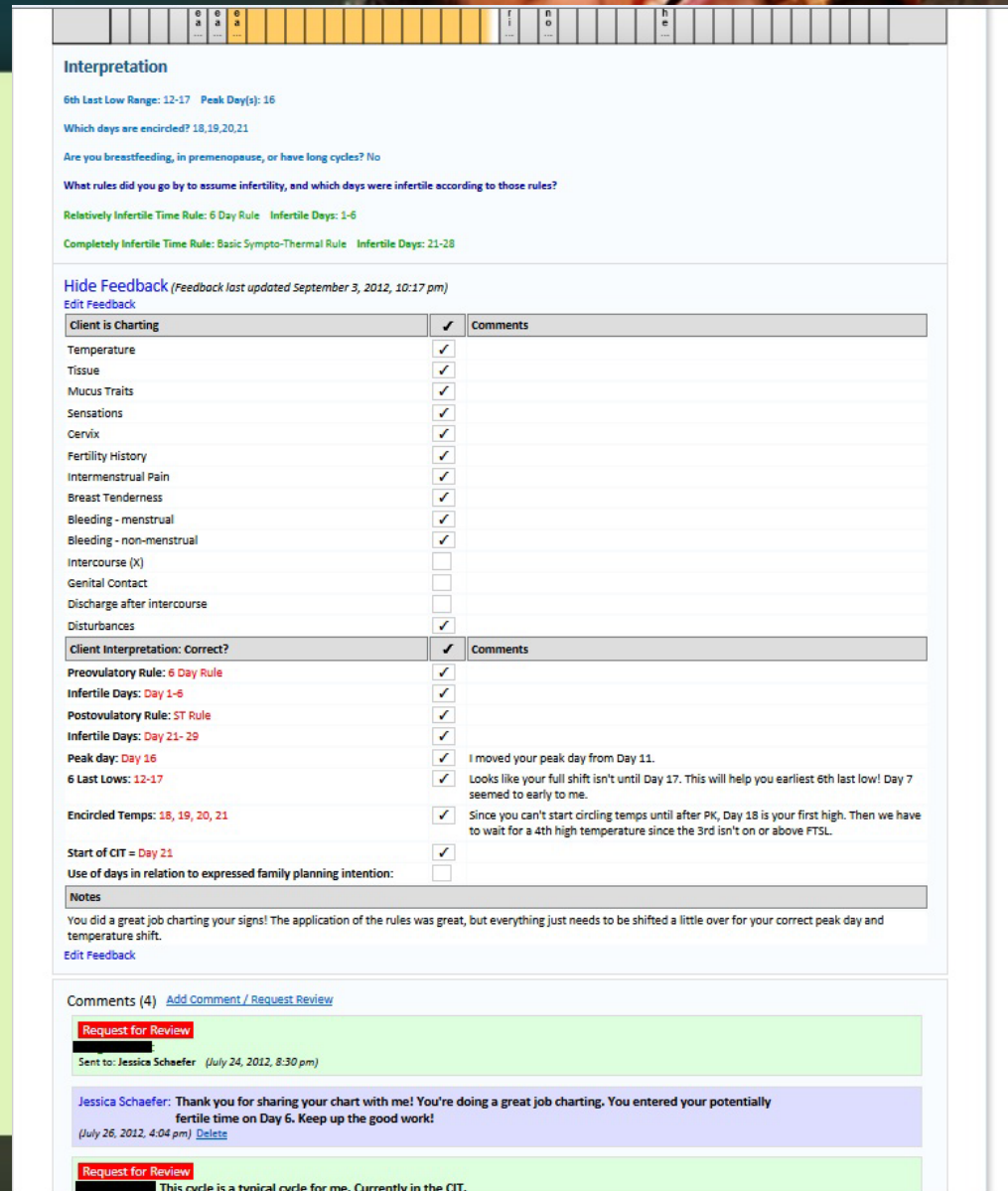
If so, were **birth control methods** used? ☒ N/A ☐ Yes

Cancel

Save

Online Charting App: Feedback and Review

- Expandable feedback menu for instructor to record any communication and chart review with each cycle.



