



# High Desert Health System POLICY AND PROCEDURE

POLICY NUMBER: 666  
VERSION: 1

## **SUBJECT: 2010 PRECONCEPTION HEALTH CARE/REPRODUCTIVE LIFE PLANNING**

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**PURPOSE:** To help optimize the health of women in order to reduce medical risk during pregnancy.

**POLICY:** The family planning setting will provide education and counseling regarding healthy pregnancy.

### **POLICY GUIDELINES:**

1. Licensed staff will assess and discuss pregnancy intent and timing with all patients as appropriate.
2. Licensed staff will assist patients with identifying which birth control method best helps to achieve their reproductive life goals.
3. Licensed staff will use the following questions to assess Reproductive Life Plan:
  - a. Do you plan to have any (more) children?
  - b. How many children do you wish to have?
  - c. When do you plan on becoming pregnant?
  - d. How long do you plan on waiting before your (next) pregnancy?
  - e. What do you plan to do until you are ready to become pregnant?
  - f. What are you currently doing to prepare for a future pregnancy?
  - g. What can I do today to help you achieve your plan?
4. Licensed staff will offer information and treatment to protect patient from disease, pre-disease conditions, and harm.
  - Identify sexually transmitted diseases
  - Identify chronic diseases
  - Promote folic acid use and/or prenatal vitamins
  - Promote immunizations
  - Promote good nutrition and physical activity
  - Offer information on avoiding exposure to toxins
  - Eliminate smoking, alcohol use, and substance use/abuse
  - Assess if patient feels safe in her environment.

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5. All standards of the AVHC Family Planning Clinic apply for preconception care education and counseling, and include:

- Confidentiality
- Informed consent
- Access to care
- Availability of covered services

**REFERENCES:**

Department of Health and Human Services, Office of Population Affairs (OPA)

Program Requirements Title X

California Family Health Council (CFHC)

California State Office of Family Planning (OFP)

California Department of Public Health Office of Family Planning (FPACT)

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