

# Multi Uterus Trainer

An estimated 225 million women in developing countries would like to delay or stop childbearing but are not using any method of contraception. (WHO2016)

Family planning reinforces people's rights to determine the number and spacing of their children. By preventing unintended pregnancy, family planning prevents deaths of mothers and children.

Research shows that as much as 30% of maternal deaths and 20% of child deaths could be averted if women space their pregnancies two years apart.

(Cleland et al, Lancet 2012)



The **small uterus** can be used for IUD insertion and removal training on an interval or an early post-abortion uterus



**Sister-U** is a uterus trainer which represents the uterus between pregnancies and immediately post-abortion.

Developed with the Indian Ministry of Health and Family Welfare, Sister-U can be used for a variety of interventions such as vaginal examinations, IUD insertion and removal, and family planning and menstrual hygiene counselling.

Sister-U is designed to complement family planning trainings and act as a counselling aid for healthcare workers.

The **large uterus** can be used as a post-abortion uterus or a multi-parous uterus



## Simulator Mode

Sister-U can be strapped to the body for practicing respectful care and communication.



## Skills Trainer Mode

Sister-U can also be used as a tabletop model to demonstrate and practice vaginal examination and IUD insertion and removal.



The uterus plate of Sister-U can be flipped to demonstrate different uterine angles.



Sister-U can be used with a variety of reproductive health methods such as cervical rings and diaphragms.



The uterus modules can be removed from the frame and be used as demonstration tools.



Sister-U's carrying case can be worn on the shoulder or converted into a backpack.



Laerdal Global Health is a not-for-profit company dedicated to helping save the lives of mothers and newborns, through collaborative design processes and partnerships with leading global health organizations.

**Our goal is to help save 400,000 more lives per year by 2020.**

# Sister-U

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## Complementary Products

### Mama-U

Mama-U represents a postpartum uterus after birth. It supports training in postpartum IUD and uterine balloon tamponade insertions and other postpartum uterus interventions.



### Laerdal Light

Laerdal Light is developed to fit the needs of birth attendants and health workers in low-resource settings. It can be used both as a focused task light and as an ambient room light, and also to boost the battery of a mobile phone.



For vaginal examinations, IUD insertion and removal, and counselling