



Menstrual hygiene management

**Asia Pacific Surge Training:
Emergency WASH**

Learning objectives



- To have a basic understanding of what is menstrual hygiene management (MHM)
- To have an awareness of items related to MHM in emergencies and its differences with other related kits
- To know about available resources related to MHM
- To have a basic understanding of what is incontinence

Sphere Standard Hygiene Promotion



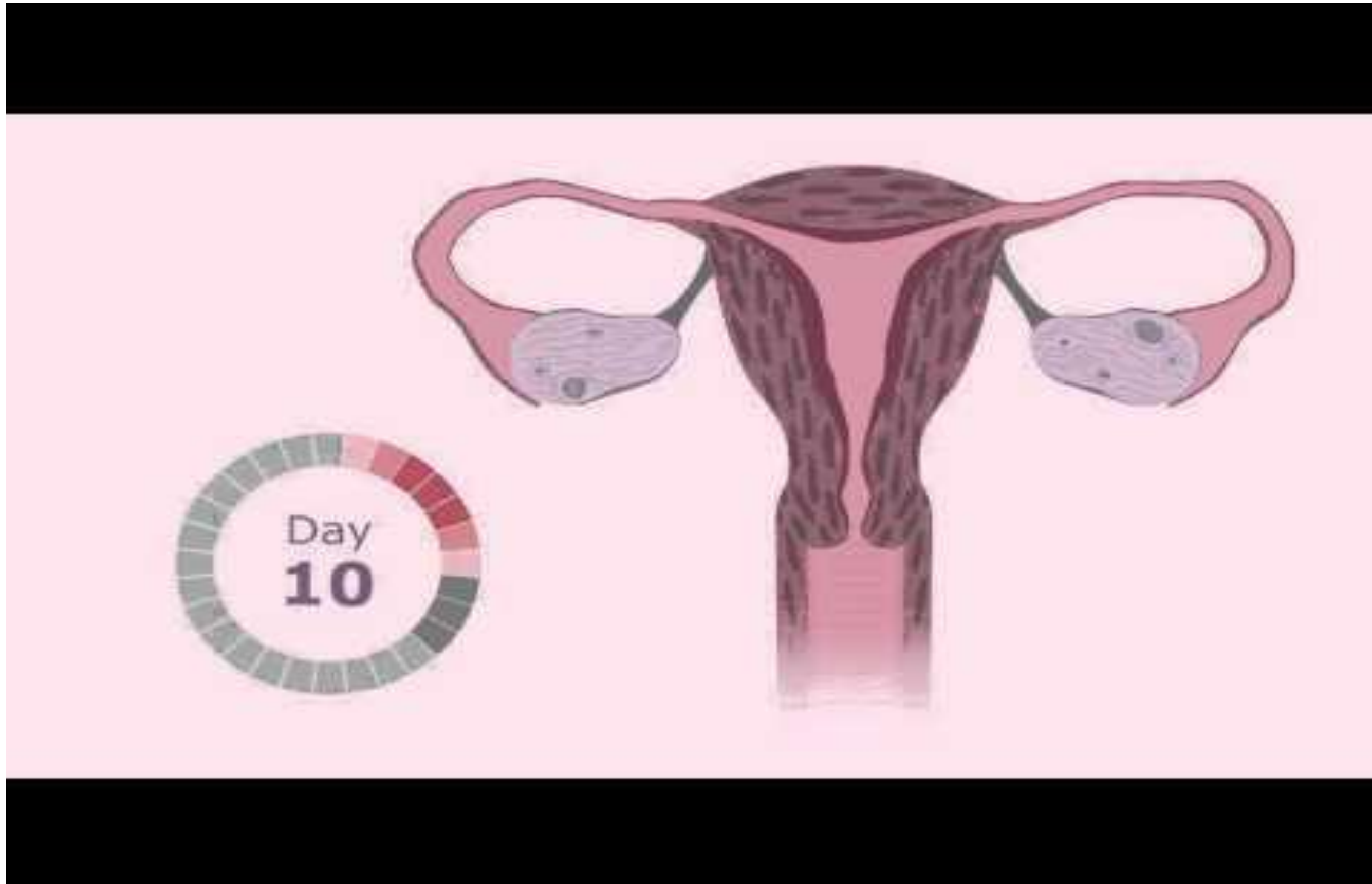
Hygiene promotion standard 1.3: Menstrual hygiene management

