



Reproductive Life Plan

DEFINITION	A reproductive life plan is a set of personal goals about having or not having children. It also states how to achieve these goals. It can help ensure a person is healthy and ready, if they choose to achieve pregnancy. It should be a component of visits in the following categories: Contraceptive services, pregnancy testing and counseling, achieving pregnancy, basic infertility services, preconception health services, and STI services.
SUBJECTIVE	May include: <ol style="list-style-type: none">1. Are you trying to conceive now?2. Are you considering pregnancy in the next year? Next 2-3 years? Not for several years? No plans for a future pregnancy?3. What method do you plan on using to prevent pregnancy until you are ready to have a baby? Are there any barriers to using this method correctly and consistently?4. What do you want to change about your health, relationships, personal or work life to prepare for pregnancy?5. What medical condition do I need to talk to my provider about (to include current medications)?6. What in my family history may be pertinent to achieving a healthy pregnancy? (i.e. genetic risk factors)7. How would you feel if you were faced with an unplanned pregnancy?8. How is your birth control method working?9. Have you had any problems with it?10. Have your plans changed regarding having or not having children since you were last here?
OBJECTIVE	Should include: <ol style="list-style-type: none">1. Height, weight, BMI, and Blood Pressure May include: <ol style="list-style-type: none">1. Age appropriate physical exam2. Immunizations
LABORATORY	May include (as appropriate): <ol style="list-style-type: none">1. STI screening2. UA3. Wet mount4. Pap smear5. Pregnancy test
ASSESSMENT	Assisting with personal goals for planning IF and WHEN a person chooses to have children.
PLAN	<ol style="list-style-type: none">1. Provide a broad range of birth control methods, as appropriate2. Assist with achieving an optimal pregnancy3. Reassess the reproductive life plan at future visits4. Make referrals as indicated for substance abuse, interpersonal violence, mental health concerns or other identified problems
CLIENT EDUCATION	Discuss: <ol style="list-style-type: none">1. Ideal timing between pregnancies2. Ideal BMI, healthy diet and exercise (myplate.gov)3. MVI daily with at least 400-800mcg (0.4-0.8mg) of folic acid4. Immunization schedule5. Nicotine cessation and resources6. STI prevention7. Medication safety in pregnancy (including supplements)
CONSULT/ REFER TO PHYSICIAN	<ol style="list-style-type: none">1. Genetic counseling if indicated2. Infertility referral if indicated



References:

- <http://www.cdc.gov/preconception/planning.html> (retrieved 3/20/2020)
- <http://www.beforeandbeyond.org/toolkit> (retrieved 3/20/2020)