

# **The FertilityCare Chart**

**A standardised prospective  
record of fertility cycles**

**University College Dublin  
Saturday 26<sup>th</sup> March  
2011**

**Jaclyn Ascough, BA, CFCP**

# **The CREIGHTON MODEL System**

**Prospective vs. Retrospective  
Menstrual Cycle Data Collection**

## These are the Challenges

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- ◆ Integrating CrMS charting into your clinical activities
  - ◆ Understanding that CrMS charting is a natural expansion and advancement of taking a good menstrual and gynecologic history (*prospectively*)
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# Gynaecologic History Taking 1971

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- ◆ Menstrual Hx<sup>1</sup>:
    - Determine the exact dates of LMP
    - Inter Menstrual Bleeding:
      - occurrence, duration, pain, clots
    - Regularity of bleeding
    - Post-coital bleeding
    - Exact detail in description of bleeding is...most important
  - ◆ Vaginal discharge<sup>1</sup>: Color, consistency, and presence of blood
  - ◆ All information is collected retrospectively
- 

1. **Kishner RW: Gynecology: Principles and Practice.** 2nd Edition. Yearbook Medical Publishers, Chicago, 1971.

# CrMS Charting in Historical Perspective 1994

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- ◆ Menstrual Hx<sup>1</sup>:
    - Date of LMP
    - Irregularity, erratic bleeding or other abnormalities
    - Interval, duration, amount, characteristics
  - ◆ All information collected is retrospective
- 

1. DeCherney AH, Pernell ML: Current Obstetric and Gynecologic Diagnosis and Treatment. Appleton and Lange, Norwalk, Ct, 1994.

CREIGHTON  
M • O • D • E • L

**FertilityCare™  
System**

AN AUTHENTIC LANGUAGE  
OF A WOMAN'S  
HEALTH AND FERTILITY<sup>SM</sup>

# **The Creighton Model** ***Fertility Care System***

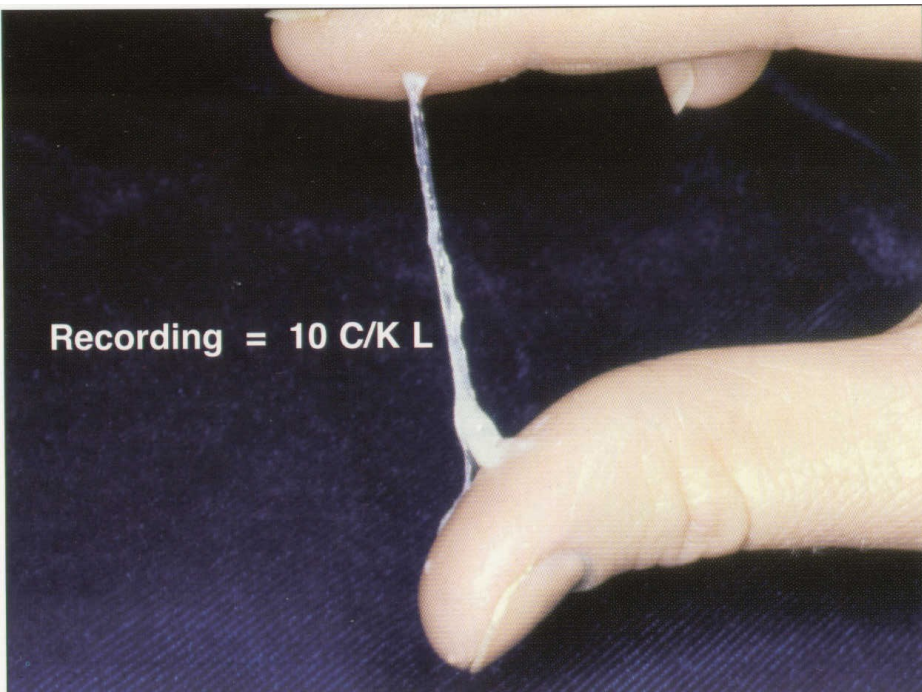
A Standardised Modification of the  
Billings Ovulation Method