Women and girls of menstruating age, and males and females with incontinence, have access to hygiene products and WASH facilities that support their dignity and well-being

Key indicators:

- % of women and girls of menstruating age provided with access to appropriate materials for menstrual hygiene management
- % of recipients who are satisfied with menstrual hygiene management materials and facilities
- % of people with incontinence that use appropriate incontinence materials and facilities
- % of recipients that are satisfied with incontinence management materials and facilities

What is menstruation cycle?



Some big figures

The world has around **7.7 billion** people in it, of which approximately **3.8 billion** are female
(for every 100 women on the planet, there are 101.7 men)

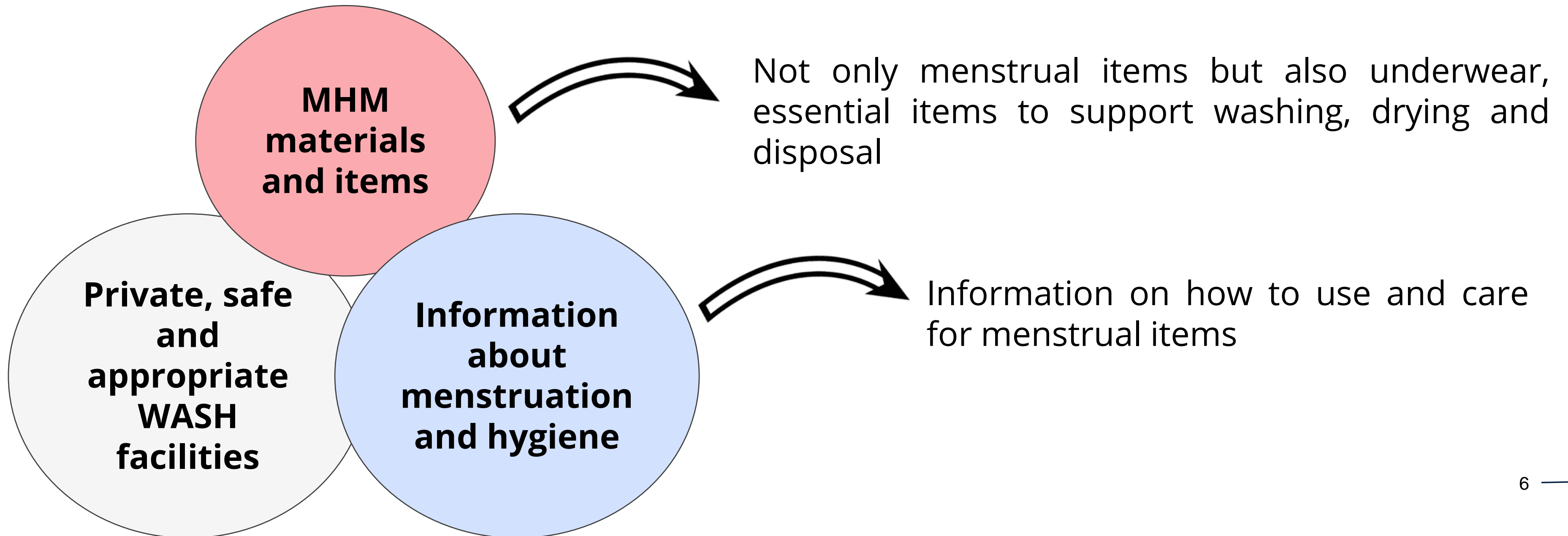
In any one month, approximately **800 million women and girls menstruate**, of which **26 million of them are displaced girls and women**

Over **500 million** women and girls lack adequate facilities for MHM



What is MHM?

