

BIRTH CONTROL OPTIONS IN COSTA RICA HEALTH SYSTEM:

- Intra Uterine Device (IUD)
- Birth control pill
- Birth control shot
- Condom
- Permanent Contraception such as Vasectomy and tubal ligation
- Women does not have a different choice besides artificial birth options.





FEASIBILITY STUDY TO
THE INCLUSION OF
THE BILLINGS
OVULATION METHOD®
AS FAMILY PLANNING
ALTERNATIVE IN
CORONADO HEALTH
SYSTEM

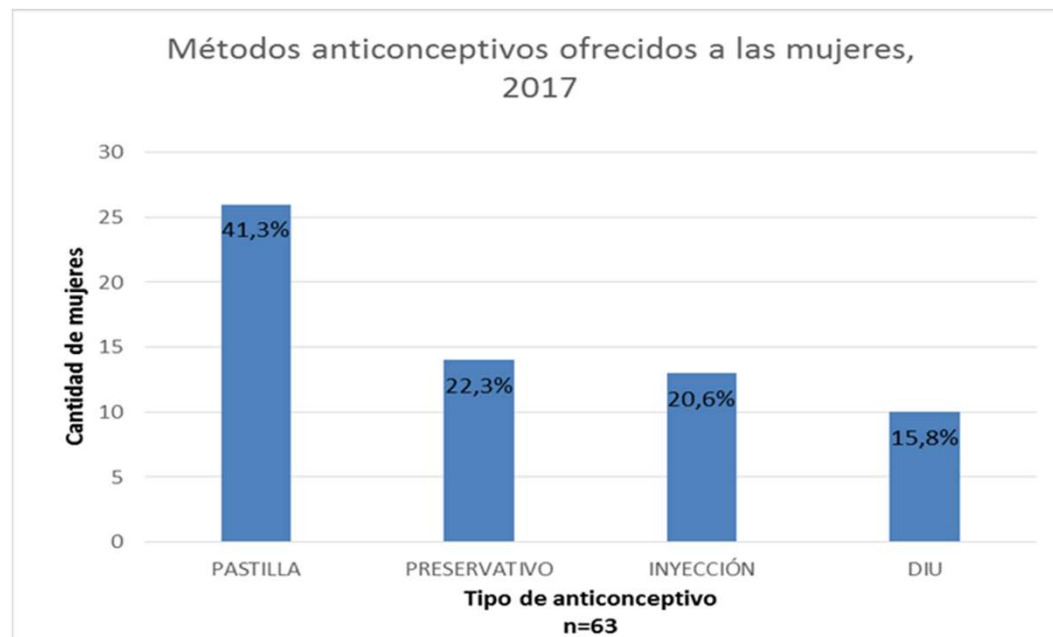


