



LARC FIRST: Marketing Your LARC FIRST Practice

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content:	Instructions for Creating 'Method Effectiveness Cylinders'

Overview:

One of the most effective ways to visualize contraceptive effectiveness in community health fairs and events is through 'Method Effectiveness Cylinders.' These display the typical effectiveness of using nothing, refillable methods such as the pill, ring, or patch, and long-acting reversible contraception (LARC). Refer to the **CHOICE Community Outreach Manual** for a photo. Below we outline the steps we took to create our cylinder display:

1. First, figure out the volume of the container you are using. We took a measuring cup and just kept adding cups of water and counting them until we filled the cylinder. Our vases were really big at 15 cups, or (times 8) 120 ounces.
2. For the 'nothing' vase, we used the failure rate of 85%, and 85% of 120 equals 102. Since we wanted to have the effectiveness beads on the bottom of the vase and failure beads above it, we subtracted 102 from 120 which leaves 18 ounces of effectiveness, or 2 ¼ cups.
3. We poured 2 ¼ cups into the vase and put a little sticker there so we wouldn't have to pour water in the vase every time. We measured that the line was 2 3/8 inches from the bottom of the vase in case the sticker fell off. Then we filled the vase with the effectiveness beads to the line and then filled the remainder of the vase with failure beads.
4. We used the same protocol for the pill, patch, ring vase with a failure rate of 9%. This is equal to about 11 ounces out of 120, therefore the effectiveness volume was 109 ounces or about 13 ½ cups. We poured this into the vase, marked it, noted the measurement from the bottom and filled with effectiveness beads to the line and then failure beads.
5. For LARC methods, we filled the vase almost entirely with effectiveness beads and then put a thin layer of failure beads on top since 1% is tough to show.