- A range of actions and interventions that ensure women and adolescent girls can privately, safely and hygienically manage their monthly menstruation with confidence and dignity.
- A comprehensive, effective MHM response has 3 components:



What are the risks if we don't address MHM?



- **Loss of dignity, embarrassment and physiological stress**
 - Lack of latrines, bathing areas, private washing and drying areas, disposal methods
 - Concern of leaks and smell, unsure how to manage menstruation (particularly young girls)
- **Potential gender-based violence**
 - When girls and women wait for the dark to visit latrines or when there is no safe place to change/dispose pads
- **Irritation/infections**
 - Women with no other options but to use old, dirty or damp cloth to absorb menstrual flow, leading to irritation/infection; some women might also have nothing available to absorb the blood
- **Girls are often forced to stay home from school and fall behind in education**
 - Lack of segregated, private and appropriate sanitation facilities at school.
 - Girls tend to miss anywhere from 10-20% of school days - sometimes, they drop out of school completely

How do adolescent girls and women manage their periods?



Reusable sanitary materials

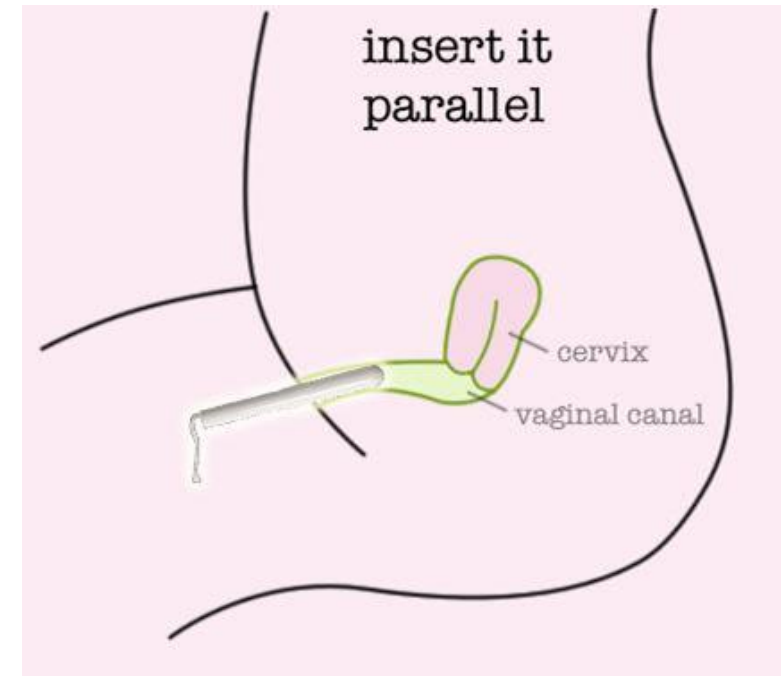


Reusable sanitary cloth



Disposable sanitary materials

How to adolescent girls and women manage their periods?



Tampon



Menstrual cup

Effective MHM response: What are the needs?



Materials?

- No. of sanitary materials used
- Type of sanitary materials used (also accompanying items such as underwear, soap, etc.)

Design of facilities?

- Facilities that ensures privacy, dignity and safety of users:
 - o Separate entrance for female toilet section
 - o Accessible and safe location
 - o Safety features e.g., good lighting, lock inside the cubicle
 - o Sufficient ventilation
 - o Clear signage
 - o Other features such as availability of water, soap, hooks and shelves, mirror
- Facilities that facilitates proper disposal of sanitary materials and/or washing and drying of sanitary materials

Info?

- Proper use/care and disposal of sanitary materials
- Accessibility to preferred sanitary materials

Myths/ Beliefs?

