

स्वास्थ्यजन्य फोहोरमैलाको एकीकृत व्यवस्थापन तथा स्वास्थ्य संस्थाहरुमा खानेपानी, सरसफाईसम्बन्धि राष्ट्रिय कार्यशाला गोष्ठी

National Workshop on Integrated Healthcare Waste Management (IHCWM) and Water Sanitation & Hygiene (WASH) in Healthcare Facilities

“स्वास्थ्य नेपालका
लागि सँग सँगै”



Menstrual Hygiene Management

Case study and best practice in global context

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SNV



Menstrual health and hygiene – linkage to SDG6 and WASH in Health Care Facilities

- **SDG6.2:** By 2030 achieve access to adequate and equitable sanitation and hygiene for all ..., paying **special attention to the needs of women and girls** and those in vulnerable situations
- **Menstrual hygiene management** defined by WASH sector. Shift towards **menstrual health** to incorporate multi-sectoral approach addressing menstruation as a public health and gender equality issue.
- **Health sector role** in integrating inclusive menstrual health in sexual reproductive health, WASH in HCF and addressing menstrual disorders and other types of vaginal bleeding.



SDG 6.2 – JMP core indicators for WASH in HCF and MHM



2.1.2 Basic sanitation services in healthcare facilities:

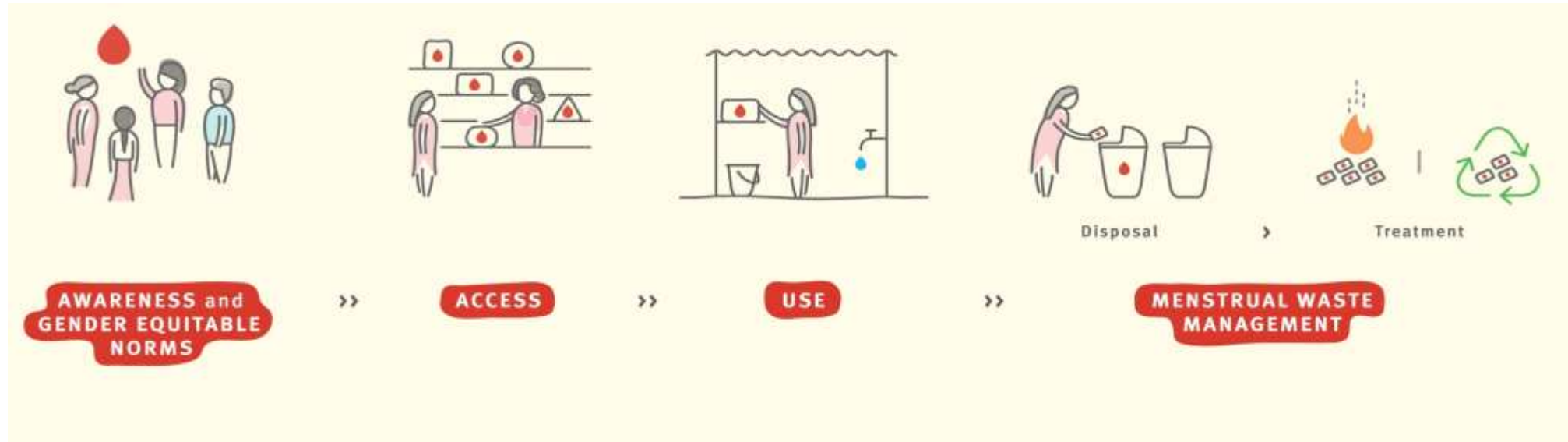
*health care facilities with improved and usable sanitation facilities, with at least one toilet dedicated for staff, **at least one sex-separated toilet with menstrual hygiene facilities**, and at least one toilet accessible for users with limited mobility.*

A toilet can be considered to have menstrual hygiene facilities if it

- has a bin with a lid on it for disposal of used menstrual hygiene products, and
- water and soap available in a private space for washing.



