Reproductive Life Plans
Health and Homelessness

- Lack of preventative care
  - Prenatal care
  - Mammograms
  - Pap tests
- Higher rates of poor health status, poor birth outcomes, and mortality
Maternal Health and Homelessness

- Unintended pregnancy rates are higher
- Use less effective birth control methods
- Need access to long-acting reversible contraceptive (LARC) options
- Higher number of adverse birth outcomes
Reproductive Life Plan

Clarifies motivation and degree of acceptability regarding pregnancy

... so we can offer appropriate interventions

+/- preconception care

+/- contraception

Infertility services or adoption
One Key Question

Would you like to become pregnant in the next year?

**Yes**

Step 1: Provide counseling/education
- When would you like to become pregnant? (If patient is not trying to get pregnant immediately, assess for birth control use and consider contraceptive counseling.)
- Can we talk about some simple ways to prepare for a healthy pregnancy?

Step 2: Provide preconception/interconception care
- Prescribe or dispense a multivitamin with folic acid
- Recommend at least 18 months between a birth and the pregnancy
- Review medications
- Screen for and manage chronic conditions
- Evaluate drug/alcohol/smoking risks
- Identify support system
- Assess for safety/violence

**Unsure**

Step 1: Provide counseling/education
- Do you want to have (more) children in the future? If yes, when might that be?
- How would you feel if you found out you were pregnant today?
- How important is it to you to prevent a pregnancy now?
- Are you currently using a birth control method? How is this method working for you?
- Can we talk about some simple ways to prepare for a healthy pregnancy?

**Ok either way**

Step 1: Provide counseling/education
- Are you currently using a birth control method?
- How is this method working for you?
- How important is it to you to prevent a pregnancy?
- What is most important to you in a birth control method?

Step 2: Provide contraceptive care
- If the patient is satisfied with their method, no other care is needed
- Recommend birth control methods based on patient’s response to questions
- Evaluate for correct and consistent use
- Provide full range of contraceptive methods onsite or through referral
- Offer emergency contraception

**No**

Step 1: Provide counseling/education
- Can we talk about some simple ways to prepare for a healthy pregnancy?
PATH Framework

This approach addresses

- Parenthood/Pregnancy Attitudes
- Timing
- How important is pregnancy prevention

Q1: Do you think you might like to have (more) children at some point?

- Yes
- Not Sure
- No

Q2: When do you think that might be?

- Now or trying for some time
- Not now or not anytime soon

Q3: How important is it to you to prevent pregnancy until then?

- Not as important
- Important

I'm available to answer any questions you may have about getting pregnant.

Since you said ______, would you like to talk about ways to be prepared for a healthy pregnancy?

Would you like to talk about your birth control options?

Do you have a sense of what is important to you about your birth control method?
Importance of Health Care

Pre-Pregnancy or Preconception Care

- Folic acid intake
- Immunizations
- Manage chronic conditions
- Avoid smoking, alcohol, drugs
- Attain healthy weight
- Family history
- Mental health

Prenatal Care

- Answer questions
- Blood work
- Monitor weight gain and BP
- Ultrasound / genetic screening
- Fetal heart rate and growth
- Monitor for GDM and hypertensive conditions
Federally funded Title X clinics offer a broad range of family planning services, including contraceptive education, counseling, and methods. These free or low-cost services are available for all who want and need them.

Now, the Clinic Locator has a user-friendly URL: reproductivehealthservices.gov or www.odh.ohio.gov/RHWP
Clinic Locator Tool

Find a Family Planning Clinic

ENTER CITY, STATE OR ZIPCODE

Such as "Washington, DC" or "20002"

SEARCH

About this tool | Host this tool
# Example of Clinic Information

## Hours of Operation:
- **Monday:** 7:45 am-4:30 pm
- **Tuesday:** 9:45 am-6:30 pm
- **Wednesday:** 7:45 am-12:00 pm
- **Thursday:** 7:45 am-4:30 pm
- **Friday:** 7:45 am-4:30 pm
- **Saturday:** Closed
- **Sunday:** Closed

## Additional Office Hours Notes:
First Saturday of every month from 10 am - 2 pm

## Special Facility Access:
- Same Day Appointment/Walk-Ins Accepted
- Extended or Weekend Hours
- Teen Clinic/Hours Available

## Facility Information:
- Additional Facility Information
- Teen clinic hours - Every Tuesday from 3pm - 6:30pm, although teens welcome all open hours;
- Handicapped accessible and on public transit line;
- Interpretation services available;
- CONTACT US ABOUT TELEHEALTH SERVICES

## Mailing Address:
240 Parsons Avenue  
Columbus, OH 43215

## Services Offered

### Birth Control
- Birth Control Shot
- Birth Control Pill
- Birth Control Patch
- Birth Control Ring
- Cervical Cap
- Condoms - Male
- Condoms - Female
- Hormonal Implants
- Diaphragm with Spermicide
- Emergency Contraception
- Fertility Awareness-Based Method(s)
- Intrauterine Device - Copper (IUD)
- Intrauterine Device - Hormonal (IUD)
- Breast Feeding / LAM Method
- Spermicide

### STD Testing, Treatment & Vaccines
- Chlamydia
- Syphilis
- Gonorrhea
- Hepatitis B Screening
- Hepatitis C Testing

### Women’s / Men’s Health
- Folic Acid Supplementation
- Intimate Partner Violence Screening
- Alcohol and Other Drug Use Screening
- Tobacco Use Screening
- Immunizations
- Depression Screening
- BMI
- Blood Pressure Screening
- Diabetes Screening

### Pregnancy Services
- Pregnancy Testing and Counseling
- Achieving Pregnancy Services
- Basic Infertility Services

### Cancer Screenings and Prevention
- Cervical Cancer Screening
- Breast Cancer Screening
- HPV Vaccine

### HIV Testing & Screening
- HIV Testing
- PrEP for HIV Prevention

### Telehealth
- Mobile Clinic
- Telehealth
Federally Qualified Health Centers (FQHC) and FQHC look-a-likes also offer high quality affordable health care, including prenatal care.

https://findahealthcenter.hrsa.gov/
References


Power to Decide. (2022). *One key question*. https://powertodecide.org/one-key-question