Just the Basics: Practice

Women’s Health: Now and Beyond Pregnancy

Planned and prepared for pregnancy, including healthy spacing, has strong positive benefits for future healthy pregnancy, infant growth and development, and family life. Women’s Health: Now and Beyond Pregnancy is a perinatal initiative to enhance prenatal care coordination and provider collaboration. The goals of this initiative are to prevent unintended pregnancy after childbirth, promote healthy birth spacing and subsequent birth outcomes, and to promote women’s health.

Basic Practices: Women’s Health: Now and Beyond Pregnancy

Third Trimester of Pregnancy

- Initiate a discussion with prenatal care coordination (PNCC) clients about their reproductive plans and child spacing preferences after delivery.

- Provide information for informed post partum contraceptive decisions, including accurate, evidence-based information on a full range of contraceptive methods, options with breastfeeding, and recommended post partum contraceptive practices.

- Assist PNCC clients in developing a post-partum contraceptive plan based on their reproductive and child spacing plans, breastfeeding plans, and contraceptive preferences.

- Coordinate with the PNCC client’s prenatal care providers to ensure timely prescriptions, supplies, and arrangements for post partum contraception.

- Ensure the PNCC client has a supply of the primary contraceptive method on-hand prior to delivery for client initiated methods (or that arrangements/scheduling are in place for provider initiated methods at time of delivery or post partum, such as Depo Provera).

- Ensure the PNCC client has back-up contraceptive methods on-hand prior to delivery including a supply of Plan B One-Step (2 packages), condoms (3 dozen), and information for effective use.

“Women should be encouraged to consider their future plans for contraception and childbearing during prenatal care and be given information and services that will help them meet their goals.

Many women resume intercourse before their return for their postpartum check-up and may be at risk of becoming pregnant…… Most women desire a birth interval of greater than 1 year, so a discussion of contraception with both breastfeeding and non-breastfeeding women is important.”

ACOG Special Report, Breastfeeding: Maternal and Infant Aspect
After Delivery

- **(Patient-Initiated Contraceptive Methods):** Follow up with PNCC clients to support the timely start of their *primary* contraceptive method. Provide information as needed.

- **(Provider-Initiated Contraceptive Method):** Follow up with PNCC clients to ensure the timely start of their *primary* contraceptive method as arranged. Coordinate and assist as needed.

- Confirm that PNCC clients have arrangements in place for continuing contraceptive information, services, and supplies through a health care provider of their choice. Coordinate and assist as needed.

- Confirm PNCC clients have medical coverage, including Badger Care coverage if eligible, for continuing contraceptive services and supplies. Coordinated and assist as needed.

> Contraception has historically been initiated after six-weeks post partum. However, evidenced-based consensus is developing that post partum contraceptive methods *can and need to be initiated any time at or following delivery*. Specific methods depend on a patient’s preferences, the risks of a future unintended pregnancy, and breastfeeding plans, as well as other medical considerations.

Six Month Post-Partum

- Provide basic women’s health messages and materials including nutrition, fitness, and weight management. Coordinate and assist PNCC clients in making connections with resources as needed.

- Provide inter-conception information, including information about vitamins with folic acid. Coordinate and assist PNCC clients in making connections with resources as needed.

- Confirm that PNCC clients have an established source for continuing contraceptive and related reproductive health care services and supplies. Coordinate and assist as needed.

- Confirm PNCC clients have medical coverage, including Badger Care coverage if eligible, for continuing contraceptive services and supplies, and reproductive health care. Coordinated and assist as needed.

> "Postpartum visits are an opportunity to link women to interventions designed to reduce risks to them and their future children, and promising strategies focus on the postpartum period".  *Recommendations to Improve Preconception Health and Health Care*. MMWR 2006 Apr 21;55(RR-6):1-23
Checklist for Women’s Health: Now and Beyond Pregnancy

☐ PNCC Client’s postpartum contraceptive communicated to medical provider.

☐ Prescription received from pre-natal care medical provider for post-partum contraceptive methods.

☐ Plan B One-Step™ provided and on-hand prior to delivery.

☐ Condoms provided and on-hand prior to delivery.

☐ Fact Sheets for Plan B One-Step™ and condom use provided.

☐ Primary contraceptive method on-hand prior to delivery. (For patient-initiated methods).

☐ Primary contraceptive method arrangements made and scheduled prior to delivery. (For provider initiated methods).

☐ Instructions provided for initiating primary method.

☐ PNCC Client has a source(s) for continuing contraceptive information, services, and supplies.

☐ Arrangements in place for a re-supply when client needs additional supplies (backup and primary).

☐ PNCC Client is enrolled in FPOS (or other Medicaid program, such as Badger Care) if eligible.

☐ PNCC Client has an established medical home for continuing FP/RSH/EI medical services.

☐ Women's health messaging and materials have been provided.
References


Endnotes

i Women’s Health: Now and Beyond Pregnancy is a perinatal care coordination (PNCC) project supported by the Wisconsin Division of Health-Family Planning, Reproductive/Sexual Health, Early Intervention and Maternal and Child Health Programs.