Management of Menstrual Waste Lessons from India





Menstrual Hygiene Products in India





Understanding Menstrual Waste Management



Menstrual waste

Blood and used menstrual absorbents, including cloth, disposable sanitary napkins, tampons, and other substances or materials

Classification of menstrual waste

The Solid Waste Rules (2016) consider **menstrual waste as solid waste** and define it as sanitary waste
Rules specify responsibilities of the waste generator, local authorities and gram panchayats and producers of sanitary products

Safe Management of Menstrual Waste

Series of steps, treatment and disposal of used absorbents in a manner that does not cause harm to girls and women (the user) and to the environment (in terms of land, air and water sources)

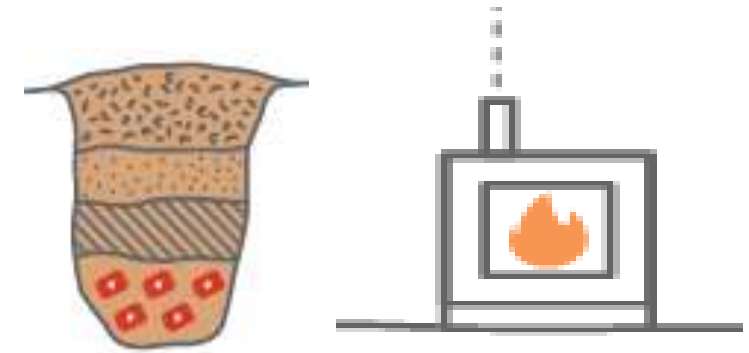


Effective Treatment of Menstrual Waste



Use of reusable menstrual products

Reduce Waste



Compost

Incinerate

Transform waste

Sterilize Waste

Autoclave

Chemical treatments

This waste will require further treatment and disposal post sterilization

Recycle





Effective Implementation Comprehensive Programming



IEC strategy

INDICATORS
Monitoring and
Evaluation

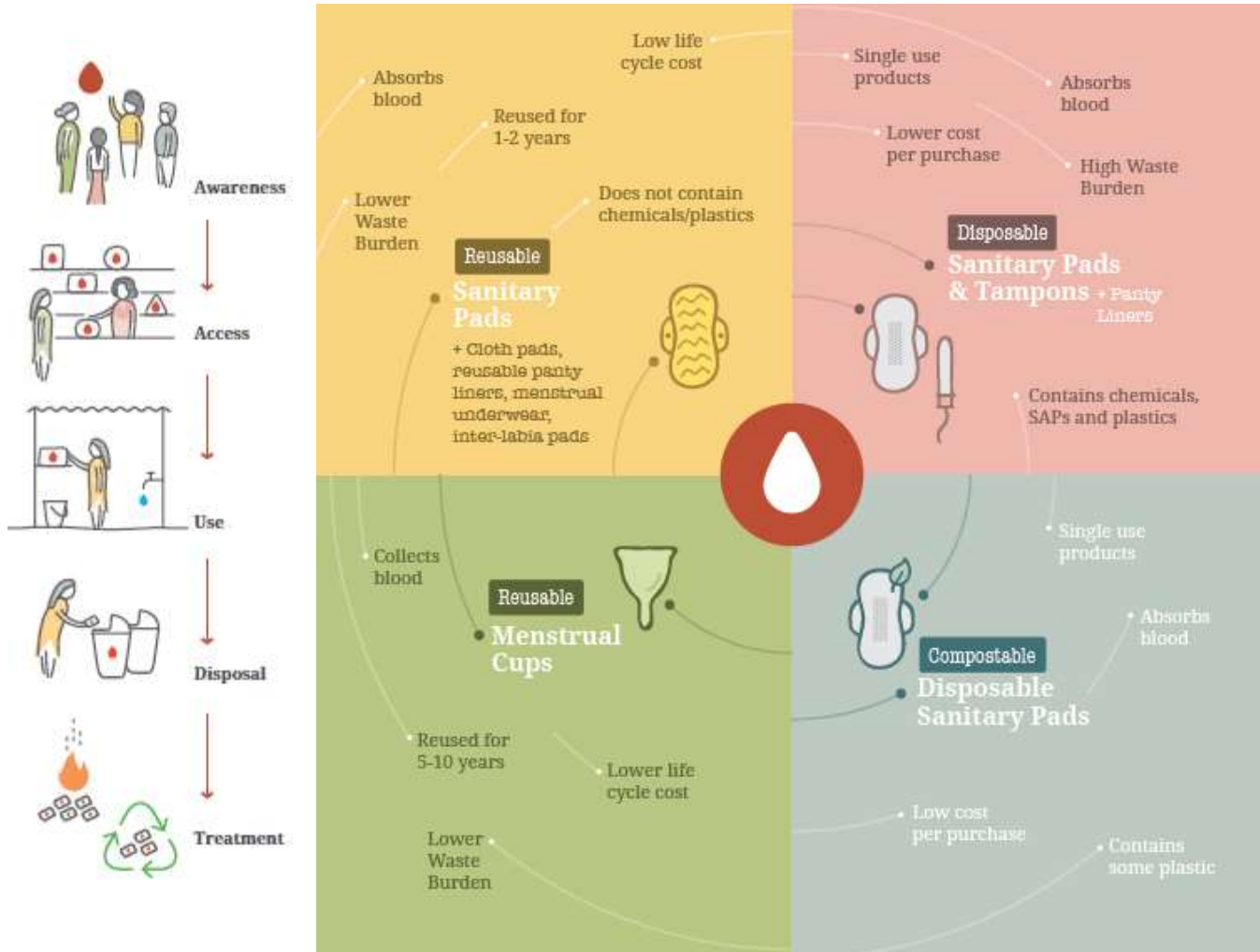


*Capacity
building*





Informed choice of menstrual materials



Hygienic use of any menstrual absorbent calls for the following:

- Use of safe, hygienic menstrual hygiene materials
- Regular changing of menstrual hygiene materials four times a day
- Daily bathing and washing of genitals with water (use of harsh soaps to be avoided)
- Proper washing, drying and storage of reusable cloth pads and menstrual cups

