

Advancing Sexual and Reproductive Health and Rights (AdSEARCH) by icddr,b

# AdSEARCHBITES

Monthly Newsletter

Volume 2 | Issue 4

## AdSEARCH Series Dissemination

### Four Adolescent SRHR Innovation Studies at icddr,b

1 June 2025



Dr Hassan Rushekh Mahmood



Fariya Rahman



Dr Mehjabin Tishan Mahfuz



Nabila Mahmood

AdSEARCH by icddr,b has launched “Journey to Evidence: Series Dissemination of AdSEARCH Studies,” a platform to influence policy and programme related to Sexual and Reproductive Health and Rights (SRHR). As a part of this journey to enhance and document the collective knowledge, evidence, and ideas on select SRHR issues, this platform will organise a series of dissemination sessions within 2025.

The first round of Journey to Evidence brought together four innovative studies on adolescent SRHR at the icddr,b Sasakawa Auditorium in Dhaka. Aimed at addressing the diverse SRHR needs and challenges of adolescents in various contexts, the featured innovations included the *HopeBox* study, which improved menstrual hygiene and contraception knowledge among orphaned girls living in government orphanage.

*Mukhorito*, a mobile app piloted in secondary schools, enhanced adolescent SRHR learning and peer communication. A third study focused on menstrual health among adolescent athletes at Bangladesh Krira Shikkha Protishtan (BKSP), while the fourth explored the feasibility of menstrual cup use among female garment workers - both highlighting overlooked areas in SRHR interventions.

## Overview of the Four Studies

### HopeBox

Fariya Rahman, Principal Investigator and Research Investigator, MCHD presented the 'HopeBox' study, focused on orphaned adolescent girls in government orphanages in Dhaka, Faridpur, and Chuadanga. Using an SRHR toolkit comprising illustrated books and

placards, the intervention significantly improved knowledge on menstrual hygiene from 4% to 51% and on contraception from 11% to 59% compared to before the intervention. Experts recommended national-scale adoption of the initiative. [Learn more about HopeBox](#)

***“Orphaned adolescents remain a neglected group. This initiative is commendable.”***

--  
**Syed Rubayet**  
Country director  
ipas Bangladesh

### Mukhorito

Dr Hassan Rushekh Mahmood, Principal Investigator and Assistant Scientist, MCHD, highlighted the Mukhorito study, a mobile app piloted in three secondary schools, helped adolescents to learn about SRHR topics. With relatable stories, interactive design, and engaging content, Mukhorito enabled

adolescents to learn independently about topics like reproductive health, drug abuse, and physical changes. The average knowledge score rose from 5.7 to 7.5, and awareness from 6.6 to 8.7-an improvement of 16%. [Learn more about Mukhorito](#)

***“Adolescents must be provided with accurate and age-appropriate information. We need long-term programmes and a coordinated, multi-sectoral approach to effectively meet their needs.”***

--  
**Md. Shamsul Hoque**  
Programme Manager (Adolescent Health),  
Directorate General of Health Services (DGHS)

### Menstrual Experience of Adolescent Athletes

Dr Mehjabin Tishan Mahfuz, Principal Investigator and Assistant Scientist, NRD, presented the study on the menstrual experience of adolescent athletes conducted at the Bangladesh Krira Shikkha Protishtan (BKSP). The study revealed that 86% of female

athletes lacked adequate menstrual education. Only 5% received guidance from teachers or coaches, and many faced dietary and physical activity restrictions. The study called for menstrual health education and gender-sensitive sports policies. [Learn more about Adolescent Athletes](#)

***“Bangladeshi girls are achieving greater success in the field of sports every day. If we can work together to remove the barriers they face, their journey forward will become much easier and smoother.”***

--  
**Professor Anupam Hossain**  
International Sports Development  
Consultant