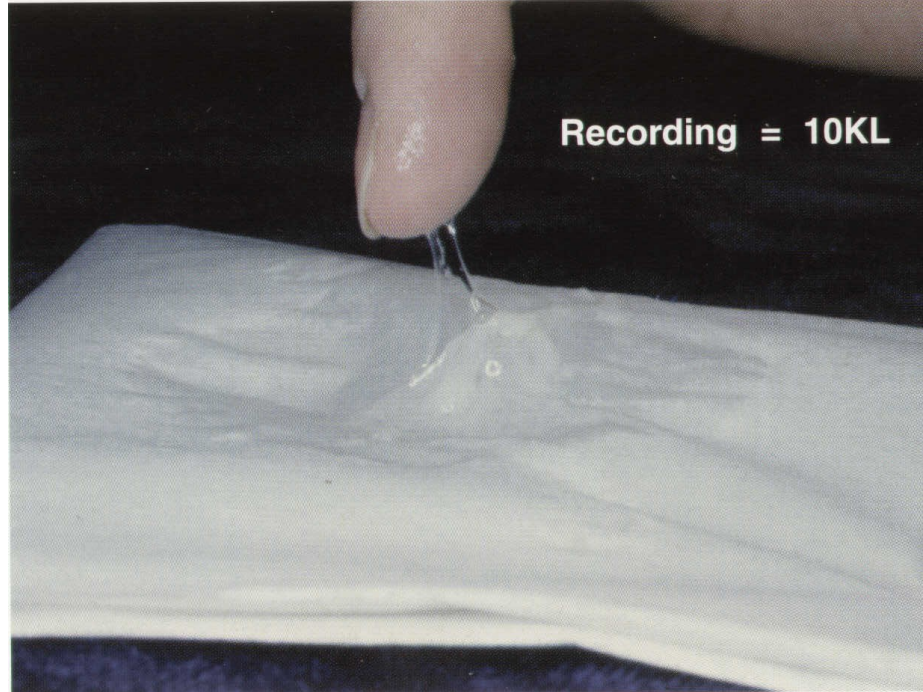
# FertilityCare

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- Observe your signs of fertility



Recording = 10 C/K L



Recording = 10KL



# CREIGHTON MODEL Method and Use Effectiveness to Avoid Pregnancy—By Center 5-Study Composite and Ordinal Month of Use

J. Repro Med  
June 1998

1. Through 12 ordinal months 2. Through 18 ordinal months 3. To avoid pregnancy n/a = Not applicable	Creighton University Omaha	St. John's Mercy Hospital St. Louis	St. Francis University Omaha	St. Joseph Hospital St. Louis	Marquette Nursing Center Omaha	5-Study Composite
Year of study	1980	1980	1985	1989	1994	1995
Number of couples	286	273	378	697	242	1,876
Number of couple-months	2,224.0 <sup>1</sup>	1,980.0 <sup>1</sup>	2,471.0 <sup>1</sup>	7,084.5 <sup>1</sup>	1,819.5 <sup>1</sup>	17,130.0 <sup>1</sup>
<b>Method effectiveness<sup>3</sup></b>						
Ordinal month						
1	100.0	100.0	100.0	100.0	100.0	100.0
6	99.6	99.6	99.4	100.0	99.6	99.8
12	99.6	99.6	99.1	99.8	98.7	99.5
18	n/a	n/a	n/a	99.8	n/a	99.5
<b>Use effectiveness<sup>3</sup></b>						
Ordinal month						
1	100.0	99.6	99.7	100.0	100.0	99.9
6	95.8	96.4	97.3	98.4	98.7	97.9
12	94.6	95.1	96.2	97.2	97.9	96.8
18	n/a	n/a	n/a	97.1	n/a	96.4

**CREIGHTON MODEL System  
Follow-up Form  
and  
Picture Dictionary**



# CREIGHTON MODEL FertilityCare™ System

## Follow-up Form

An Authentic Language of Woman's Health and Fertility<sup>SM</sup>

I.D.# 

0	1	0	0	0	1
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 Form #: 1

Age: 23 Marital Status: M

Age: 25 Marital Status: M

Tele: (H) 222-1111 (W) 444-2222 333-0001

Woman's Name: Jean Client

Man's Name: Sam Client

Address: 1111 CrMS Street

City: Anywhere

State: Any

Zip: 02020

Woman's e-mail: jsc@ccms

If married, length of present marriage: 3 years Number of marriage for each 1 Woman 1 Man

### WOMAN'S REPRODUCTIVE HISTORY:

1) # of Pregnancies  1 2) # of live births  1 3) # of children now living  1

5) Shortest to longest menstrual cycle (in days) 27 - 31

6) Most recent method of family planning BCP

7) Reproductive Category at 1st F-up  5

- 1=Regular Cycles (21-38 days)
- 1s=Regular Cycles - sterilized
- 2=Long Cycles (generally > 38 days)
- 3=Breastfeeding-Total
- 4=Breastfeeding-Weaning
- 5=Post-Pill (within past year)
- (Includes Depo Provera, Norplant)

