

What is This Training About?

This training is meant to provide information to local health department staff to help you better prepare individuals to:

- identify their own personal goals about becoming pregnant and
- facilitate their own reproductive health needs.

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Specific Goals and Learning Objectives

- Increase knowledge about the key components of reproductive life planning
- Increase awareness about the importance of counseling all individuals of childbearing age about reproductive life planning
- 3. Improve reproductive life planning counseling skills

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Additional Training on Reproductive Life Planning

Putting the QFP into Practice Series: How to Begin— Determining the Client's Need for Services Webinar

https://www.fpntc.org/resources/putting-qfp-practice-series-how-begin-determining-clients-need-services-webinar

Putting the QFP into Practice Series: Integrating Reproductive Life Planning into Your Family Planning Session Webinar

 $\frac{https://www.fpntc.org/resources/putting-qfp-practice-series-integrating-reproductive-life-planning-your-family-planning}{}$

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What is a Reproductive Life Plan?

A Reproductive Life Plan (RLP) is a set of goals that people make about childbearing. It takes into account the who, what, when, where, why, and even "if" of family planning. It is not set in stone but is a fluid document that can change.



 $\textbf{Source:} \ \underline{https://everywomannc.org/health-care-providers/rlp/}$

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The Expected Benefits of Reproductive Life Planning



- Increased preconception planning
- Improved reproductive health
- · Improved birth outcomes
- Improved health-related knowledge
- Increased healthy behaviors

Source: What Works for Health. Reproductive Life Plans http://whatworksforhealth.wisc.edu/program.php?t1=228t2=168t3=1338id=66

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Definition: Unintended Pregnancy

An unintended pregnancy is a pregnancy not desired now or in the next two years.

-American College of Obstetricians and Gynecologists



Source: American College of Obstetricians and Gynecologists. Increasing Access to Contraceptive Implants and Intrauterine Devices to Reduce Unintended Pregnancy: Committee Opinion 642. December 2009. Reaffirmed 2018. https://www.acog.org/Clinical-Guidance-and-Publications/Committee

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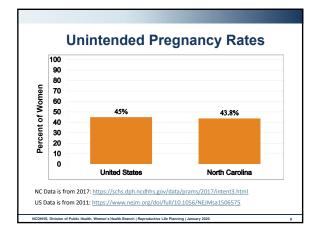
Reducing Unintended Pregnancies Can Prevent:

- Infant morbidity and mortality including preterm birth, low birth weight, and birth defects
- Abortion
- Child abuse and neglect
- Physical abuse for mothers
- Poorer health status for women
- · Higher Medicaid costs



Source: Every Woman North Carolina 2017 https://everywomannc.org/health-care-providers/rlp/

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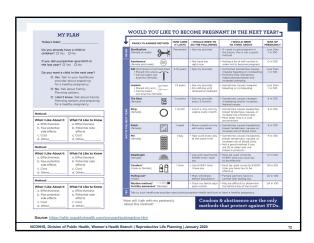
Summary of Key Points about Reproductive Life Planning

- A Reproductive Life Plan outlines personal goals about having children
- Everyone should have a reproductive life plan, regardless of whether or not they want to have children
- Reproductive Life Plans may help decrease unintended pregnancies and improve birth outcomes including reduced substance exposed births

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RESOURCES

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How to Start the Conversation

At the beginning and throughout the conversation

- Warmly greet the patient
- Introduce yourself
- Explain that the conversation is confidential
- $_{\odot}\;$ Discuss the reason for the Family Planning: Deciding If or When to Have Children brochure
- Explain that a reproductive life plan can help people better plan whether or not to have children, and the number, spacing and timing of children within the context of other life goals



My Plan

- · Respectfully ask patient's history
- · Ask the patient's thoughts and desires regarding wanting a child in the next year.
- Ask, "Would you like to become pregnant in the next year?"

MY PLAN

Do you already have a child or children? ☐ Yes ☐ No

Do you want a child in the next year?

- Yes. Talk to your healthcare provider about preparing for a healthy pregnancy.

 No. Talk about Family Planning options.
- □ I don't know. Talk about Family Planning options and preparing for a healthy pregnancy.

If Your Patient Answers, "Yes"

- Affirm patient's response.
- Describe positive effects a healthy pregnancy can have on
 - It can improve the chances of getting pregnant, having a healthy pregnancy, and a healthy baby
 - · Reduce maternal and infant mortality
 - Prevent stillbirths, preterm births, and low birth weight babies
 - Prevent congenital disabilities
 - Prevent mother to child transmission of HIV/STIs

If Your Patient Answers, "Yes" continued

- As their health care provider you can then talk to them about preparing for a healthy pregnancy
 - · Review their medical history
 - · Review birth spacing recommendations and previous pregnancy health
 - · Develop a plan for a healthy pregnancy
 - · Prescribe folic acid

Healthy Relationships

Discuss how a shared decision-making approach with a partner about preparing for pregnancy can be supportive and encouraging:

- You can make the decision about pregnancy together.
- Screening for STIs for partners can help make sure infections are not passed to you.
- Partners can avoid alcohol, stop smoking tobacco or using e-cigarettes, as well as stop misusing substances to support you in being healthy.
- If your partner continues to smoke/use e-cigarettes, ask them not to smoke around you to avoid the harmful effects of secondhand smoke.
- Partner can also make healthy food choices and reduce stress.

If Your Patient Answers, "No"

- · Affirm patient's response.
- Ask open-ended questions, actively listen, and continue to affirm patient's responses.
- Examples of questions:
 - How important is it to you to prevent pregnancy?What do you know about birth control?

