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

- Discuss the importance of Client Centered Reproductive Goals in health care
- 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
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

Source: Putting the QFPs into Practice Series – Integrating Reproductive Life Planning Into Your Family Planning Session
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
Clarifies how motivated she/he is to become pregnant or prevent pregnancy... so we discuss appropriate interventions

+-Contraception

+-Preconception Care

Or Basic Infertility Services
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

www.onekeyquestion.org
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

Source: Putting the QFPs into Practice Series – Integrating Reproductive Life Planning Into Your Family Planning Session
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)
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?
“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.
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?