WOMEN REGISTERED IN
CORONADO HEALTH SYSTEM
WITH AGES BETWEEN 16 AND
35 WERE SELECTED TO THE
STUDY
TOTAL: 31.578

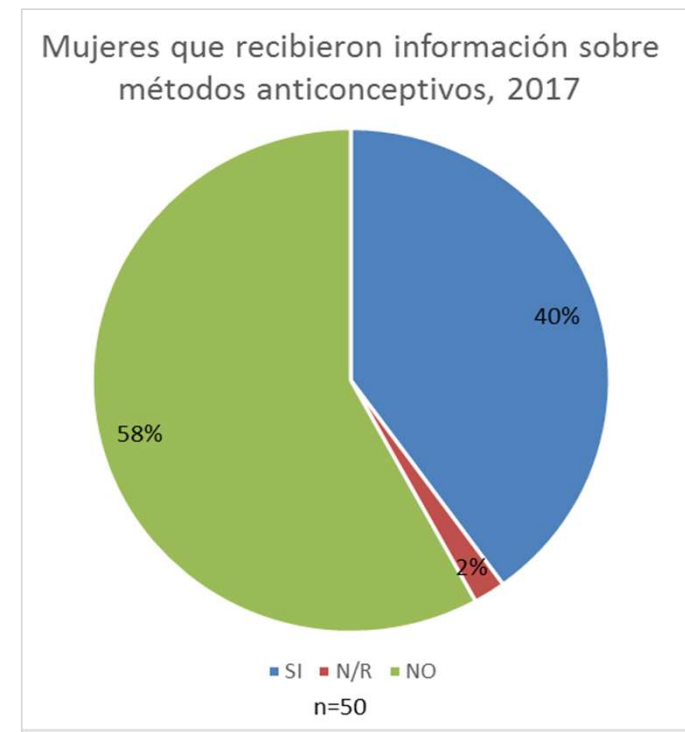


WEIGHTING MODEL OF CONSENSUS GROUP JUDGMENT

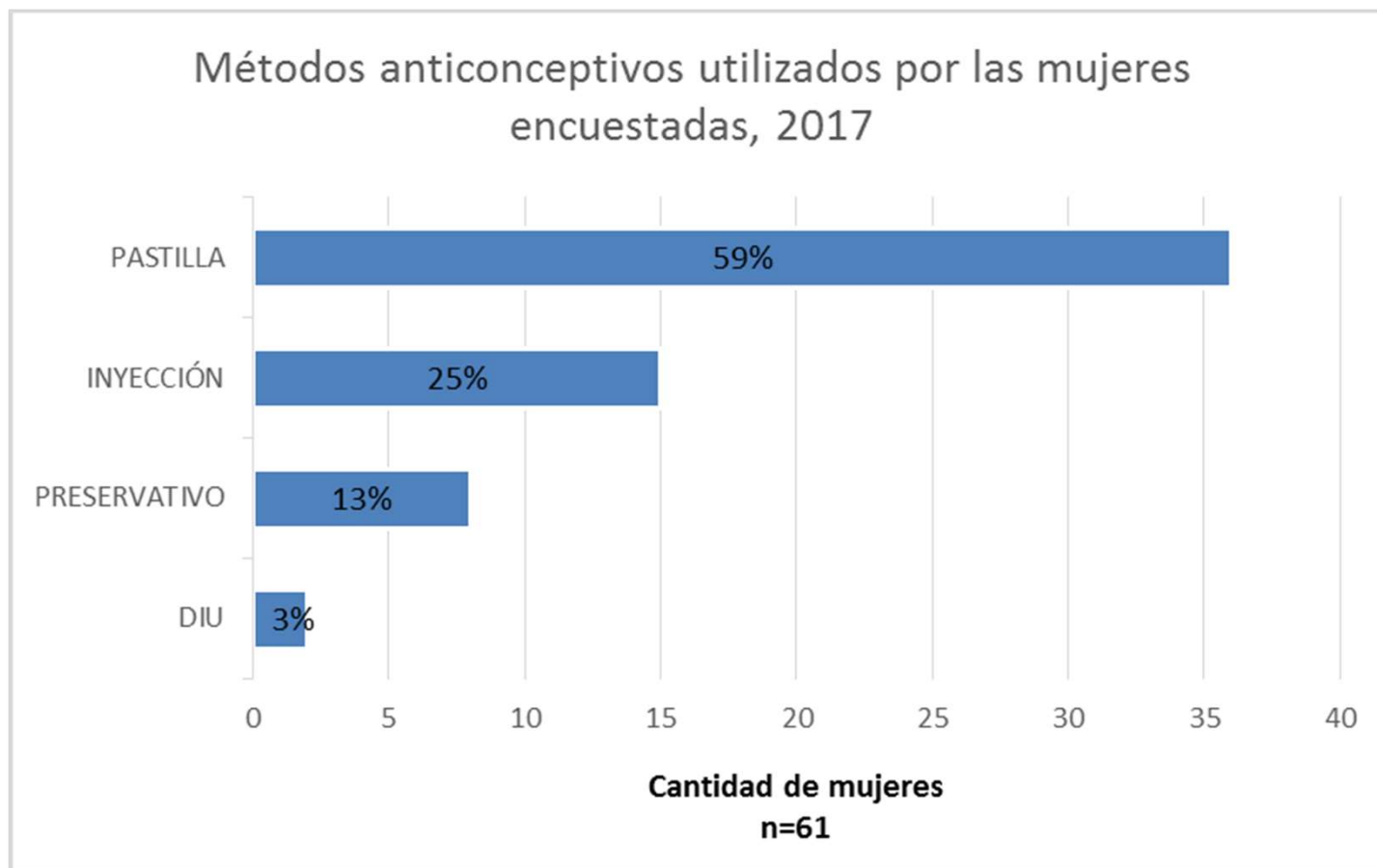
FAMILY PLANNING METHODS OFFERED IN CORONADO HEALTH SYSTEM



Source; Author's self elaboration, 2017.

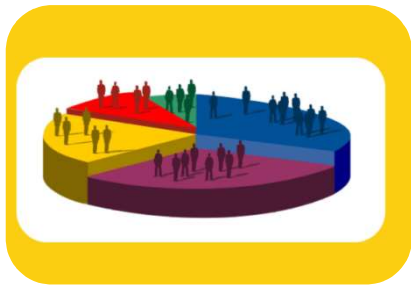


Source; Author's self elaboration, 2017.