8) Change in reproductive category to:

- 6=Premenopause (40 years or older)
- 7=Postpartum - Not Breastfeeding
- 8=Post-abortion (induced or spontaneous)
- 9=Infertility
- 10=Pregnant

	date
	date
	date
	date
	date

9) Names & Ages of Children: Mary - 1 1/2 years

### COMMENTS ON GENERAL HEALTH:

1) Comments on Woman's General Health: Good

2) Comments on Man's General Health: Good

1) DATE OF FOLLOW-UP

2) TEACHER CODE

3) ADDITIONAL PERSONS at FOLLOW-UP  
(M=Man C=Children e.g. 1C, 2C, etc.; if no one else is present, put a "-")

Year	1	2	3	4	5	6	7	8
1	02	05						
2	03							
3	14							
FTC	2W							

# CrMS Follow-up Form

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- ◆ First used in 1977
  - ◆ Currently 4th revision is in use
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# CrMS Follow-up Form: Purposes

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1. Designed to serve both teacher and client
  2. A vehicle essential to standardization
  3. Integral to monitoring a system's teaching effectiveness
  4. Essential to ongoing assessment of quality control
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# Concept, Purpose, and Significance of the Individual Follow-up

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- ◆ Chosen because it is the best instructional environment
  - ◆ Couples will “open up” in this environment
  - ◆ Situations/problems can be managed
-

# The Picture Dictionary OF THE CREIGHTON MODEL **FertilityCare™ System**

AN AUTHENTIC LANGUAGE OF A  
WOMAN'S HEALTH AND FERTILITY™



SECOND EDITION

Thomas W. Hilgers, MD  
K. Diane Daly, RN

Ann M. Prebil, RN, BSN  
Susan K. Hilgers, BA

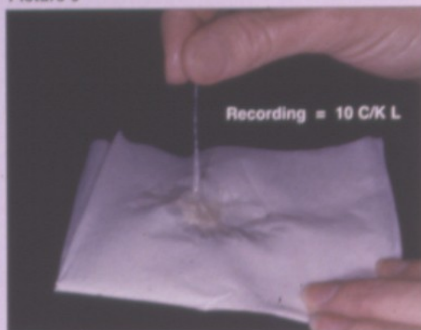
TEACHER'S EDITION  
**A FertilityCare™ Resource Book**

# The Picture Dictionary

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- ◆ Developed through an orderly research assessment of the vulvar observations
  - ◆ Observations were made, then observed, then correlated to endocervical mucus
  - ◆ Over 150 women, over 440 observations
  - ◆ Has been thoroughly field tested
  - ◆ Observations are universal
-

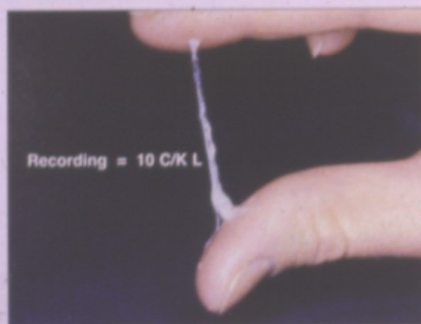
Picture 9



Picture Nine:  
Stretchy, Clear/Cloudy, Lubricative

1. When you wipe with this tissue you *may* or *may not* observe a sensation of lubrication although, it is usually lubricative.
2. When you observe the tissue you will observe that there is mucus present.
3. With finger testing of the mucus you can observe the *stretchy* nature of the mucus and observe the color which in this case is *clear and cloudy*.
4. As the estrogen increases in the body, the cervical mucus begins to show Peak-type mucus characteristics (*clear, stretchy or lubricative*).
5. This example demonstrates the *stretchy* consistency (one inch or more of stretch) of the mucus.