### Piloting Menstrual Cup Use Among RMG Workers

Nabila Mahmood, Principal Investigator and Research Investigator, NRD, shared findings from a pilot study on Menstrual Cup use among RMG workers. A menstrual cup is a soft, bell-shaped device made from 100% medical-grade silicone, designed to be inserted into the

vagina to collect menstrual flow. This study assessed the feasibility of using menstrual cups among ready-made garment workers. Conducted across five factories within Dhaka and Gazipur City Corporations, the study involved 85 women over six menstrual cycles. Results indicated that

menstrual cup use lowered costs, increased comfort, and was suitable for low-resource workplace environments. Researchers recommended broader adoption in similar settings. [Learn more about Menstrual Cup](#)



Panel discussion 1: Bridging Evidence and Action



Panel discussion 2: Translating Research into Policy: Implications and the Way Forward

The event started with a welcome address by **Dr Anisur Rahman**, Scientist and Acting Senior Division Director of MCHD, icddr,b.

**Anisuddin Ahmed**, Project Coordinator of AdSEARCH, shared the journey of AdSEARCH innovations, highlighting the project's contributions to advancing SRHR in Bangladesh. The event also featured two impactful panel discussions where government representatives, professional bodies, and experts shared insights on scaling these innovations.

The first panel, titled “Bridging Evidence and Action,” focused on translating study findings into programme implementation and coordination. Panelists included: **Samir Mallick**, Director (Institution), Department of Social Services (DSS); **Md Shaidul Islam**, Additional Director, DSS; **Dr S.M. Abdullah-Al-Murad**, Line Director, MNC&AH, DGHS; **Dr Md. Shamsul Hoque**, Programme Manager (Adolescent Health), DGHS; **Professor Farhana Dewan**, President, OGSB. Panelists emphasised the importance of inclusive programme

design, adolescent-friendly services, and ensuring continuity of SRHR education within institutional settings. They called for strengthened partnerships between government and civil society to sustain impact. The second panel, “Translating Research into Policy: Implications and the Way Forward,” followed the final two study presentations. This discussion focused on the policy relevance of menstrual health research among athletes and RMG workers. Panelists included: **Dr Md Sultan Ahmed**, Director, MCH Services, DGFP; **Dr Md Sohel Habib**, Line Director, MCRAH, DGFP; **Dr Md Monjur Hossain**, Programme Manager, A&RH, DGFP; **Professor Sayeba Akhter**, Chairman, BMRC; **Dr Vibhavendra Singh Raghuvanshi**, Chief of Health, UNFPA; **Professor Anupam Hossain**, International Sports Development Consultant. Speakers highlighted the urgent need for policy frameworks that support menstrual health education in schools, sports institutions, and factories. They discussed pathways to institutionalise

low-cost innovations like menstrual cups and emphasised that workplace and athletic environments must be gender-sensitive and health-inclusive. At the closing session of the event, **Farzana Sultana**, Development Advisor at High Commission of Canada to Bangladesh, reaffirmed Canada’s continued support for advancing SRHR in Bangladesh. The event concluded with a vote of thanks from **Dr Quamrun Nahar**, Deputy Project Director, AdSEARCH and Head of Research, MCHD. Key officials from DGHS, DGFP, and other relevant institutions attended the event, which marked the beginning of a broader dissemination series planned throughout 2025.

“If we fail to address adolescent girls’ health, we will not have healthy mothers or a healthy generation.”

--  
**Professor Sayeba Akhter**  
Chairperson, Bangladesh Medical Research Council (BMRC)





# Delphi Workshop Held to Advance Hospital-Based Fistula Register

3 June 2025



AdSEARCH organised a Delphi Workshop to support the development of a hospital-based register for female genital fistula at the Traction Meeting Room, icddr,b. The session brought together 13 professionals in obstetrics, gynaecology, and public health to review findings from the third round of the Delphi process and discuss the structure of the proposed register. The workshop was opened by **Professor Dr Sayeba Akhter**. She welcomed the participants and underlined the importance of establishing a

national system for documenting and monitoring fistula cases.