- Presence of traditional beliefs/practices that are barriers for women and girls to access facilities, sanitary materials, etc

A. Adequate nos. of toilets; separated with clear signage from male facilities

B. Water for users to wash themselves with and to wash menstrual materials

C. Safe and private toilets with inside door latch

D&E. Waste bin with lid, with clear sign on how to dispose menstrual waste

F. Walls, door and roof are made of non-transparent materials with no gaps or spaces (small gap above the door could be present to encourage ventilation)

G. A shelf/hook to store/hang belongings

H. Accessibility to people with mobility issues

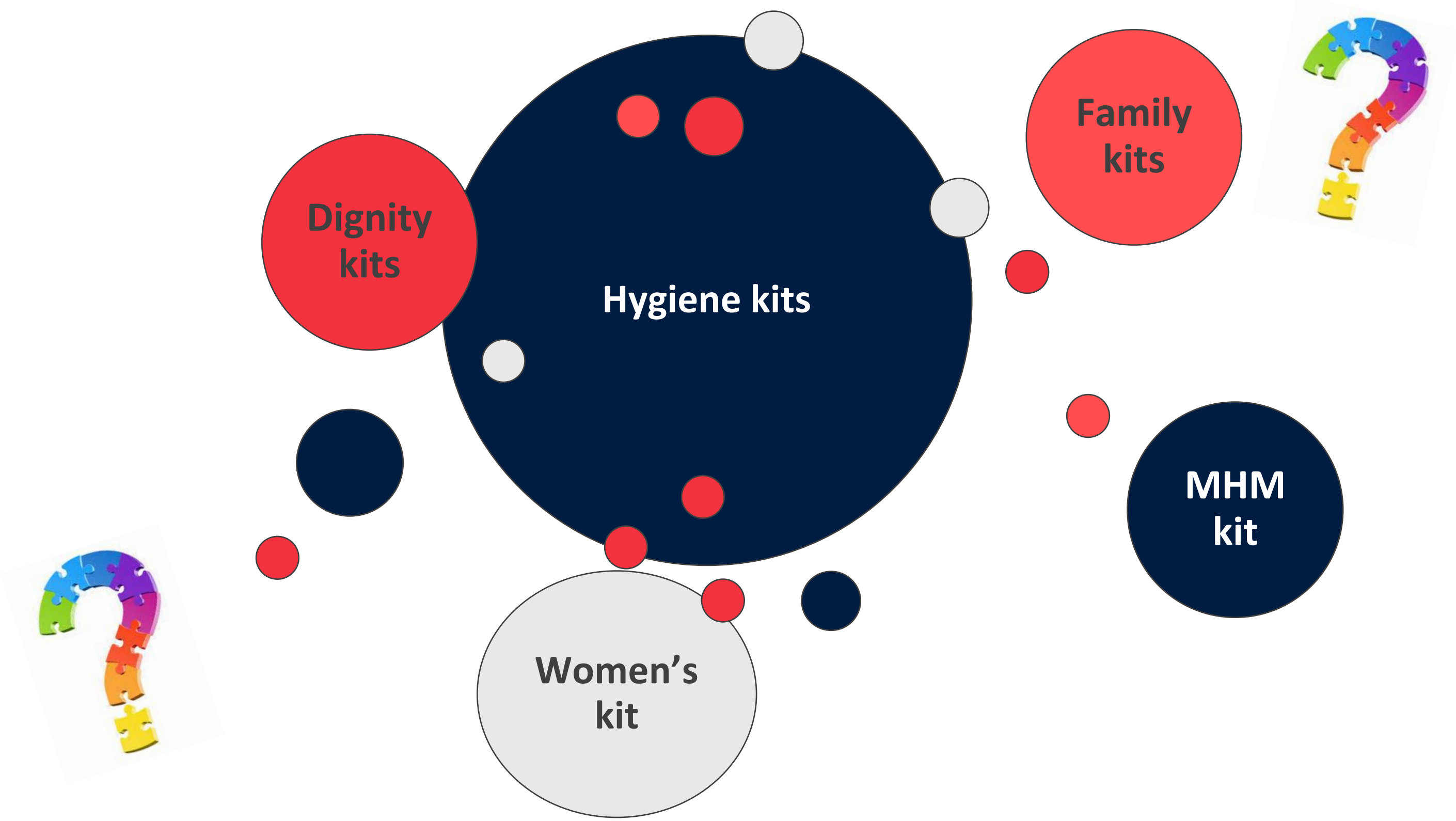
I. Light source, inside and outside



Disposal option



MHM kits and hygiene kits: What's the differences?




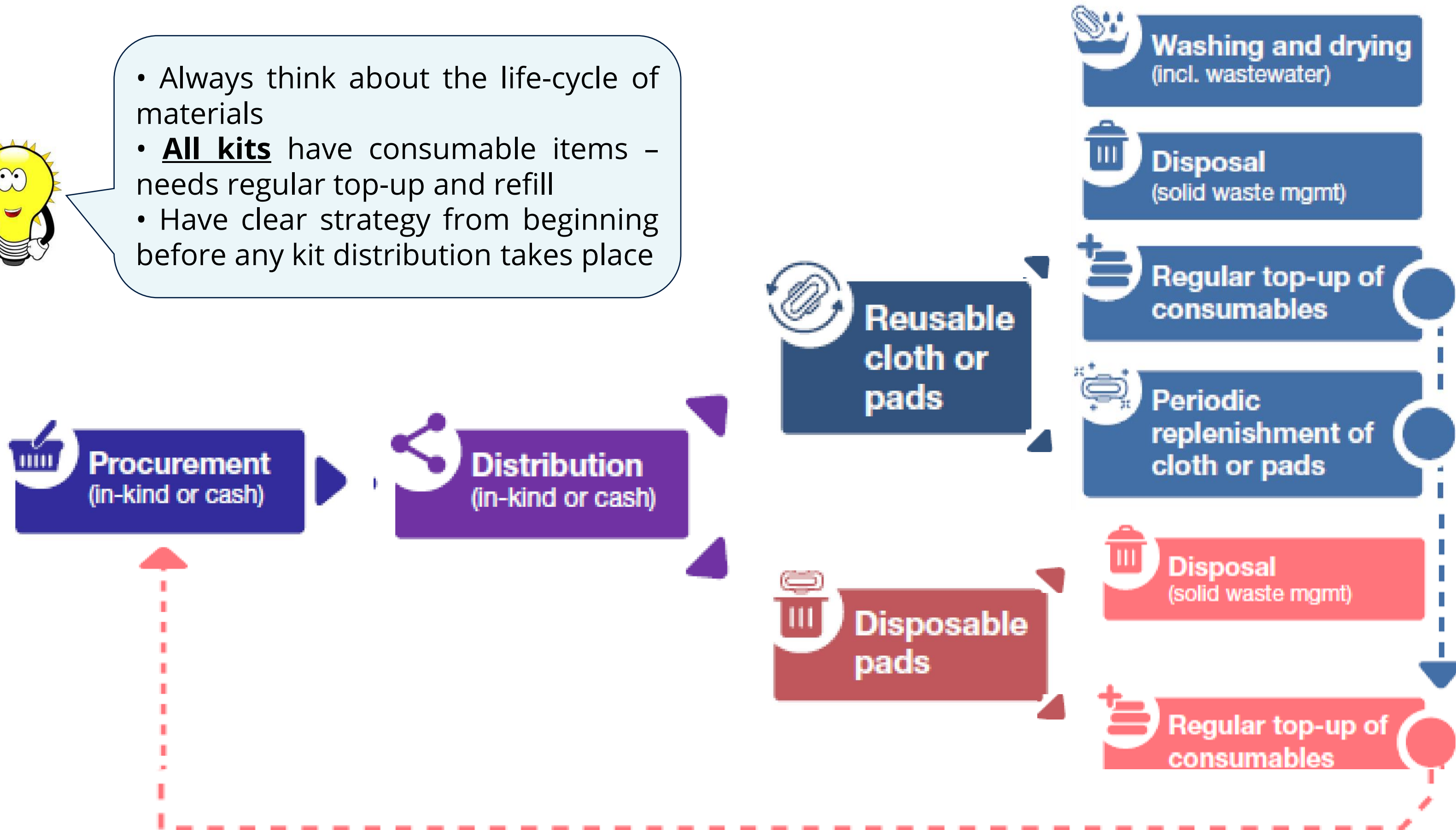
MHM kits and hygiene kits: What's the differences?