Picture 10

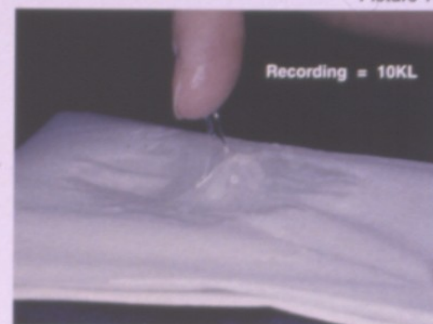


Picture Ten:  
Stretchy, Clear/Cloudy, Lubricative

1. When finger tested between the thumb and index finger, the stretchy consistency and clear/cloudy color is easily identified.
2. It is important to note here that when the term *clear* is used to describe the mucus, this means that there is at least some of the mucus that is *crystal clear* in its appearance.
3. In this case, there is some cloudy and some crystal clear, thus the designation *clear/cloudy*.
4. This type of mucus can usually be stretched several times before losing its stretchability.

Picture Eleven:  
Stretchy, Clear, Lubricative

1. When you wipe with this tissue you *may* or *may not* observe a sensation of lubrication although, with this observation, you are usually lubricative.
2. Upon observation of the tissue you will observe that there is mucus present.
3. With finger testing, the beginning stretchy appearance is visible.
4. Often, the Peak-type mucus will be *crystal clear* in color.
5. While it is impossible to take a photograph of lubrication (which is a sensation) one can appreciate how this particular type of mucus, which is spread out on this tissue would create a gliding effect when a woman wipes with the tissue.
6. This sensation is what women *know* as lubrication.



Picture 11

Picture Twelve:  
Stretchy, Clear, Lubricative

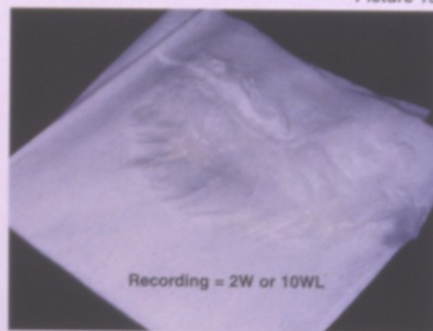
1. The previous example has now been stretched into a thread-like strand of about two inches.
2. In this case, all three characteristics (*clear, stretchy and lubricative*) of Peak-type mucus are present.
3. However, you need only one of these characteristics to identify the mucus as Peak-type.



Picture 12

Picture Thirteen:  
Wet Without Lubrication  
Wet With Lubrication

1. When you wipe with this tissue you *may* or *may not* observe a sensation of lubrication.
2. When you observe the tissue, the tissue is *very wet*. The wetness often has a *glary* appearance to it which is different from the previous use of the term *shiny*.
3. Nothing can be lifted off this tissue to be *finger-tested*.
4. The critical sign of your fertility in this observation, as with *damp and shiny*, is the *presence or absence* of lubrication.
5. The observation of *wet without* lubrication has the same significance as a dry observation.
6. The observation of *wet with* lubrication is Peak-type mucus.
7. Remember, you need only one of the three signs (*clear, stretchy or lubricative*), alone, or in any combination to make the sign Peak-type mucus.



Picture 13

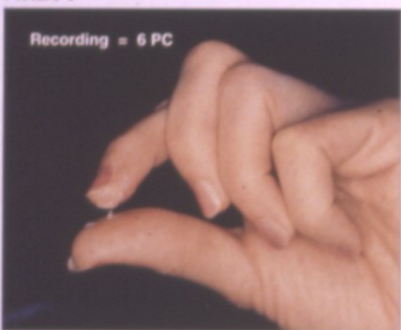
Picture 4



Picture Four:  
Pasty (Creamy), Cloudy

1. When you wipe with this tissue you *may* or *may not* observe a sensation of lubrication.
2. When you observe the tissue you will observe a discharge which has the characteristics of hand lotion or flour paste. It may even be milky in appearance if the water content is high.
3. The discharge originates from the vagina and is characteristically different from the cervical mucus discharge.
4. We call this pasty or creamy discharge. Often, this discharge is present in a smaller amount than what is pictured here.

Picture 5



Picture Five:  
Sticky, Pasty (Creamy), Cloudy

1. This photograph demonstrates the *sticky* consistency which may be present in the discharge.
2. In this example, the woman is stretching the pasty discharge by finger-testing it between her thumb and index finger.
3. As she stretches it you can see that it only stretches approximately  $\frac{1}{2}$  inch.
4. When the mucus stretches up to  $\frac{1}{2}$  inch we call it *sticky*.
5. Interestingly enough, the pasty discharge, of and by itself, never stretches more than  $\frac{1}{2}$  inch.