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DIFERENT STUDIES TO EVALUATE RESEARCH



MARKET
RESEARCH



TECHNICAL



ADMINISTRATIVE



LEGAL



FINANCIAL

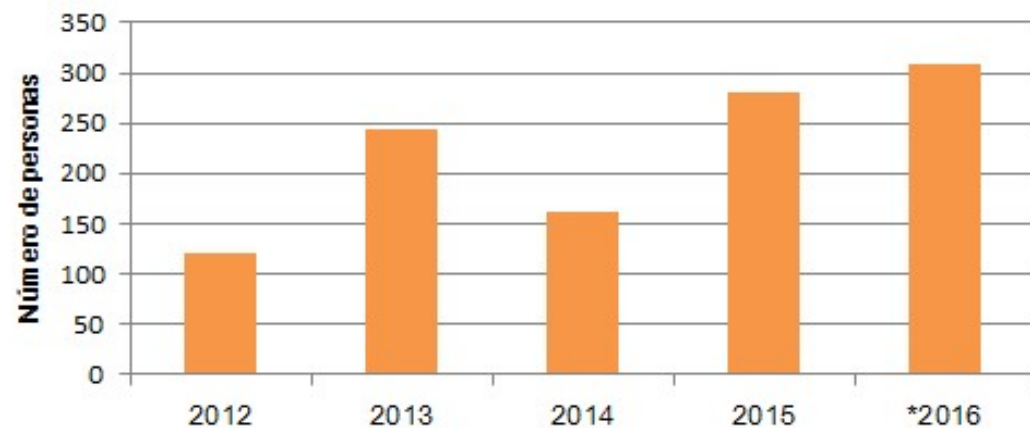
MARKET RESEARCH

Percentage of use of each contraceptive method in free union women, 2010

Método	Mujeres de 15 a 49 años				
	EFS-86	EFS-92	ENSR-99	ENSR-09	ENSSR-10
TOTAL USANDO	(N=2097) 69,0	(N=2191) 75,0	(N=667) 80,0	(N=708) 81,1	(N=537) 82,2
Modernos					
Orales	19,2	18,0	25,6	24,7	21,3
DIU	7,4	8,7	6,9	2,8	3,4
Inyectables	1,2	1,0	5,9	8,1	9,5
Norplant	-	-	-	0,1	0,3
Esterilización					
Esterilización femenina	16,7	19,7	21,4	28,3	30,0
Esterilización masculina	0,5	1,3	0,5	4,7	5,9
Barrera					
Condón masculino	12,9	15,7	10,9	7,7	9,0
Condón Femenino	-	-	-	-	0,5
Tradicionales					
Retiro	3,1	3,3	1,8	0,7	1,8
Ritmo	7,6	6,9	6,0	2,1	1,0
Billings	-	0,1	0,5	1,1	0,4
Otros	0,1	0,1	-	0,7	0,1
Tipo de método					
Esterilización	17,0	21,0	22,0	35,0	35,0
Moderno	28,0	28,0	38,0	33,0	34,0
Barrera	13,0	16,0	11,0	7,0	9,0
Tradicionales	11,0	10,0	9,0	4,0	3,0

Source: National Survey of Sexual and Reproductive Health 2010, 2011.

Costa Rica: nuevas personas usuarias del Método de Ovulación Billings® 2012 - 2016.

