

**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

World Health Organization



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.

World Health Organization



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



Tools

Table 2
Preconception Health Educational Materials Included in the Sample, by Author(s), Title, and Type

Author(s)	Title	Type
American College of Obstetricians and Gynecologists	Good Health Before Pregnancy	Brochure
California Department of Health Services	Planning Your Pregnancy	Brochure
California Preconception Care Initiative	Every Woman, Every Time	Fact sheet
Centers for Disease Control and Prevention	Your Health Before Pregnancy	Brochure
Johns Hopkins University	A Healthy Child Begins Before Birth	Poster
Florida Department of Health, LADN Fair Health Program	Preconception Health Guide	Self-assessment
Florida Department of Health, LADN Fair Health Program	Preconception Health Screening & Tutorials Form	Self-assessment
Florida Department of Health, LADN Fair Health Program	Your Reproductive Life Plan	Self-assessment
Florida Department of Health, LADN Fair Health Program	Your Reproductive Life Planning Guide	Self-assessment
Florida Department of Health, LADN Fair Health Program	Healthy Partners	Self-assessment
Florida Department of Health, LADN Fair Health Program	Good Health Matters	Brochure
Florida Department of Health, LADN Fair Health Program	"Before You Get Pregnant" in Malay and Bahasa, de	Book chapter/section
Florida Department of Health, LADN Fair Health Program	Health Literacy for Family Planning	Fact sheet
Florida Department of Health, LADN Fair Health Program	How Healthy Are You?	Self-assessment
Florida Department of Health, LADN Fair Health Program	Strong to Go: Disease-Getting Program	Brochure
Florida Department of Health, LADN Fair Health Program	Are You Ready for a Baby?	Brochure
Florida Department of Health, LADN Fair Health Program	1 Month to a Month (Spanish)	Poster
Florida Department of Health, LADN Fair Health Program	1 Month to a Month (Chinese)	Poster
Florida Department of Health, LADN Fair Health Program	"Preparing for the Blessing" in the Context of the Blessing Program" in the Healthy Women: A Complete Guide for All Ages	Book chapter/section
Florida Department of Health, LADN Fair Health Program	Are You Ready to Be a Dad?	Book chapter/section
Florida Department of Health, LADN Fair Health Program	Are You Ready to Be a Dad?	Brochure
Florida Department of Health, LADN Fair Health Program	The Baby Readiness Manual	Brochure
Florida Department of Health, LADN Fair Health Program	Preconception Care: Things to Do Before You Become Pregnant	Fact sheet
Florida Department of Health, LADN Fair Health Program	Women's Health: Preconception Health	Brochure
Florida Department of Health, LADN Fair Health Program	Yours & Mine Worksheet	Self-assessment
Florida Department of Health, LADN Fair Health Program	My Life Plan	Self-assessment
Florida Department of Health, LADN Fair Health Program	Yours & Mine Worksheet	Self-assessment
Florida Department of Health, LADN Fair Health Program	Becoming a Parent	Brochure
Florida Department of Health, LADN Fair Health Program	Becoming a Parent	Brochure
Florida Department of Health, LADN Fair Health Program	Becoming a Parent Preconception Checklist	Self-assessment

Levis and Westbrook, 2013



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

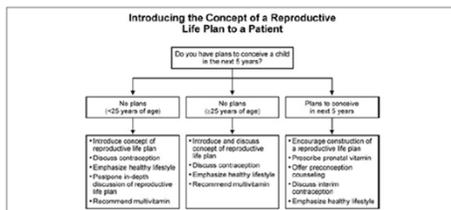


Figure 1. Preconception Staging Algorithm. The construction of a reproductive life plan involves assessing the woman patient's readiness for conception. Most of all, recommended a daily multivitamin for patients of any age who have no immediate plans to conceive.

Files et al.



REPRODUCTIVE LIFE PLAN SAMPLES



Delaware

YOUR CHOICE

It's never been a woman's choice to prevent pregnancy. It's always been a woman's choice to prevent pregnancy. It's always been a woman's choice to prevent pregnancy. It's always been a woman's choice to prevent pregnancy.