Interpretation

6th Last Low Range: 12-17 Peak Day(s): 16

Which days are encircled? 18,19,20,21

Are you breastfeeding, in premenopause, or have long cycles? No

What rules did you go by to assume infertility, and which days were infertile according to those rules?

Relatively Infertile Time Rule: 6 Day Rule Infertile Days: 1-6

Completely Infertile Time Rule: Basic Sympto-Thermal Rule Infertile Days: 21-28

[Hide Feedback](#) (Feedback last updated September 3, 2012, 10:17 pm)

[Edit Feedback](#)

Client is Charting	✓	Comments
Temperature	✓	
Tissue	✓	
Mucus Traits	✓	
Sensations	✓	
Cervix	✓	
Fertility History	✓	
Intermenstrual Pain	✓	
Breast Tenderness	✓	
Bleeding - menstrual	✓	
Bleeding - non-menstrual	✓	
Intercourse (X)	<input type="checkbox"/>	
Genital Contact	<input type="checkbox"/>	
Discharge after intercourse	<input type="checkbox"/>	
Disturbances	✓	
Client Interpretation: Correct?	✓	
Preovulatory Rule: 6 Day Rule	✓	
Infertile Days: Day 1-6	✓	
Postovulatory Rule: 5T Rule	✓	
Infertile Days: Day 21-29	✓	
Peak day: Day 16	✓	I moved your peak day from Day 11.
6 Last Lows: 12-17	✓	Looks like your full shift isn't until Day 17. This will help you earliest 6th last low! Day 7 seemed to early to me.
Encircled Temps: 18, 19, 20, 21	✓	Since you can't start circling temps until after PK, Day 18 is your first high. Then we have to wait for a 4th high temperature since the 3rd isn't on or above FTSL.
Start of CIT = Day 21	✓	
Use of days in relation to expressed family planning intention:	<input type="checkbox"/>	

Notes

You did a great job charting your signs! The application of the rules was great, but everything just needs to be shifted a little over for your correct peak day and temperature shift.

[Edit Feedback](#)

Comments (4) [Add Comment / Request Review](#)

Request for Review

Sent to: Jessica Schaefer (July 24, 2012, 8:30 pm)

Jessica Schaefer: Thank you for sharing your chart with me! You're doing a great job charting. You entered your potentially fertile time on Day 6. Keep up the good work!

(July 26, 2012, 4:04 pm) [Delete](#)

Request for Review

This cycle is a twioal cycle for me. Currentlv in the CIT.




Online Charting App

- The Online Charting App is specifically not designed for automatic interpretation
 - Each woman and each cycle may have many variations that would benefit from the trained eye of a certified SymptoPro™ Instructor.
 - Encourages clients to make active decisions about their cycles instead of placing their fertility in the hands of a “device” or program that may not be able to maintain our high effectiveness rates.
 - Allows instructor to see the client’s understanding of the rules as they apply them to their own chart.
 - Facilitates interaction between the client and instructors.

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Supported offered for Online Clients

- Instructor interaction through many modalities depending on the instructor and client preferences.
 - Email, phone or video conference online (Skype)
- There is no additional charge for ongoing support and chart review for clients taking the course through NWFS no matter how long it's been since taking the course.
- Online sessions provide multiple links to click for more information and additional learning opportunities.
- Trained approach for different client intentions.



Different client intentions

- For clients who intent to actively practice NFP after completing the introductory course:
 - Recommend chart review for 6 months to a year after completion of online instruction.
- For clients who are still undecided if they will continue charting:
 - When they decide to practice NFP in the future we recommend contact for a refresher free of charge.
- Articles of Interest page for more information on various topics related to the Catholic Faith and Fertility.

Different client intentions



- We offer a specific approach for working with clients stating a strong opposition or discomfort with charting because of lack of interest in NFP or personal reasons:
 - Same course requirements, course length and content presented.
 - In place of the charting component and review we offer these couples to do an alternative reading and writing assignment to fulfill the requirement.

