



REPRODUCTIVE GOALS AND PRECONCEPTION COMMUNICATION

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AFHP provides, promotes, and protects access to comprehensive quality reproductive healthcare services and education for all Arizonans, regardless of income, through its support and monitoring of regional healthcare providers.

www.arizonafamilyhealth.org



TODAY'S OBJECTIVES

- ② Discuss the importance of Client Centered Reproductive Goals in health care
- ② Review how Client Centered Reproductive Goals can impact Pre- and Inter-Conception Health





PRECONCEPTION AND INTERCONCEPTION HEALTH



WHAT IS PRECONCEPTION AND INTERCONCEPTION HEALTH?

- ⊙ Preconception = Before becoming pregnant
- ⊙ Interconception = Between pregnancies
- ⊙ Goal to promote planned healthy pregnancies, positive birth outcomes and improve health outcomes
- ⊙ Recommend child spacing is at least 18 months between delivery and next conception
- ⊙ There isn't a right or wrong answer





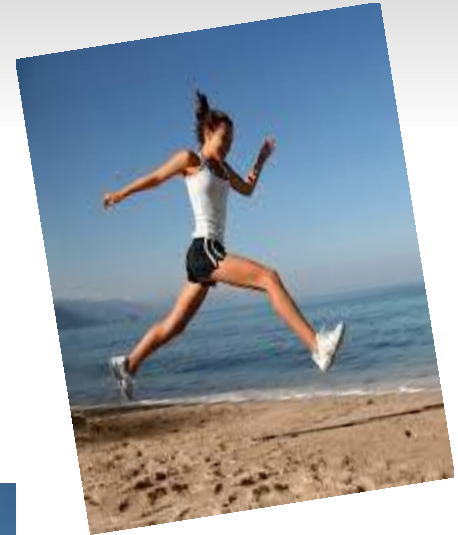
CLIENT CENTERED REPRODUCTIVE GOALS



PREGNANCY INTENTION



Goals & Dreams



Present Family and Spacing



Helping Your Clients
Achieve Their Healthy Best



MEETING THE CLIENT'S NEEDS

- ◎ Reproductive goals
 - Long-term vs. Short-term
- ◎ Discuss this with every client
 - Do not make assumptions based on a client's age, sexual orientation or gender





HOW DOES THIS HELP?

- ◎ Key step in the delivery of family planning services
 - Identify unmet contraceptive and other preconception health care needs
- ◎ Assists clients in creating their own goals
 - Personal goals about becoming pregnant or fathering a child
- ◎ Helps staff prioritize which family planning services to provide
 - Obtain specific information to determine which questions to ask next and ultimately guide care

