TOOL 12

POST-DISTRIBUTION MONITORING SURVEY

**Menstrual Hygiene Management (MHM) in Emergencies** / IFRC / Pilot version

OVERVIEW

It is important to follow up with women and girls on the use, acceptability and satisfaction with any items distributed (or if cash/vouchers are used, on the service and providers). This information should be used to revise and improve kits and items distributed and to adapt programming, to better meet needs and preferences and to address any unforeseen issues or challenges. Some key points around PDM for menstrual hygiene are:

* Although post-distribution monitoring for MHM should focus on qualitative methods (e.g. FGDs and KIIs), quantitative surveys are useful for collecting useful data and information which is representative of a wider geographical area, for reporting against targets and for measuring change.
* **Post-distribution monitoring for menstrual items should be done between 1 and 2 months after distribution.** Any earlier than 1 month, and there is a risk that many women and girls have not got their period yet and so have not actually used the pads, items etc. After two months it can become difficult for women and girls to remember what happened during distribution, what they received etc.

This tool provides an example post-distribution monitoring questionnaire (for MHM kits or menstrual hygiene items) which can be adapted as appropriate.

Note that **mainly ‘closed’ questions are included in this example**; open-ended questions about ‘how’, ‘why’ or ‘preferences’ etc. can be asked and discussed in focus groups and key informant interviews to get more meaningful and detailed information.

EXAMPLE POST-DISTRIBUTION MONITORING QUESTIONNAIRE

**OPTIONAL:**

+ Add questions on knowledge (to measure any change from baseline, if relevant)

+ Add questions on health e.g. irritation, infections (to measure any change from baseline, if relevant)

+ Add questions on socio-cultural aspects e.g. restrictions or taboos (to measure any change from baseline, if relevant)

+ Add more questions on dignity or inclusion e.g. feeling of privacy, safety

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|  | **Question** | **Coding** | **Notes** |
|  | Location (e.g. sector of camp) or other details | 1 - …  2 - … | As applicable |
|  | What is your age? | Number | As applicable |
|  | Which type of kit (or items) did you receive? | 1 - Disposable  2 - Reusable pads  3 - Cloth  4 - Tampons | Change to be relevant for the situation |
|  | Did you feel safe at the distribution (when you were given the items)? | 1 – Yes  2– Somewhat / a little  3 – No  4 - Didn’t attend distribution |  |
|  | Did you feel embarrassed during the distribution? | 1 – Yes  2 – Somewhat / a little  3 – No |  |
|  | Were you given a demonstration on how to use and care for your pads? | 1 – Yes  2 – No  3 – I don’t remember  4 – I don’t know / didn’t attend distribution |  |
|  | Were you given information on who you could contact for more information on sexual and reproductive health? | 1 – Yes  2 – No  3 – I don’t remember  4 – I don’t know / didn’t attend distribution | And/or gender-based violence – depending on situation |
|  | Did you use the pads for your last monthly period? | 1 – Yes, continue  2 – No, skip to end | Women or girl must have used pads or kit items to provide useful feedback |
|  | Did you find the pads acceptable? | 1 – Yes  2 – Somewhat  3 – No |  |
|  | Were there enough pads for you to use during your period? | 1 – Yes, I had enough pads  2 – No, I ran out of pads/ needed more |  |
|  | Did you have any difficulties using the disposable / reusable pads? If yes, why? | 1 – No  2 – Sometimes  3 – Yes – why? |  |
|  | Where did you wash the reusable pads / cloth? | 1- Shower or bathing area  2 – Latrines  3 – In my house or shelter  4 – At the river or lake  5 – Other. Specify | Reusable pads / cloth only |
|  | Where did you dry the reusable pads / cloth? | 1- Shower or bathing area  2 – Latrines  3 – In my house or shelter  4 – At the river or lake  5 – Other. Specify | Reusable pads / cloth only |
|  | Where did you dispose of (throw away) the disposable pads (or reusable pads or cloth, once it was worn out)? | 1 - Latrines or toilet  2 – Rubbish pit  3 – Bury in ground  4 – Incinerator  5 – Other. Specify | Disposable pads only |
|  | Are you missing any items or things to help you manage your menstrual period? | 1 – No  2 – Yes. What? |  |
|  | Did you have any irritation or itching during your last menstrual period? | 1 – No  2 – Yes  3 – A bit  4 – Don’t want to say |  |
|  | Did you feel embarrassed or anxious during your last menstrual period? | 1 – No  2 – Yes  3 – A bit  4 – Don’t want to say |  |
|  | Will you continue to use the washable pads for your monthly periods? | 1 – Yes  2 – No, why not?  3 - Maybe | Reusable pads / cloth only |
|  | Overall, how satisfied are you with the MHM (or dignity) kit that Red Cross/Crescent gave you? | 1 – Very satisfied  2 – Somewhat satisfied  3 – Okay /neutral  4 – Not satisfied. Why not? |  |
|  | Any other comments or questions? | Open text |  |