 - What is important to you in a birth control method?
- Respectfully explore factors that may influence method preference
 - Past experiencesBeliefs

 - Cultural and religious considerations
- Feelings about the methods

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Discussing Birth (6	ontro	ol N	/let	hods	6	
Show the patient the contraceptive methods chart on the inside of the brochure.	1	WOULD YO		HOW LONG	I WOULD NEED TO	ANT IN THE NEXT	DISK OF
Actively engage the patient in a conversation	i	Sterillardien (fercale or male)	2	Pervanent	- See my provider	TO THINK ABOUT • If I want to get pregnant in the future, this is not a good marked.	Less than 1 in 100
about birth control methods.	ì	Abstinunce* (female and male)	(8)		Not have sex right now	Having a lot of self-control in order not to become pregnant	0 in 100
Provide balanced, unbiased information.		RIO (hormonal or ho • Placed into site • Can be falsen o anytime (fensal	T	3-10 years	See my provider	Hormonal Sometimes causes impular bleeding or no bleeding hismore-free Sometimes makes periods heaver and increases cramping	Less than 1 in 100
Address misinformation in a respectful and	Address misinformation in a respectful and		1-3 years	See my provider Do nothing until removed or replaced	Sometimes causes irregular bleeding or no bleeding	Less than 1 in 100	
affirming way.		8	3 months	See my provider every 3 months	Sometimes causes changes in bleeding and/or increases feeling hungry	6 in 300	
Include information about STD/HIV protectio	n	Bing (female)	0	1 month	Insert a ring into my vagina every month	Sometimes causes headaches, breast tendemess, nauses, or increase risk of blood stots Must keep ring in a cool environment.	9 in 100
and that condoms and abstinence are the only methods that protect against STDs.		9 in 100					
Ask the patient to circle 1-3 methods that	Š	PRE (female)		Tolay	Take a pill every day at the same time	Simetimes causes headaches, breast tendemess, nausea, or increase risk of blood clots. Not a good method if you are 35 or older and use bibacos products.	9 in 100
interest them		12 in 100					
Ask the patient to show and tell what they	Condom*	Must be used correctly EVERY time you have ser to be	18 in 100				
understand about each method they circled		Pulling out* (male)			Male withdraws before speculation	Female partners have no control over pulling out.	22 in 100
and provide additional information as	Ц	Elegitan method/ Fertility anarehess			Track my fertile days each month	the fertile time of the month	24 in 100
needed. Source: http://www.cardeasenvices.org/documents/Observational Contraceptive Co	al	ow will I talk with a sout this method?	ny partner		Condom	& abstinence are the that protect against	
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Healthy Relationships

- Discuss how a shared-decision making approach with a partner about contraceptive choices can be more effective than making a decision alone.
- Tell patients that bringing a partner to a doctor's visit may be helpful because
 - You can choose a method together
 - You can choose a method that both of you are happy with, which will make you more likely to use it
 - Both of you can be responsible for family planning
 - Partners can help remind you how to use your method correctly
- If a partner is not supportive of contraception, discuss what options the client might have

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Identifying Birth Control Method(s)

- The patient can write down the 1-3 methods they circled in the table next to the contraceptive methods chart.
- Encourage the patient to circle what they like about each method and what they would like to know more about.

What I Like About It a. Effectiveness b. Few potential side effects c. Cost d. Other	What I'd Like to Know a. Effectiveness b. Potential side effects c. Cost d. Other			
Method:				
What I Like About It	What I'd Like to Know			
a. Effectiveness	a. Effectiveness			
b. Few potential	b. Potential side			
side effects	effects			
c. Cost	c. Cost			
d. Other	d. Other			
Method:				
What I Like About It	What I'd Like to Know			
a. Effectiveness	a. Effectiveness			
b. Few potential	b. Potential side			
side effects	effects			
c. Cost	c. Cost			
d. Other	d. Other			

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My Next Steps

- Encourage the patient to write down the contact information of their provider and the date and time of their appointment.
- · Help the patient to think about how they will get to their appointment.
- Help the patient to think about the support they might need to get to their appointment.
- · Encourage patients to write down what to do if they can't make their appointment.



If Your Patient Answers, "I don't know"

- · Affirm patient's response
- Talk about family planning options
- · Talk about preparing for a healthy pregnancy

Resources

- Point out the information on the back of the Family Planning: Deciding If Or When to Have Children brochure.
- Summarize the key points of the patient's reproductive life action plan.
- End with a friendly close.

RESOURCES

- Find a local health provider in your area: https://opa-fpclinicdb.hhs.gov/
 Find a health center: https://ncchca.site-ym.com/page/FindCHC

- https://ncchca.site-ym.com/page/FindCHC
 NC Free Clinics: http://ncafcc.org/
 For more information about birth
 control methods (including emergency
 contraception) and other sexual health
 topics, visit: www.bedsider.org or
 www.fintc.org
 For more information about Preconception
 Health visit: https://everywomannc.org/ or
 call 919-781-2481
- Department of Health and Human Services Customer Service Center can assist in finding programs and people to help you. Call 1-800-662-7030

Summary of Key Points about a Reproductive Life Action Plan

- \bullet Utilize the $\boldsymbol{pamphlet}$ to guide the discussion.
- Ask open-ended questions, actively listen, and affirm patient's responses.
- Be honest when you do not know the answer to their questions. Share resources you do have and be willing to find an answer and get back to them.
- Let them know that it is ok if they do not know how they feel or what they want to do. Provide information and set up a time to follow-up with them if they would like.
- Practice. It may seem awkward at first to have this conversation. Practice with a co-worker to help ease some anxieties.

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Questions?



Contact

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