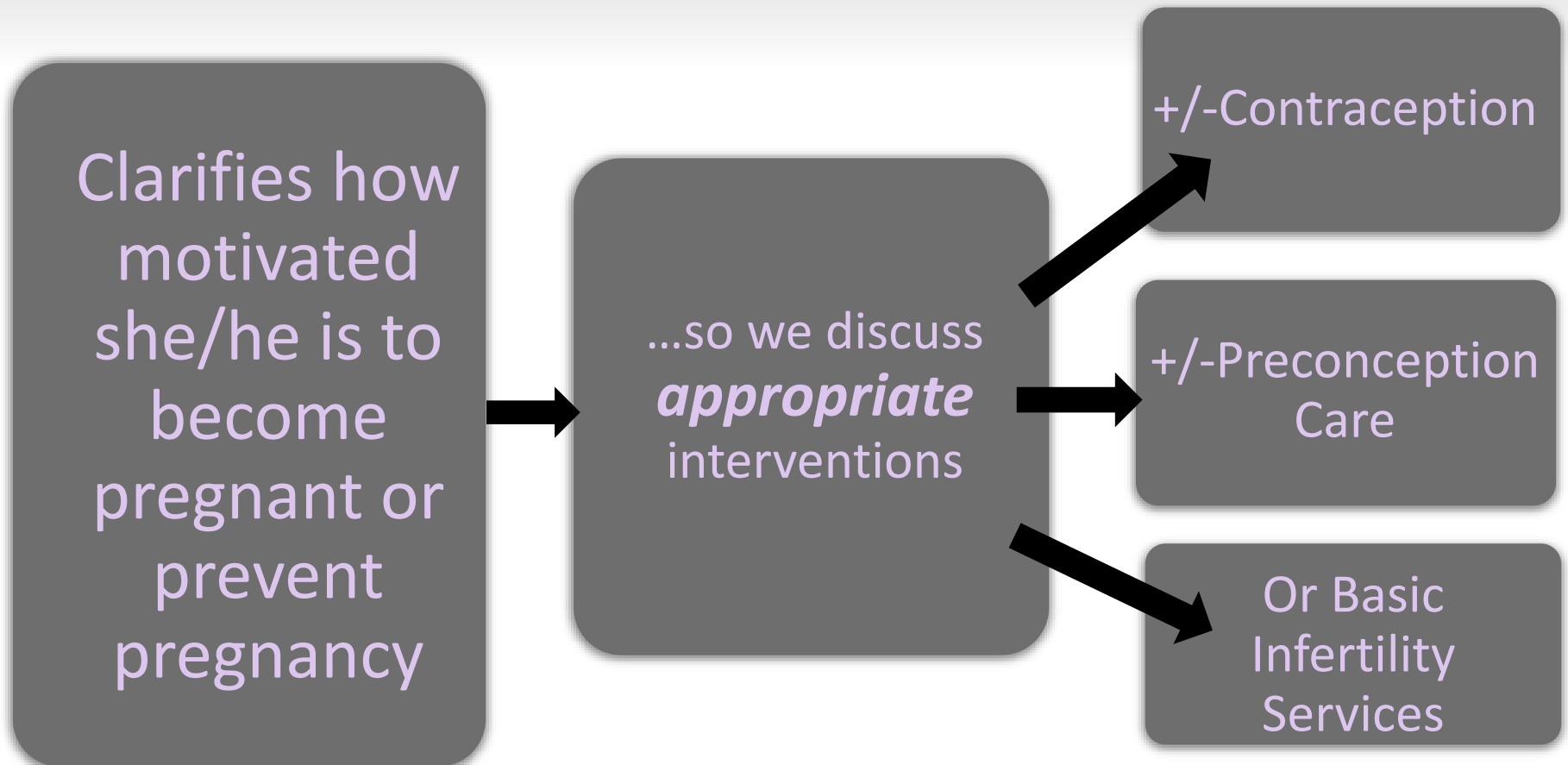


WHO SHOULD WE ASK ABOUT PREGNANCY INTENT?

- ◎ Every adolescent and adult, both female and male, with reproductive potential, especially those with a significant health challenge or risk
- ◎ Goal is to prevent unplanned/unintended pregnancies and help those seeking pregnancy achieve their goal
- ◎ Clients with health problems often do not know how these problems could impact pregnancy



GUIDES THE CONVERSATION





ONE KEY QUESTION (OKQ)

**Would you like to
become pregnant this
year?**

YES

Provide preconception
counseling

NO

Discuss birth control methods
available and the client's
preferences

MAYBE

Discuss reproductive
plans, short-term
birth control methods,
preconception care



PATH QUESTIONS

⊙ PA: Pregnancy/Parenthood Attitudes

- Do you think you would like to have children some day?
- Do you think you would like to have more children some day?
- How important is it to you to prevent pregnancy until then?

⊙ T: Timing

- When do you think that might be?



WHAT ABOUT MEN?

- ◎ Questions from a male perspective:
 - Have you or your partner used a family planning method (currently or ever)
 - What did you like or dislike using that method

- ◎ Discuss behaviors that contribute to male fertility and overall health
 - Consistent and effective method use and confirm knowledge of correct condom use



IF PLANNING SOON...

- ◎ Provide information about preparing for pregnancy:
 - Folic Acid 400 mcg daily
 - Use of medications
 - Health concerns
 - Information about nutrition/exercise/healthy weight
 - Factors to consider: financial stability, relationship status, life goals (school/career)



IF NOT PLANNING SOON...

- ◎ Provide information about how to avoid getting pregnant **TODAY**
 - What is client looking for in a method?
 - Discuss contraceptive methods
 - Effectiveness, bleeding patterns, frequency of use, return to fertility, side effects
 - Having unprotected intercourse?
 - Emergency Contraception
 - Referrals available if needed



HOW DO YOU PROVIDE CLIENT-CENTERED COUNSELING AND EDUCATION?





SHARED DECISION MAKING

- ⊙ “A collaborative process that allows clients and their providers to make health care decisions together, taking into account the best scientific evidence available as well as the client’s values and preferences.”
- ⊙ We bring the science and the client brings their preferences based on **their** values



PROVIDING QUALITY COUNSELING AND EDUCATION

- ◎ A core foundation of quality care is ensuring that services are client-centered. Five principles:
 - Establish and maintain rapport with the client
 - Assess the client's needs and personalize discussions accordingly
 - Work with the client interactively to establish a plan
 - Provide information that can be understood and retained by the client
 - Confirm client understanding



QUESTIONS?