	HYGIENE KIT	MHM KIT		DIGNITY KIT
What is it?	NFI	NFI		Programming tool
Led by	WASH	WASH		PGI
Target user	FAMILY	PERSONAL (1 kit/female of reproductive age)		PERSONAL (1 kit/female)
Types of kits	5 to 7 people/household	Disposable MHM Kit A	Disposable MHM Kit B	Female dignity kit
Purpose	To provide basic hygiene items for a household of 5 people, for 1 month	To provide essential materials and items which enable management of menstruation hygienically and with dignity		To support dignity of women and girls, including improving safety and mobility, and providing info about RH and SGBV issues and services
How long do they last?	Usually from 1 to 3 months; a lot of consumables and need regular top-up	Depends on type of kit and sanitary material; initial distribution then top-up of consumables		Usually a 1-off distribution, not a relief item; need to consider top-up of consumables and/or link to other kit distribution to cover needs

Basic life cycle of reusable and disposable pads

- 
- Always think about the life-cycle of materials
 - **All kits** have consumable items – needs regular top-up and refill
 - Have clear strategy from beginning before any kit distribution takes place



What's in a MHM kit?



MHM Kit A: Disposable pads **MHM Kit B:** Reusable/washable pads

MHM Kit A: Disposable pads	MHM Kit B: Reusable/washable pads
Underwear, cotton, not white or light colour	
Bathing soap, minimum 100 g	
Instructions for use and care	
Plastic bucket with lid, 6-10 L, non-transparent	
Carry bag	
6 packs of disposable sanitary pads - min. 8 pads/pack	At least 6 reusable/washable sanitary pads
-	Laundry soap, minimum 200 g/500 ml
-	Rope, at least 4 m length
-	Pegs, min. pack of 8

Incontinence



- It is where a person is not able to hold onto (or control) their urine (pee) or faeces (poo), or both.
- The type and severity of incontinence can vary significantly from person to person – ranging from managing occasional leakage and smells, to a constant flow of urine or faeces

What are the impacts for people who experience incontinence?



- Stigmatization
- Embarrassment
- Loss of self-esteem (e.g., due to issues related with cleanliness and smell)
- Unable or excluded from accessing basic services
- Worsen vulnerabilities (e.g., if severe, they can't go out to earn a living)
- Financial and practical implications

Practical (WASH related) needs of someone with incontinence



- Significantly increased **need for water supply, soap and private WASH facilities** for washing and drying clothes, bedsheets etc. and disposing of materials.
- It is estimated that people with incontinence and their carers each need **five times as much soap and water** as others.
- **Incontinence items and materials**, for example disposable or reusable incontinence pads or diapers, waterproof mattress covers, extra clothes and underwear, extra soap and water containers, bed pans, potties, urinal bottles and toilet commode chairs.