**Dr Shafiqul Ameen Raiyaan**, from icddr,b, presented the Round 3 results of the Delphi scoring. The presentation covered areas where experts' agreement was high and introduced key variables suggested for inclusion in the register.

Following the presentation, **Dr Ahmed Ehsanur Rahman**, Principal Investigator of the study, outlined a framework for assessing and developing

the register in phases. Participants discussed the proposed structure and stressed the need for a clear, step-by-step plan to guide the development and implementation of the national register. Representatives from the DGHS, OGSB, BSMMU, UNICEF, Delta Medical College, Dhaka Medical College Hospital, Kumudini Women's Medical College, LAMB Hospital, and MAMM'S Institute of Fistula and Women's Health took part in the workshop.

## ***Major Attendees (chronology as appeared in the news)***

**Professor Sayeba Akhter**, *Chairperson, Bangladesh Medical Research Council (BMRC)*

**Dr Shafiqul Ameen Raiyaan**, *Assistant Scientist, icddr,b*

**Dr Ahmed Ehsanur Rahman**, *Technical Coordinator, AdSEARCH & Scientist, icddr,b*

# Consultation Workshop on icddr,b Q-Mat Study

19 June 2025



The *icddr,b Q-Mat Study* team of AdSEARCH hosted the first in a series of consultation workshops towards advancing synergistic approaches for the identification and management of Postpartum Haemorrhage (PPH) — the leading cause of maternal mortality in Bangladesh.

The workshop focused on identifying key stakeholders, exploring innovations and discussing global and local evidence. The core purpose was to revise and consolidate existing Standard Operating Procedures (SOPs) and guidelines on PPH

management into a single, comprehensive, evidence-informed document. This updated guideline will undergo feasibility testing within the country's health system.

The workshop began with **Dr Ahmed Ehsanur Rahman** setting the tone, followed by an overview of the study titled “Demonstration of the *icddr,b Q-Mat* Integrated in Maternal Health SOP in Selected Public Health Settings of Bangladesh” by **Dr Sahar Raza**, Principal Investigator of the study. Reflections and

insights were shared by the co-investigators of the study, including **Prof. Dr Farhana Dewan**, **Prof. Dr Salma Rouf**, **Dr Shams El Arifeen**, inventor of the *icddr,b Q-Mat* **Dr Md. Abdul Quaiyum**, and **Prof. Dr Sayeba Akhter**, innovator of the globally recognised Sayeba's Method for PPH management. Participants emphasised that coordinated, synergistic interventions aligned toward a common goal are far more effective than isolated efforts.

## Major Attendees (chronology as appeared in the news)

**Dr Ahmed Ehsanur Rahman**, Technical Coordinator, AdSEARCH & Scientist, *icddr,b*  
**Dr Sahar Raza**, Assistant Scientist, *icddr,b*  
**Prof. Dr Farhana Dewan**, President, OGSB  
**Prof. Dr Salma Rouf**, Secretary General, OGSB,  
**Dr Shams El Arifeen**, Senior Scientist, *icddr,b*  
**Professor Sayeba Akhter**, Chairperson, Bangladesh Medical Research Council (BMRC)

## Capacity Development Highlights



### Hands-on training on GeneXpert System

AdSEARCH by *icddr,b* organised a workshop from 30 June to 3 July 2025 at Baliakandi Upazila Health Complex, Rajbari. The workshop aimed to enhance capacity for cervical cancer screening under the study “Assessing Implementation Outcomes of a Cervical Cancer Screening Package in Rural Primary Care Settings of Bangladesh.” The GeneXpert system is a modern testing machine that detects diseases, including high-risk HPV, one of the main causes of cervical cancer.





## Data Analysis & Manuscript Writing Workshop at BMU

On 30 June and 1 July 2025, AdSEARCH in collaboration with Bangladesh Medical University (BMU), conducted a capacity development workshop on Data analysis and manuscript publication at Shahid Dr. Milon Hall (Extension), BMU. The event aimed to strengthen research skills among health professionals. 31 were clinician attended at the workshop.



