A Pediatric/Adolescent Perspective on Provider Preconception Health Opportunities
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Learner Outcome

- Discuss current recommended strategies for pediatric and adolescent nursing and medicine as related to reproductive and preconception health

Outline

- Definitions
- Importance of Preconception Care
- Considerations
- Implementing on a routine basis
Preconception Health

- Definition
  - Health status and risks before pregnancy

Preconception Care

- A set of interventions that aim to identify and modify biomedical, behavioral, and social risks to a woman’s health or pregnancy outcome through prevention and management; preconception care has as its main purpose the delivery of “risk screening, health promotion, and effective interventions as a part of routine health care (Johnson, CDC)
- Any intervention provided regardless of pregnancy status or desire, before pregnancy, to improve health outcomes for women, newborns and children. (WHO)

Why is it important?

- One of the best protections available against low birth weight and other poor pregnancy outcomes is to have a woman effectively plan for pregnancy, enter pregnancy in good health with as few risk factors as possible, and be fully informed about her reproductive and general health.

IOM, 1985
**Importance ....**

- Reduce maternal and child mortality
- Prevent unintended pregnancies
- Prevent complications during pregnancy and delivery
- Prevent stillbirths, preterm birth and low birth weight
- Prevent birth defects

**Importance ....**

- Prevent neonatal infections
- Prevent underweight and stunting
- Prevent vertical transmission of HIV/STIs
- Lower the risk of some forms of childhood cancers
- Lower the risk of type 2 diabetes and cardiovascular disease later in life.

**Preconception Care**

- What does it entail?
  - Nutrition
  - Tobacco use
  - Genetic condition
  - Environmental Health
  - Violence
  - STI/HIV
  - Unwanted pregnancies
  - Rapid successive pregnancies
  - Mental Health
  - Substance Use
  - Vaccines
Preconception Health

• So what can **YOU** do?
  – Most important thing is starting the conversation

General

• Adolescents
• Young Adults
• Pre-pubertal
• Don’t forget the guys

Specific Pathology

• Diabetes
• Epilepsy
• Hypertension
• Obesity
• Eating Disorders
• Mental Health
Reproductive Life Plan

- Recommended by the CDC since 2006
- A set of personal goals regarding the conscious decision about whether or not to bear children, and how to achieve those goals.
- Hope to have an impact on behaviors before pregnancy, decreasing the incidence of unintended pregnancies and adverse pregnancy outcomes
REPRODUCTIVE LIFE PLAN SAMPLES

Delaware

North Carolina
Ohio

Reproductive Life Plan

- Name
- Date
- Do you want to continue babies on or off of Obamacare?
  - Yes
  - No
- If you want to continue babies on Obamacare, what is your current income?
  - Under $20,000
  - Over $20,000
- Do you have any existing medical conditions?
  - Yes
  - No
- If you have any existing medical conditions, describe them:

- Do you have a family history of any medical conditions?
  - Yes
  - No

Emblem Health

Reproductive Life Plan

- Do you want to continue babies on or off of Obamacare?
  - Yes
  - No
- If you want to continue babies on Obamacare, what is your current income?
  - Under $20,000
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  - No

OTHER TOOLS
Before, Between and Beyond Pregnancy

- **The National Preconception / Interconception Care Clinical Toolkit**
  - “One Key Question Initiative”
  - “Would you like to become pregnant in the next year?”
    - Yes
    - No
    - I’m okay either way
    - Not sure

CDC - Show Your Love Campaign

- A national campaign designed to improve the health of women and babies by promoting preconception health and healthcare

Take Home Points

- Preconception care is important in decreasing morbidity and mortality during and after pregnancy.
- Being healthy = Good preconception health
- **YOU** can start the conversation
- There are many tools to help you
EXAMPLE:

**QUESTIONS**

**References**

- http://www.beforeandbeyond.org/
- http://www.cdc.gov/preconception/showyourlove/