Practical (WASH related) needs of someone with incontinence



- Items needed will depend on the severity and type of incontinence, context and preferences. Keep in mind that pads are not always the answer
- Short distances and easily accessible latrines, bathing and laundry areas, as well as minimal queues to access communal facilities
- Having someone to talk to or ask for support, who treats them with dignity

Key actions

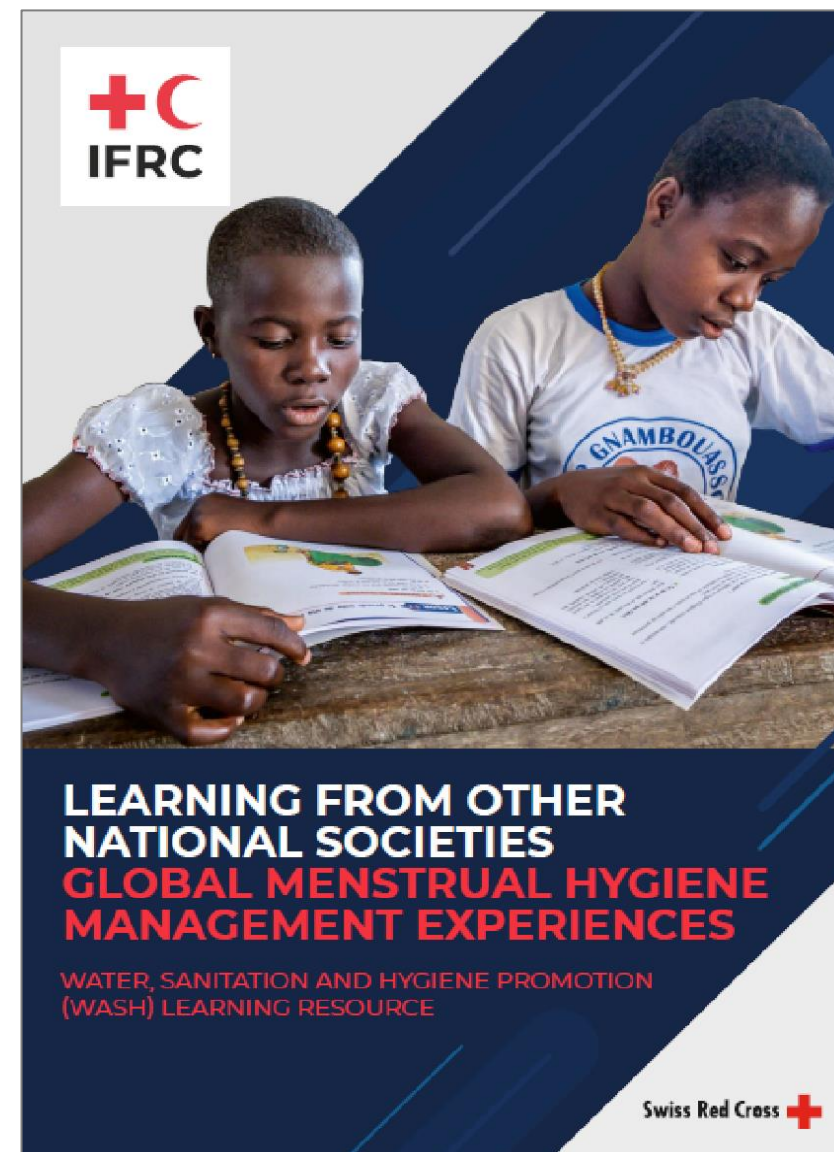


- **Understanding** the **practices and social norms** concerning incontinence management **consulting people with incontinence** on the **design, siting and management** of WASH facilities.
- Providing **access to appropriate incontinence materials**, soap (for bathing, laundry and hand washing) and other hygiene items.
- **Ensuring** supplies are **distributed discretely** to **ensure dignity and reduce stigma**, and to demonstrate proper usage for any unfamiliar items.