## Stat Readers organised 'STATA Workshop'

The MCHD Stat Readers concluded a three-and-a-half-day capacity building workshop on the statistical software STATA from 25-29 June 2025 at the Shitalakkhya Meeting Room at icddr,b. The workshop provided participants with comprehensive, hands-on training to enhance their data analysis skills. Sessions covered a wide range of topics, including an introduction to the STATA interface, data management and manipulation, descriptive statistics, various forms of regression analysis, hypothesis testing, and advanced data visualisation techniques.

## Publication Alert:



### Mobile Apps to Prevent Violence Against Women and Girls (VAWG): Systematic App Research and Content Analysis

**Authors:** Md Hafizur Rahman, Nasimul Ghani Usmani, Pradip Chandra, Ridwana Maher Manna, Anisuddin Ahmed, Mohammad Sohel Shomik, Shams El Arifeen, Anika Tasnim Hossain, Ahmed Ehsanur Rahman

**Journal:** JMIR Formative Research

**Published date:** 23 June 2025

**Read More:** <https://doi.org/10.2196/66247>



### সহিংসতার শিকার ব্যক্তির জন্য সমন্বিত মানসিক স্বাস্থ্য ও আইনি সহায়তা

**Author:** Anika Tasnim Hossain, Ishrat Jabin, Jesmin Mahmuda Juthi

**Daily:** Prothom Alo

**Date:** 3 June 2025

**Read more:** <https://www.prothomalo.com/opinion/column/go9q00ggsc>

# Media Coverage:

## The Daily Star

Sun Jun 1, 2025 05:23 PM  
Last update on: Sun Jun 1, 2025 05:26 PM

### 86% of BKSP athletes lack proper menstrual knowledge: study

Lack of menstrual education hinders athletes' well-being, performance



Read more: <https://shorturl.at/ZKD4A>

## BSS NEWS

Online portal of Bangladesh Sanghad Sangtha

01 Jun 2025, 19:44

### Seminar on adolescent sexual, reproductive health held at ICDDR,B



ICDDR,B organized a dissemination seminar today at the Sasakawa Auditorium in Dhaka. Photo: ICDDR,B

Read more: <https://shorturl.at/g37nC>

## দেশ রূপান্তর

স্বাস্থ্যাব সম্পর্কে জানে ৬২ শতাংশ কিশোরী ক্রীড়াবিদ

নিবন্ধ প্রতিবেদক

প্রকাশ: ০২ জুন ২০২৫, ০৭:২৩ এএম আপডেইট: ০২ জুন ২০২৫, ০৭:২৩ এএম

### আইসিডিডিআর,বির ৪ গবেষণা

- ৪-১১ শতাংশ অনাথ কিশোরী আধুনিক জন্মনিয়ন্ত্রণ সম্পর্কে জানে
- যৌন ও প্রজনন স্বাস্থ্য সম্পর্কে আগে জানত ৬ শতাংশ, এখন ৭.৫ শতাংশ

Read more: <https://shorturl.at/jhkcy>

## daily sun

Business

### 4 studies on adolescent SRHR presented

Daily Sun Report, Dhaka

Publish: Monday, 02 June, 2025 00:00

Read more: <https://shorturl.at/QTW66>

## যুগান্তর

আইসিডিডিআর,বির গবেষণা

### প্রজনন স্বাস্থ্য জ্ঞানের অভাবে বাড়ছে সমস্যা

বাড়ছে নানা ধরনের শারীরিক ও মানসিক স্বাস্থ্য সমস্যা



যুগান্তর প্রতিবেদন

প্রকাশ: ০২ জুন ২০২৫, ১২:০০ এএম

প্রিন্ট সংস্করণ

Read more: <https://www.jugantor.com/tp-city/961415>

## AdSEARCH Bites Previous Issues:



<http://adsearch.icddr.org/Study/AllPublications>



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