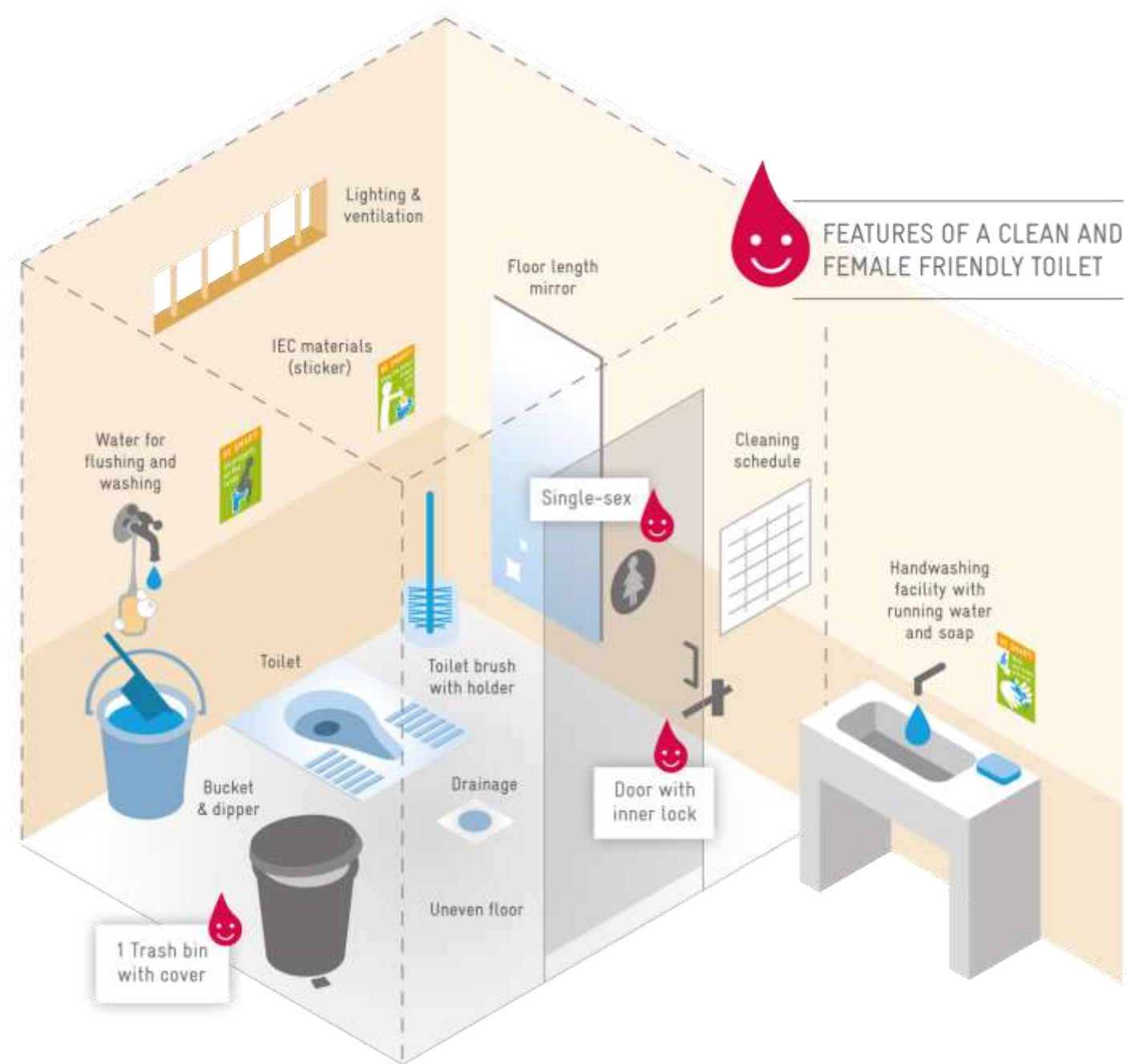


“WHAT GETS MEASURED GETS DONE” MENSTRUAL HYGIENE MANAGEMENT

Direct and indirect MHM Indicators within the Sustainable Development Goals (SDGs) WASH in Schools Monitoring Framework to be measured in each school using the EMIS – Education Management Information System









MHM in Schools in Nepal

Re-construction of 17 female-friendly Toilet blocks including waste management in Province 7 (Dhangadhi & Godawari) by GIZ S2HSP





RECOMMENDATIONS

(NATIONAL) STANDARDS

SHORT, MEDIUM & LONG TERM SOLUTIONS

SHORT TERM:

Import of 100% compostable sanitary pads (from India)

MEDIUM TERM:

Local production of 100% compostable low-cost sanitary pads in Nepal, ideally a local production of low-cost sanitary pad machines with procurement of local raw materials. The Government should initiate the production of low-cost sanitary pads.

LONG TERM:

Informed product choices and availability of a wider product range (e.g. menstrual cups, period underwear, reusable pads), including adequate education on MHM products and practices.



**TECHNOLOGY APPLICABILITY
FRAMEWORK // TAF ASSESSMENT
LOW-COST SANITARY PAD MACHINE**

Two low-cost sanitary pad machines placed in women's collectives in Nepal





जर्मन सहयोग
DEUTSCHE ZUSAMMENARBEIT

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MHMPA

NEPAL'S MENSTRUAL MOVEMENT

How 'MenstruAction' is making life better for girls and women in Nepal — month after month



NEPAL'S MENSTRUAL MOVEMENT

VIVEK SINGH THAKURI
is Executive Director of MITRA Sanja, a Kathmandu-based NGO founded in 2004, now largely operating as a consultancy firm doing research and capacity building work and communication campaigns for the public and private sectors.

Mitini — a girl's best friend

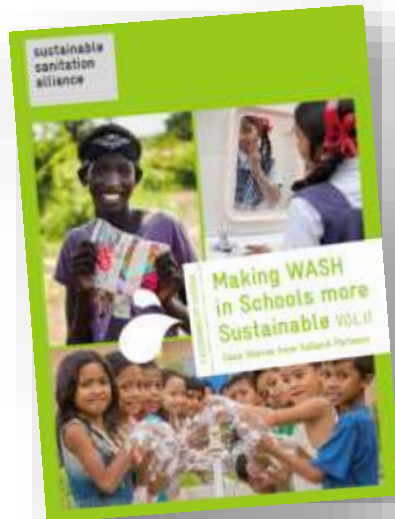
→ Mitini's bins are hired by restaurant and offices.