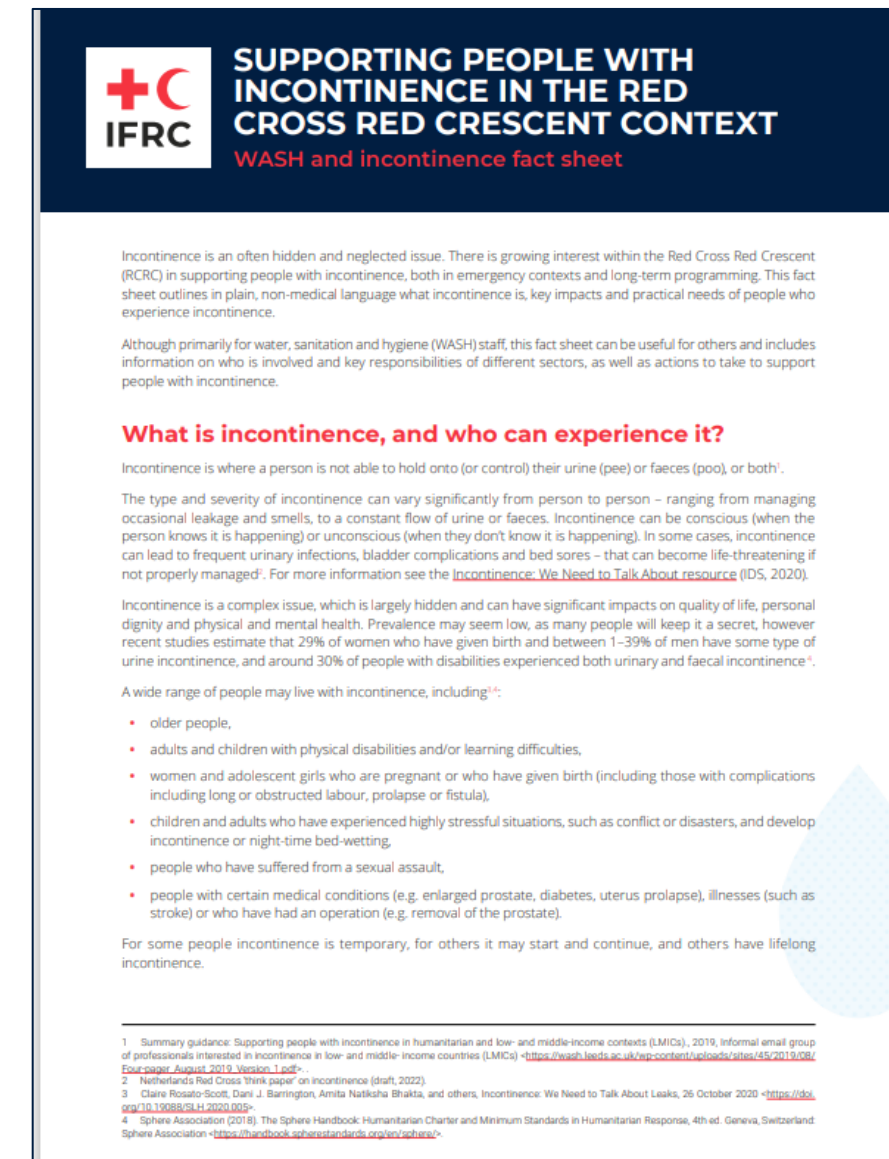
Key resources



IFRC Addressing menstrual hygiene management (MHM) needs, Guide and tools for Red Cross and Red Crescent Societies



Learning from other National Societies, Global menstrual hygiene management experiences



Supporting people with incontinence in the RCRC context

Key messages



- Women and girls face a **number of challenges around menstruation in emergencies** – lack of sanitary materials, loss of privacy, anxiety and embarrassment, cultural taboos and restrictions, and inadequate facilities.
- If menstrual needs are not addressed, women and girls may **face infections, risk of violence, restricted movement and inability to attend distributions or access services.**
- MHM is a **range of actions and interventions** that ensure women and adolescent girls can privately, safely and hygienically manage their monthly menstruation. The **3 components in a comprehensive, effective MHM response** are:
 - MHM materials and items
 - Private, safe and appropriate WASH facilities
 - Information on menstruation and hygiene
- Always consider **local needs, context and MHM requirements** in planning your MHM response!

Thank you! Questions?