Picture Six:  
Cervical Mucus on Tissue

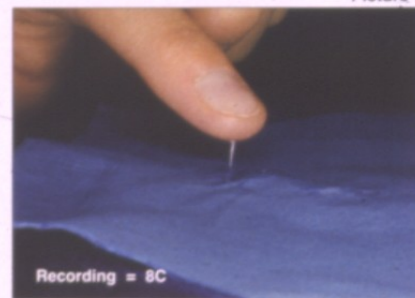
1. This is what cervical mucus looks like. Upon observation, you can see the cervical mucus raised on the surface of the tissue.
2. It does not absorb into the tissue and can be lifted off the tissue for finger-testing.
3. We recommend that flat layers of white toilet tissue be used in making the observations. The blue tissue in this picture has been used for photographic purposes only.



Picture 6

Picture Seven:  
Tacky, Cloudy

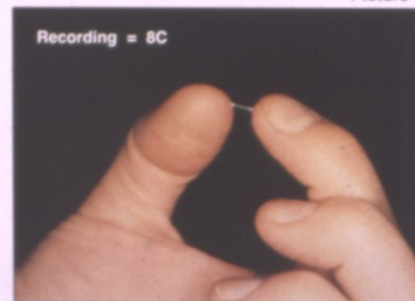
1. When you wipe with this tissue you *may* or *may not* observe a sensation of lubrication.
2. When you observe the tissue you will observe the presence of mucus.
3. When you finger test this mucus it stretches  $\frac{1}{2}$  to  $\frac{3}{4}$  of an inch.
4. With this degree of stretch we call the mucus *tacky*.
5. It obviously has a cloudy color to it. Do not give the mucus discharge a color unless it can be finger tested with the color observed directly at eye level.
6. When the mucus is present in small amounts, it can be finger tested by lifting it from the tissue as in this example.



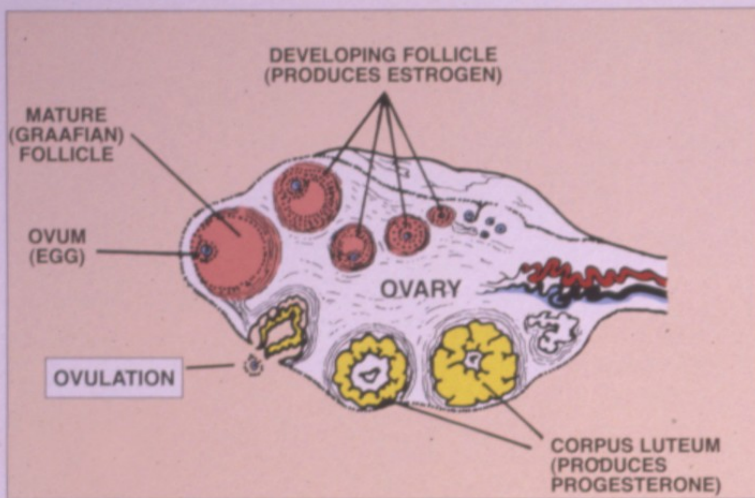
Picture 7

Picture Eight:  
Tacky, Cloudy

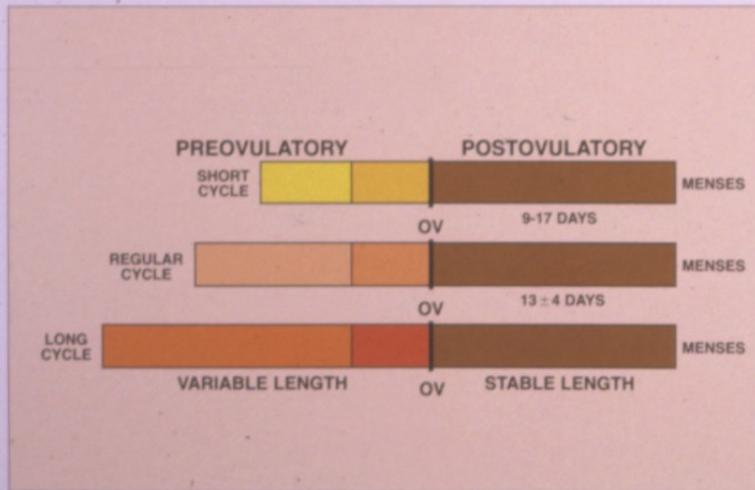
1. It is best to finger test the mucus between the thumb and index finger.
2. This example shows a fine thread of mucus which is *tacky* ( $\frac{1}{2}$  inch stretch) in consistency and *cloudy* in color.
3. On occasion, the *cervical mucus* will stretch only  $\frac{1}{4}$  inch (*be sticky*).
4. When it does so, it will stretch into a fine thread, as in this example, thereby being distinguishable from a sticky, pasty type of discharge.



