

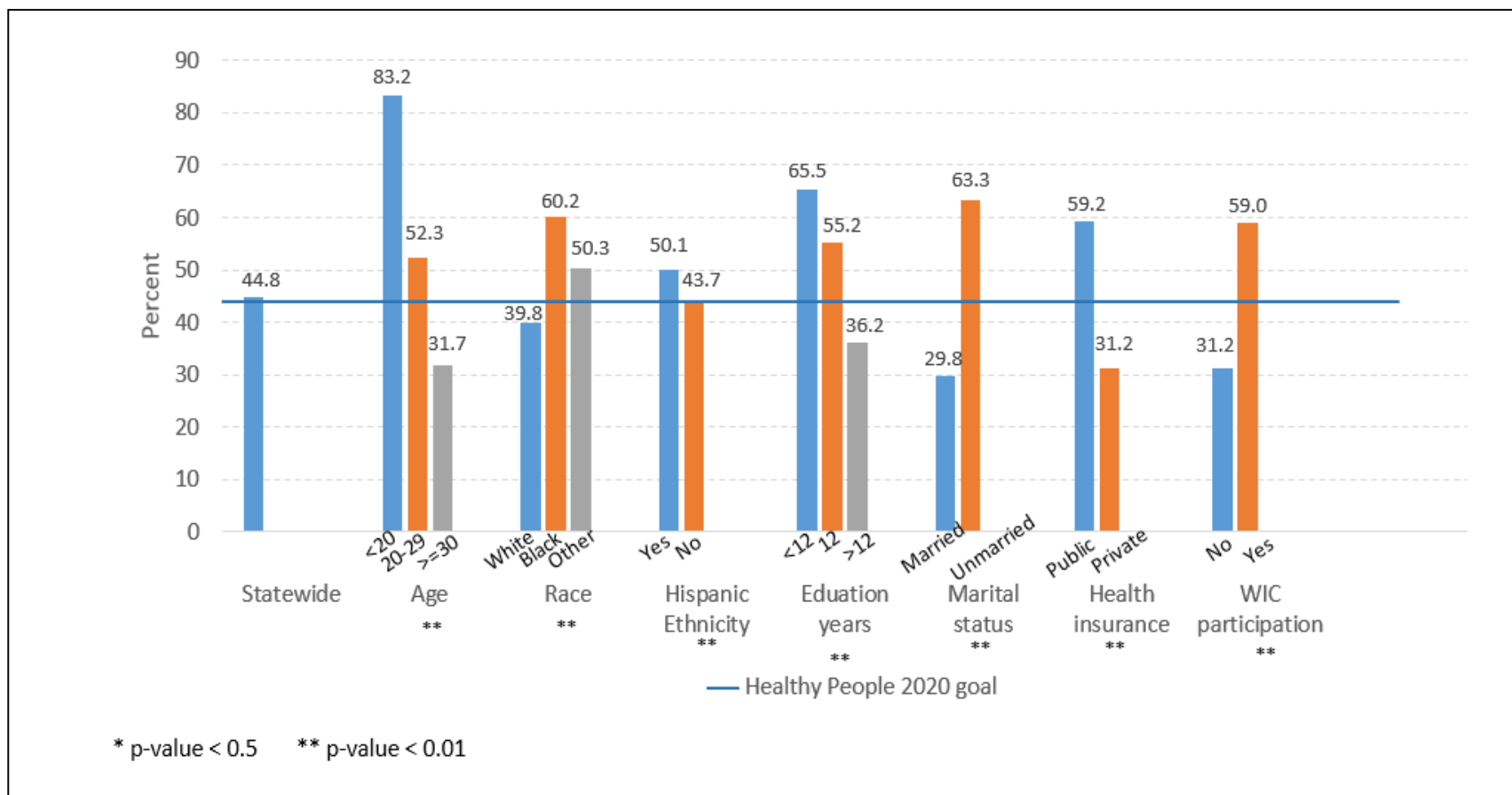


One Key Question[®]

