

Acceptability of a novel self-cleaning reusable menstrual pad in Kenya

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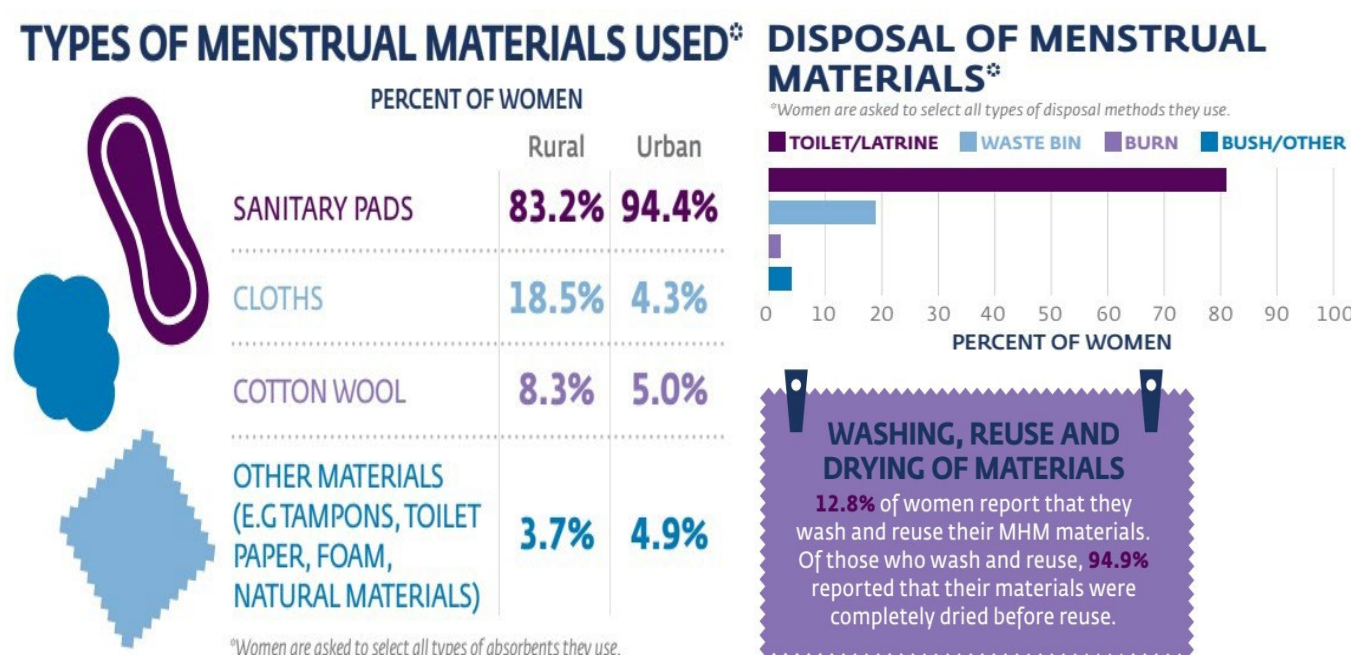
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Background:

- ~2 billion girls and women worldwide menstruate monthly and experience numerous challenges in accessing affordable menstrual products.^{1,2}
- This equates to ~10 billion bleeding days/ month globally
- Poor products lead to stigma, shame and infection risk^{4,5}
- Limited access to adequate water, sanitation and hygiene (WASH) facilities⁶

In Kenya, one nationwide survey found that 12.8% of women used reusable pads and 53.9% reported not having everything they need for menstruation.³

PMA 2020, Nation wide survey findings in Kenya among 4,556 females (15 to 49 years)



Problem Statement: Lack of safe, effective and affordable products lead to poor health and wellbeing outcomes.^{5,6} There is need to develop improved technologies that can better support menstruators' health and participation in daily life.