"Menstrual health is just one component of our work. The initiative for which we've received a lot of recognition is Mitini, a social entrepreneurship initiative that started in 2015. Mitini means a girl's best friend in Nepali. The idea came about after I came across data on the internet which said that 41% of girls in Nepal miss school for several days once a month during their period. That equates to around 15 to 20% of their academic year and it means they graduate with inferior grades and find it difficult to get good jobs. Our subsequent research into MHM with a larger sample size found fewer girls (around 21%) weren't going to school during their period, so this was lower than previous estimates. It shows we need better research and data on these issues, but still I thought this was something we really needed to do something about. We started thinking about a sanitary pad disposal collection service and approached a local restaurant. By coincidence, someone had just flushed a used sanitary pad into the restaurant's system causing a lot of damage and costing a lot to unblock — for the third time — so they were already thinking about this."





MHM-related Activities of the Sustainable Sanitation Alliance (SuSanA)



Collection of Case Stories from SuSanA Partners

Link-Collection



Thematic Online Discussion



Recommendations

- Promote informed choice of menstrual materials
- Integrate menstrual waste into the solid waste management service chain and test disposal solutions
- Work with the private sector (across the menstrual health service chain – information/awareness, access to products, disposal)

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Menstrual Hygiene Management

Question and answer session





Guiding Question

- How to improve the menstrual waste management?