Alternative assignment in place of charting



- Two article reflections in the place of chart review for grave opposition to charting:
 - One article can be selected from our pre-screened list of articles linked to the SymptoPro™ website related to NFP, the risks of birth control, women's health and reproduction as well as the Church's teachings.
 - The second article is a specific article we choose for all couples called "Married Love and the Gift of Life."
- We have seen several fruits of the article reflections option so far:
 - They create an open dialogue and space to ask questions about NFP or the effects of contraception.
 - Many clients return deciding to chart after reading the articles anyway.
 - Decreased "copied" or fake charts and an improved, authentic relationship with clients.

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Enrollment and Course fees



- Clients enroll in our online course directly through NWFS for marriage prep via SymptoPro.org where they will be taught by our group of certified online instructors
 - Course fee with free ebook is \$110
 - Course fee with paper book is \$135
 - Fee includes charting materials such as thermometer, paper charts, ebook or paper back guidebook, 4 months access to online course and use of charting app
- Benefits:
 - Established NFP program with successful testimonies from clients and instructors.
 - Quick turnaround for receiving certificate after completion of the online course.
 - LIFETIME of support for clients at no additional charge!

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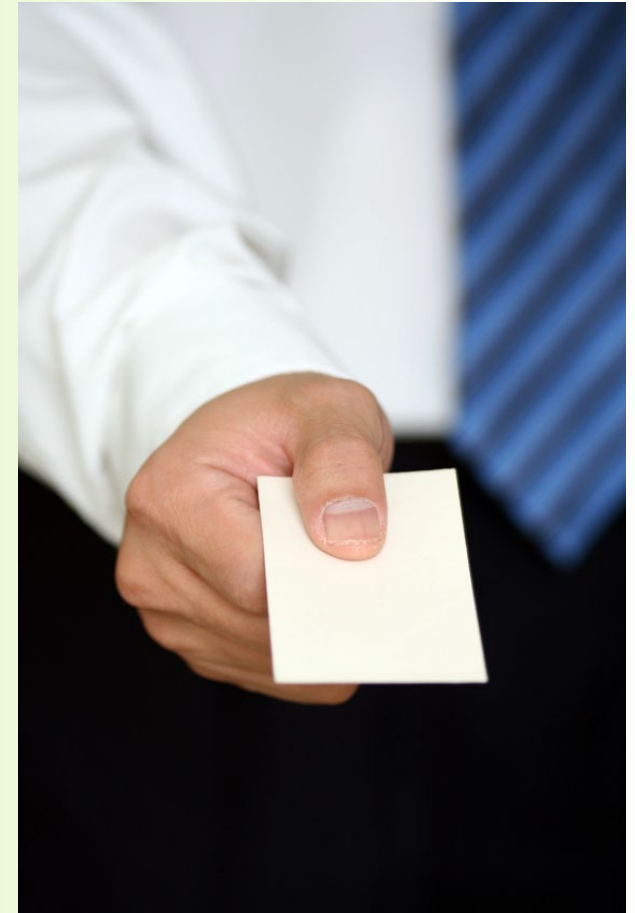


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Partnership Opportunities




- You can provide the ongoing support for local couples in either in person or online courses by *partnering directly* with NWFS and put money back into your program!





Partnership Opportunities

- Your Diocese or NFP Office hires your local, certified in-person or online instructors to administer course to couples.
- Instructors can be trained either locally through our various certified teacher trainers or online.
- Clients will then pay fees directly to you to work with your local trained and certified instructors.



A uniquely beneficial partnership to reinvest into your own program

Online: Certified SymptoPro instructors may also purchase a portal to our online program that allows them to customize the home page to reflect their unique program. There is a one-time set up fee of the customized portal of \$525.

- **Online Course Fee:** Once you have your own certified SymptoPro instructors we charge a base fee per couple that registers:
 - \$50 with an ebook of manual
 - \$75 for a paper copy of manual
 - Over and above this base price, you set the cost of the course, and recoup anything above the 50 or 75.
- **In-person Course Fee:** \$35 per couple to cover the cost of the packet they receive.
 - An average course is 100-130 dollars.

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- May I answer your questions?