

C2.5 – PRECONCEPTION HEALTH SCREENING AND COUNSELING

Policy

The purpose of this policy is to describe the process for ensuring compliance with the requirement to offer preconception and interconception health services to clients as a part of the core family planning service.

Procedure

Preconception Health Screening and Counseling

Preconception screens, counseling, education, and general health care are provided to identify and modify behavioral & social risks as well as biomedical conditions in order to improve maternal and infant outcomes. These services improve the health of individuals of reproductive age and capability before pregnancy (preconception) as well as in between (interconception) births, and the health of women, men and adolescents who seek family planning services, and the prevention, diagnosis and treatment of infections and diseases which may threaten childbearing capability or the health of the individual, sexual partner and potential future children.

At all visits, clients (regardless of sex, gender, and age) will be counseled about developing a reproductive life plan (RLP) *Refer to policy C1.2 Reproductive Life Plan*. Part of the RLP includes setting goals around how and when to achieve or avoid pregnancy and to improve personal health by addressing modifiable risk factors. Individuals should be reminded of the fact that whenever one is sexually active, the possibility of pregnancy must be considered.

The following should be assessed:

<p>Pregnancy Intention</p>	<p>Utilizing <i>One Key Question</i> assess if the client would like to become pregnant within the next year</p>
<p>Medication Review</p>	<ul style="list-style-type: none"> ● Ideally 400mcg of folic acid should be taken for at least one month before pregnancy, taken daily during pregnancy ● Immunization status <ul style="list-style-type: none"> ○ Annual influenza ○ Tdap ○ MMR ○ Hep B ○ Varicella ○ COVID-19 ○ HPV ● Use of teratogenic medications (there are others not included on this list) <ul style="list-style-type: none"> ○ herbal & supplemental products ○ ACE Inhibitors ○ ARB (angiotensin-2 receptor blockers) ○ androgens ○ carbamazepine ○ lithium ○ methimazole ○ methotrexate

	<ul style="list-style-type: none"> ○ minoxidil ○ misoprostol ○ mycophenolate mofetil ○ phenytoin ○ trimethadione ○ paramethadione ○ retinoids ○ tetracycline ○ thalidomide ○ valproic acid ○ vitamin A ○ warfarin
<p>Health History</p>	<ul style="list-style-type: none"> ● History of Medical Conditions <ul style="list-style-type: none"> ○ Diabetes Mellitus ○ Chronic hypertension ○ Hypothyroidism ○ Bariatric surgery ○ Mood disorders ● Family History <ul style="list-style-type: none"> ○ Genetic disorders ○ birth defects ○ cystic fibrosis ○ Fragile X ○ hemoglobinopathies ○ Tay-Sachs
<p>Need for screening</p>	<ul style="list-style-type: none"> ● STIs ● HIV ● Tuberculosis ● Hepatitis C ● Intimate partner violence
<p>Risk of exposure to toxins</p>	<ul style="list-style-type: none"> ● Alcohol, nicotine and illegal drugs ● Plastics with bisphenol-A (BPA) ● Lead paint ● Asbestos ● Pesticides ● Organic solvents ● Heavy metals ● Radiation
<p>Assess nutrition and physical activity</p>	<ul style="list-style-type: none"> ● BMI <18 or >25 ● Diet rich with: <ul style="list-style-type: none"> ○ protein ○ vegetables ○ fruits ○ whole grains ● Minimum of 30 minutes of moderate physical activity most

	<p>days of the week</p> <ul style="list-style-type: none"> • Screening for food insecurity
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Date Revised	September 2023
References	RHNTC - Preconception Health Toolkit, 2022 (https://rhntc.org/resources/preconception-health-toolkit)
Additional Resources	<p>CDC - Before Pregnancy, 2023 (https://www.cdc.gov/preconception/index.html)</p> <p>March of Dimes - Getting ready for pregnancy: Preconception health, 2023 (https://www.marchofdimes.org/find-support/topics/planning-baby/getting-ready-pregnancy-preconception-health)</p> <p>Before, Between & Beyond Pregnancy, 2023 (https://beforeandbeyond.org/resources/toolkits-reports/)</p>