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Topics

A CPD Self-Assessment Test

QUESTION SHEET

Review No. 2001/02

To be reviewed not later than 31 January 2006

Fertility awareness methods of family planning

Indicate your answer by ticking the appropriate box for each question

	True	False
1. The woman's egg lives up to 7 days.	<input type="checkbox"/>	<input type="checkbox"/>
2. Sperm can survive in the female genital tract and are capable of fertilising the egg for up to 7 days after sex.	<input type="checkbox"/>	<input type="checkbox"/>
3. The chances of conception are approximately zero six days before and 2 days after the temperature rise.	<input type="checkbox"/>	<input type="checkbox"/>
4. The basal body temperature rises by about 0.5°C just before ovulation.	<input type="checkbox"/>	<input type="checkbox"/>
5. Usually when a woman is fertile her cervix is high, soft and open.	<input type="checkbox"/>	<input type="checkbox"/>
6. To optimise her chances of pregnancy, a woman should be aware of the significance of timing intercourse to coincide with wetter, transparent, slippery, stretchy secretions.	<input type="checkbox"/>	<input type="checkbox"/>
7. The late infertile time (post-ovulation) is the safest time for intercourse to avoid pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>
8. The standard days rule indicates the fertile time as days 10-23 for all women (provided cycles are within the range of 26-32 days).	<input type="checkbox"/>	<input type="checkbox"/>
9. When motivated couples taught by experienced FAM teachers use a combination of fertility indicators, fertility awareness methods can be up to 98% effective.	<input type="checkbox"/>	<input type="checkbox"/>
10. Lactational amenorrhoea method only applies to women who are less than 6 months post-partum, amenorrhoeic and fully breastfeeding day and night.	<input type="checkbox"/>	<input type="checkbox"/>

Turn to page 112 for answers