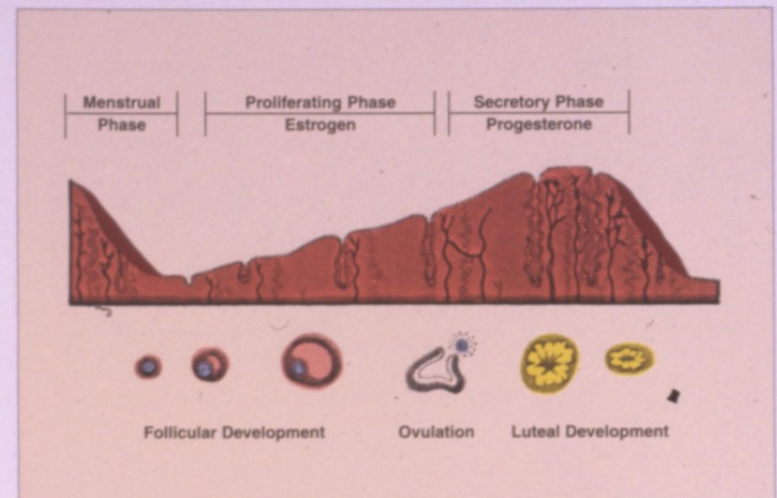
Picture 8



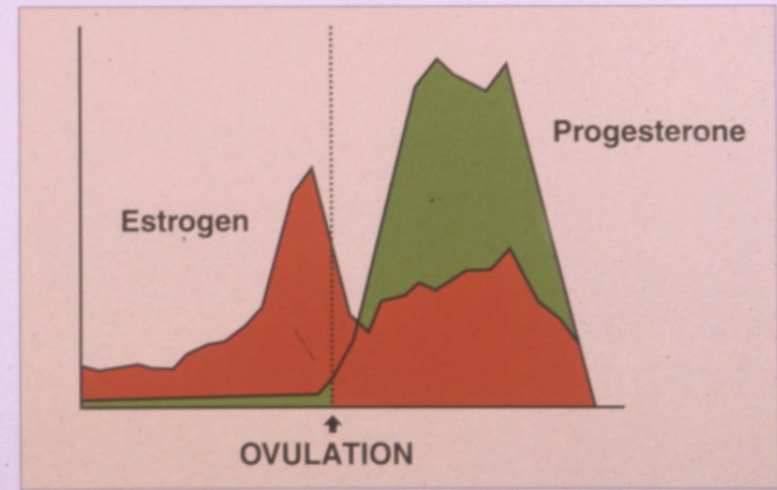
Ovulation Cycle



Phases of the Menstrual Cycle



Changes in the Lining of the Uterus



Ovarian Hormones



**NaProTECHNOLOGY<sup>®</sup>:  
The New Women's  
Health Science**

# NaProTECHNOLOGY®

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- ◆ Built upon a working understanding of the **CREIGHTON MODEL FertilityCare™ System**
  - ◆ **The chart is the key component to NaProTechnology**
  - ◆ NaProTechnology is currently the best approach to Restorative Reproductive Medicine
-

## In NaProTECHNOLOGY®

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- ◆ Develop a sound fundamental and clinically useful understanding of the menstrual and fertility cycles
  - ◆ Allows for better diagnosis
    - more precise and reproducible
  - ◆ Allows for more successful treatment
-

The logo consists of a vertical black line intersected by a horizontal black line. To the left of the intersection, there are three overlapping squares: a yellow one at the top, a red one on the left, and a blue one at the bottom.

# NaProTechnology

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Developed by Obstetrician &  
Gynaecologist,  
Prof. Thomas W. Hilgers,  
in 1990  
through the Pope Paul VI Institute

In association with  
Creighton University Omaha,  
Nebraska, USA



# Natural Procreative Technology NaProTechnology (NPT)

Essentially uses modern medical and surgical techniques to facilitate conception through a normal act of intercourse





# NaProTechnology

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- Available in Europe since 1998
- Over 1,200 Irish babies
  - 296 positive tests in 2009
  - 320 positive tests in 2010

*Discover*

CREIGHTON  
M • O • D • E • L

**FertilityCare™  
System**

AN AUTHENTIC LANGUAGE  
OF A WOMAN'S  
HEALTH AND FERTILITY<sup>SM</sup>