IT'S NEVER BEEN A WOMAN'S CHOICE TO PREVENT PREGNANCY. IT'S ALWAYS BEEN A WOMAN'S CHOICE TO PREVENT PREGNANCY. IT'S ALWAYS BEEN A WOMAN'S CHOICE TO PREVENT PREGNANCY. IT'S ALWAYS BEEN A WOMAN'S CHOICE TO PREVENT PREGNANCY.

YOUR CHOICE

Do you want to have children someday?

Yes No Not Sure

If you want a child or more children:

How old do you want to be? _____

How many children do you want to have? _____

How far apart? _____

What kind of support will you need to be able to care for your child(ren)? _____

When do you see yourself in the next 3 years?

Would you like to be in a committed relationship?

How much financial support do you want to receive?

What kind of job would you like to do?

Do you plan to be a stay-at-home parent?

Where would you like to live?

Not ready for a baby?

I'm not in a serious relationship.

- Remember that half of all pregnancies in North Carolina are unplanned.
- If you are not planning a pregnancy, use a health care provider to discuss different methods of birth control even though you think you will not need them.
- Have a conversation with your doctor about the risks you can take to help protect yourself from an unplanned pregnancy, STDs, and HIV.

What if my partner doesn't want to use birth control?

- Remember that not using birth control can lead to a pregnancy you do not want.
- Ask your partner what he/she would do if a pregnancy happens.
- Talk to a family planning provider about birth control methods you can use if your partner does not want to use one.

Delaware



North Carolina

What do you want?

Do you want to have a child or more children someday?

Yes No Not Sure

If you want a child or more children:

How old do you want to be? _____

How many children do you want to have? _____

How far apart? _____

What kind of support will you need to be able to care for your child(ren)? _____

When do you see yourself in the next 3 years?

Would you like to be in a committed relationship?

How much financial support do you want to receive?

What kind of job would you like to do?

Do you plan to be a stay-at-home parent?

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N. Carolina



Ohio

Reproductive Life Plan

Name: _____ Date: _____

Do you want to have children one day? Yes No

If YES:

At what age you would like to have children? _____

How many children would you like? _____

How far apart would you like your children to be? _____

Are you now using birth control method? Yes No

If NO:

What will you do if you do become pregnant? _____

Personal Health

Do you smoke? Yes No

Do you drink? Yes No

How much? _____

Are you having sex with more than one partner/partner? Yes No

Do you sometimes go on emergency sleep or alcohol? Yes No

Do you use street drugs or prescription drugs for fun? Yes No

Emotional Health

When you feel sad do you become back sad for 2 weeks or more? _____

How often do you feel nervous, anxious, or worried? _____

How do you talk yourself down if you are angry? _____

Is there anyone in your life who gets particularly hurtly sad? Yes No

Is there anyone in your life who often says hurtful or mean things? Yes No

Important Medications - Check vaccinations you have received.

Tetanus Mumps, Measles, Rubella

Hepatitis Hepatitis B

Hepatitis A Hepatitis D



Emblem Health

Reproductive Life Plan

ANSWER THE QUESTIONS BELOW TO HELP YOU PREPARE YOUR PLAN.

Do you want to have children one day? _____

IF YES:

- How many children would you like to have? _____
- How old would you like to be when you have your first child? _____
- How many years would you like there to be between your children? _____
- Once you are sexually active, do you have a plan to prevent pregnancy until you are ready? _____
- Is there someone you can speak with about birth control options such as your mother, another family member, your doctor or a teacher? _____
- If you get pregnant before you are ready, what will you do? _____
- Do you have a family history of multiple births? _____

IF NO:

- Once you are sexually active, do you have a plan to prevent pregnancy? _____
- If you get pregnant anyway, what will you do? _____

Goals (example: I will talk to my doctor about birth control.)

1. _____

2. _____



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



QUESTIONS



References

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