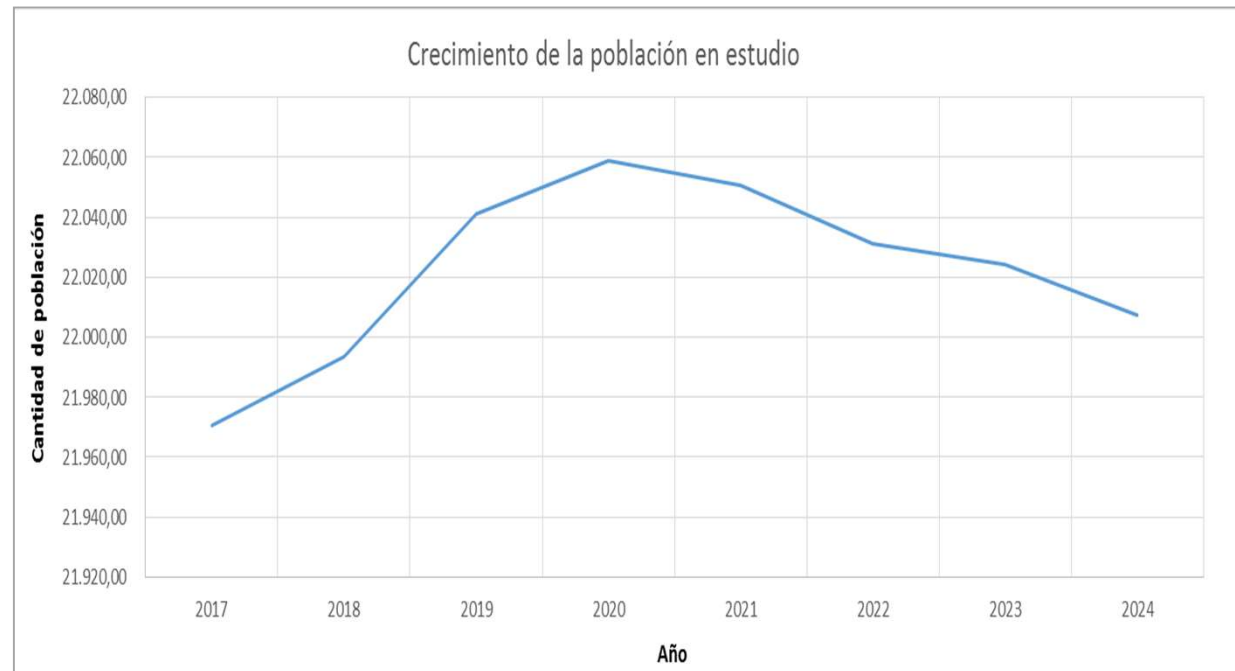


Source: WOOMB Costa Rica.
*September, 2016

DEMAND ESTIMATION OF MOB

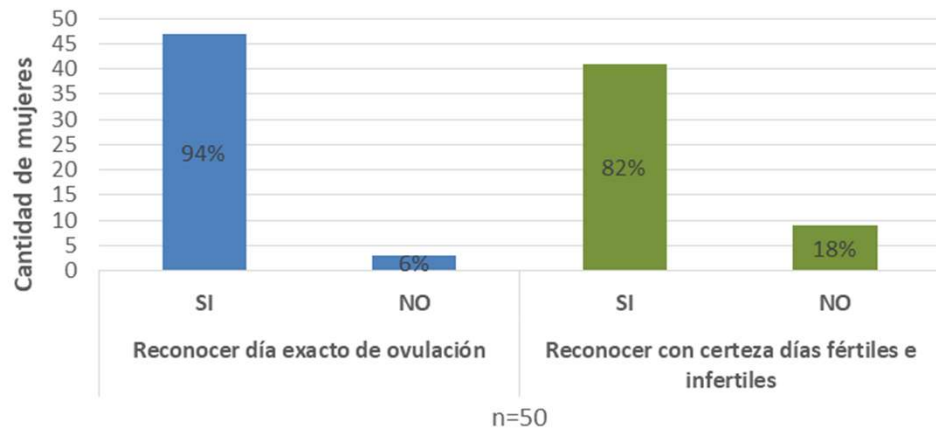
Año	Población estimada
2012	120
2013	364
2014	526
2015	807
2016	1161
2017	1295
2018	1567
2019	1811
2020	2055
2021	2299
2022	2544

Source: WOOMB Costa Rica, 2017.