Study Objectives:

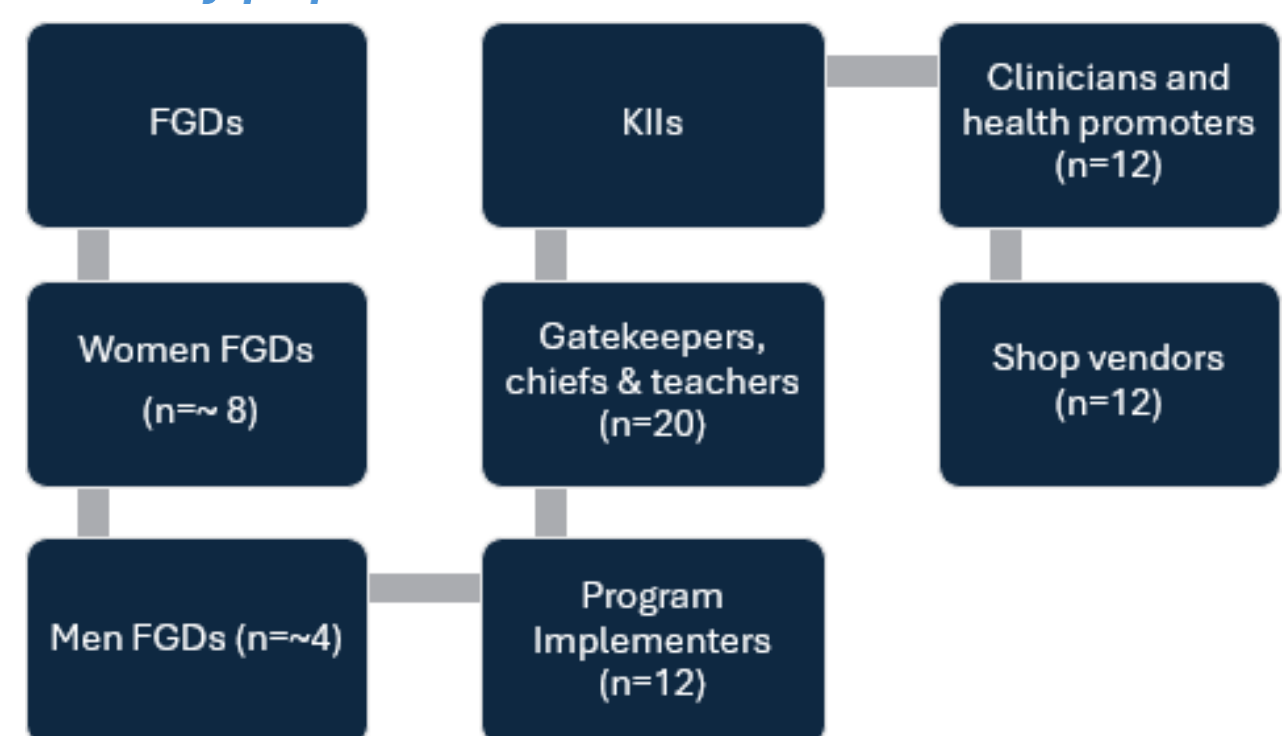
- To assess perceptions on reusable menstrual products and usual menstrual hygiene practices.
- To Assess the acceptability of the 'SunPad'
- To identify barriers and facilitators to its adoption.
- To assess feasibility and potential for integration into local markets and communities

Methods:

Design: Qualitative study design

Study site: Rural, peri-urban and informal settlements of Kisumu and Siaya Counties.

Study populations and data collection:

