Menstrual Hygiene Counselling

Experiment 9 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To provide respectful menstrual-hygiene information in a role play.

Principle

Access to clean menstrual materials, privacy, safe changing and appropriate disposal supports comfort and dignity.

Key Points

- Discuss available pad, reusable-material or cup options without imposing a choice.
- Changing, washing and reuse follow the specific product instructions.
- Heavy bleeding with weakness, severe pain or concerning symptoms warrants clinical review.

Activity Procedure

1. Ask

Use private, respectful questions about access and concerns.

2. Explain

Discuss clean handling, changing, hand hygiene and product-specific instructions.

3. Discuss disposal

Use local sanitation guidance and avoid blocking drains.

4. Teach back

Confirm practical understanding and access to support.

Record and Observations

Field	Activity record
Product / preference	_____
Handling / hygiene	_____
Disposal / access	_____
Referral concern	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use teaching models and respect privacy.
- Do not practise invasive procedures during these role plays.

Viva Questions and Answers

1. Why use plain language?

It helps the learner understand and act on the advice.

2. Why use teach-back?

It checks understanding through the learner's explanation or demonstration.

3. What should be recorded?

Observed performance, agreed actions and any referral concern.

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