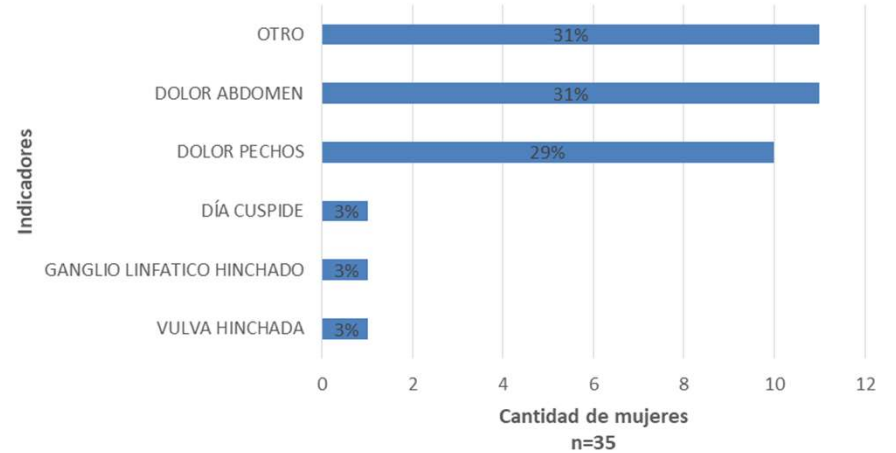


Source: Author's self-production, 2017

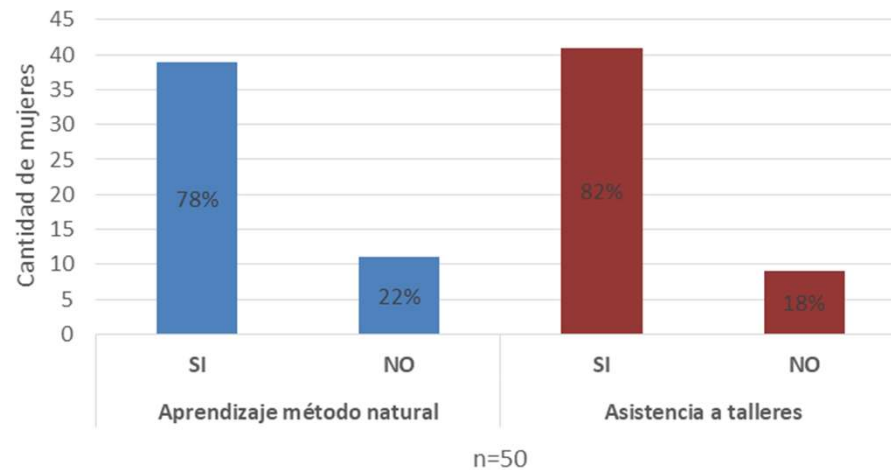
Mujeres de 16 a 35 años que desean administrar su fertilidad, 2017



Indicadores utilizados por las mujeres para reconocer el día de su ovulación, 2017



Aprender métodos naturales, 2017



Source: Author's self-production, 2017

Proyección anual de gastos estimados en anticonceptivos en la CCSS, 2016

Descripción	Unidad medida	Cantidad a adquirir	Monto a pagar*
Preservativo, condón	Ud	196.684,54	\$38.611,13
Dispositivo Intrauterino (D.I.U)	Ud	4.467,26	\$ 6.231,08
Sistema anticonceptivo de liberación (inyección)	Ud	315,12	\$ 55.349,49
Anticonceptivo oral en combinación	CJ	28.0558,00	\$162.330,24
Contraceptivo oral: levonorgestrel	CJ	1.088.530,00	\$202.442,59

Fuente: www.ccss.sa.cr

*Montos en dólares americanos

RESEARCH PROPOSAL



Interactive face to face teaching process of The Billings Ovulation Method.




Teaching The Billings Ovulation Method using the online platform of WOOMB International: Fertility Pinpoint



Face to face and virtual teaching process of The Billings Ovulation Method

CONCLUSIONS

- ❑ At this time, Coronado's Health Center has **technical and administrative personal** to support this project, even it has an accredited Billings Ovulation Method teacher working in this health center.
 - ❑ **Institutional guidelines and laws** of the country are not an obstacle to develop the project.
 - ❑ Currently, there is a **huge market potencial** of interested women willing to received instruction of The Billings Ovulation Method in Coronado's Health Center.
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- ❑ The participants in this study revealed that 94% are interested to know their ovulation date, 82% of women want to know their ovulation stage. Also, 82% of women would like to take a course in order to recognize their fertile window.
- ❑ Hormonal contraception produce different side effects like nausea, headache, sleepiness, changes with blood pressure, acne, ovarian cysts, diarrhea, depression, breast tenderness, etc
- ❑ According with financial analysis of each proposal demonstrates that there are no incomes to develop the project, it is because Coronado's health center is part of public healthcare system and patients do not need to pay for the service they received because they, as workers, make a contribution which is demanded by law. As a conclusion, the expenses are the ones to provide the service.

RECOMENDATIONS

- ❑ Costa Rican Social Security (CCSS) and Coronado's health center could expand the contraceptive alternatives using the Billings Ovulation Method as part of family planning. Besides, our healthcare principles will be consistent with the World Health Organization declaration about reproductive health which it declares the importance of considering health as a state of complete physical, mental and social well-being and not merely a reproductive process. Reproductive health also includes that women and couples have a entire vision of all the contraceptive methods also those natural methods which can be an option for families.

- ❑ To promote the Billings Ovulation Method in Coronado's health center it is necessary to elaborate a plan of action which includes to educate health personnel, provide a physical space and accept the strategic Alliance with WOOMB Costa Rica in order to teach the method correctly and cover the target population in the shortest possible time.
- ❑ **Weighting model of consensus group judgment** is recommended to know the expert's opinions about and specific topic, which is useful to define the necessary actions and recommendations about the project.
- ❑ The process must be according with **WOOMB Int.** conditions to the correct teaching process of The Billings Ovulation Method. In this way, women achieve their goal, it could be conceive a baby or not, and also to know their cycle.