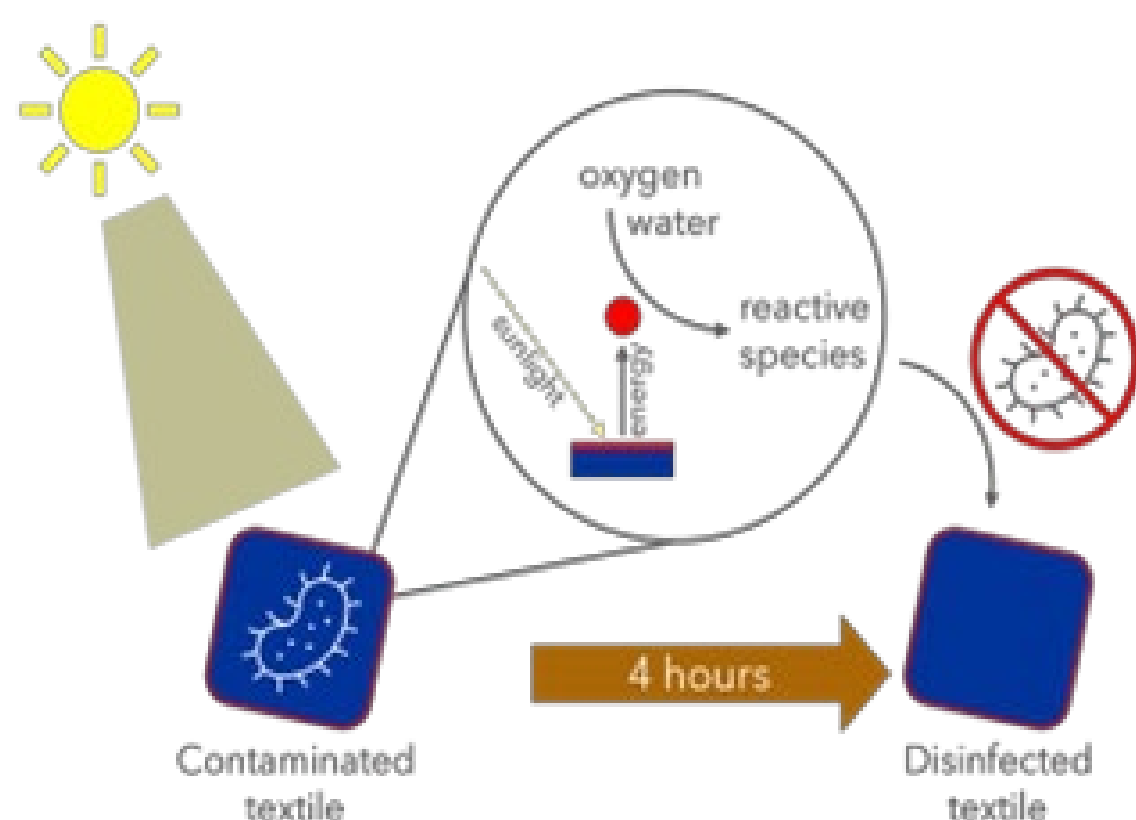


Data Analysis: Thematic data analysis (via NVivo). Data will be triangulated to compare and cross-validate emerging themes.

Expected Application of Results

- Strengthen evidence base women's MHH needs
- Collect women's perceptions on SunPad
- Use findings to support next level studies.

SunPad: an innovative reusable menstrual hygiene solution



- SunPad is a self-cleaning reusable menstrual pad
- Absorbent (cotton substrate)
- Disinfects the absorbent pad when rinsed in water (without soap) and exposed to sunlight.
- Antimicrobial activity in sunlight (99.9% in 4 hours)
- Inactivity in the dark (no reaction when worn)
- Retains 99.9% activity up to 120 washes
- Retains 99.9% antimicrobial activity up to 60 washes
- Tested to medical device standard for cytotoxicity, sensitisation, irritation (ISO 10993)

References

- ¹Kuhlmann A S. et al., 2019; 10.1097/AOG.0000000000003060.
- ²Performance Monitoring and Accountability, 2020. Menstrual Hygiene Management, Kenya
- ³Hennegan J. et al., 2019; <https://doi.org/10.1371/journal.pmed.1002803>
- ⁴Chopra C. et al., 2022; 10.2217/fmb-2022-0112
- ⁵Phillips-Howard P. et al., 2015; <https://doi.org/10.1089/jwh.2014.5031>
- ⁶UNFPA, Menstrual health and hygiene management in Kenya, 2025

Acknowledgement..

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