Unintended Pregnancy Demographic Characteristics



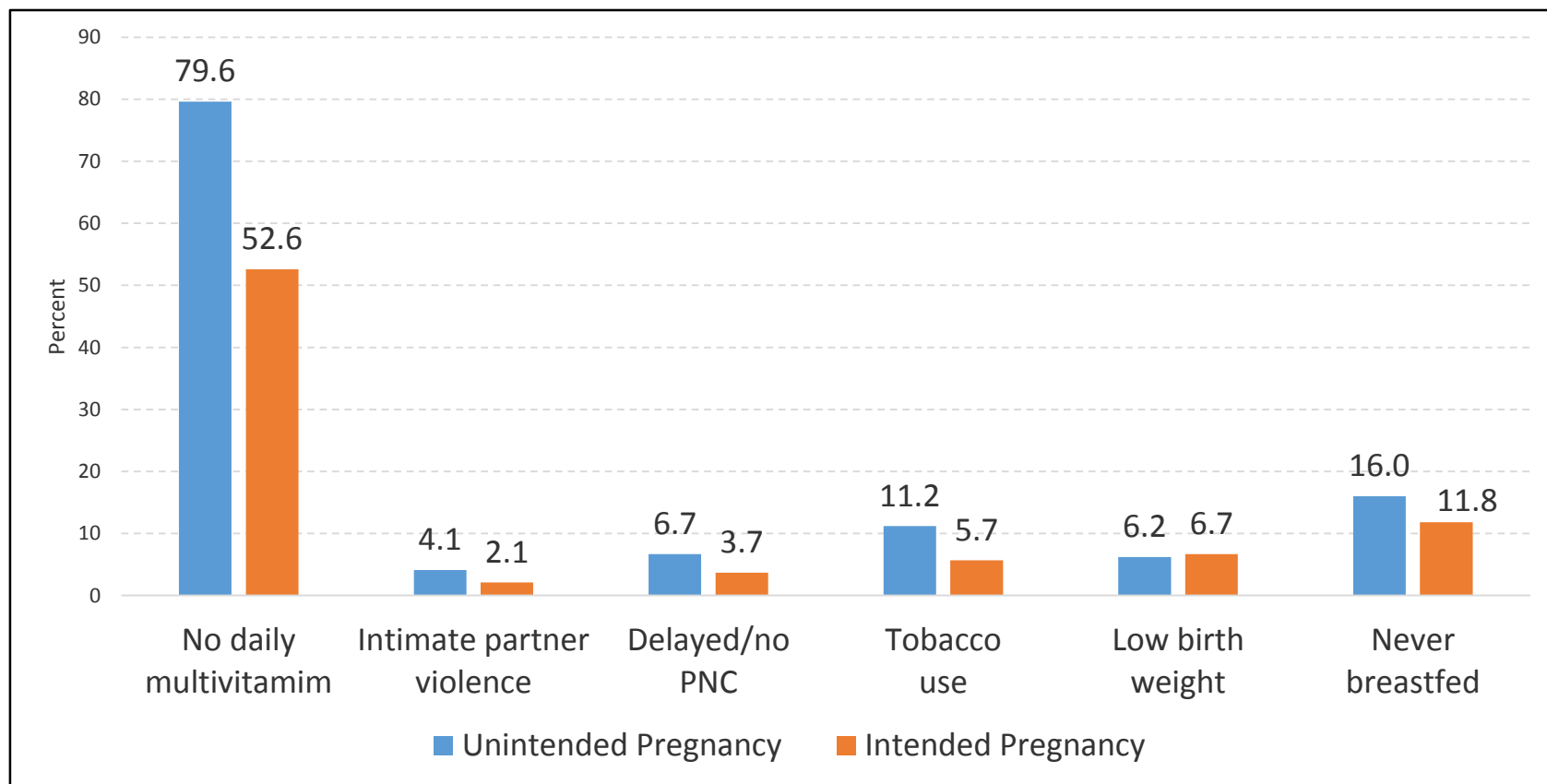
Rhode Island, 2012-2013



Risk Behaviors and Outcomes by Pregnancy Intention



Rhode Island, 2012 – 2013



Among Women with Unintended Pregnancy: Reasons for Not Using Birth Control



Among women who were not trying to get pregnant, **49.7% did not use birth control at the time of pregnancy.**

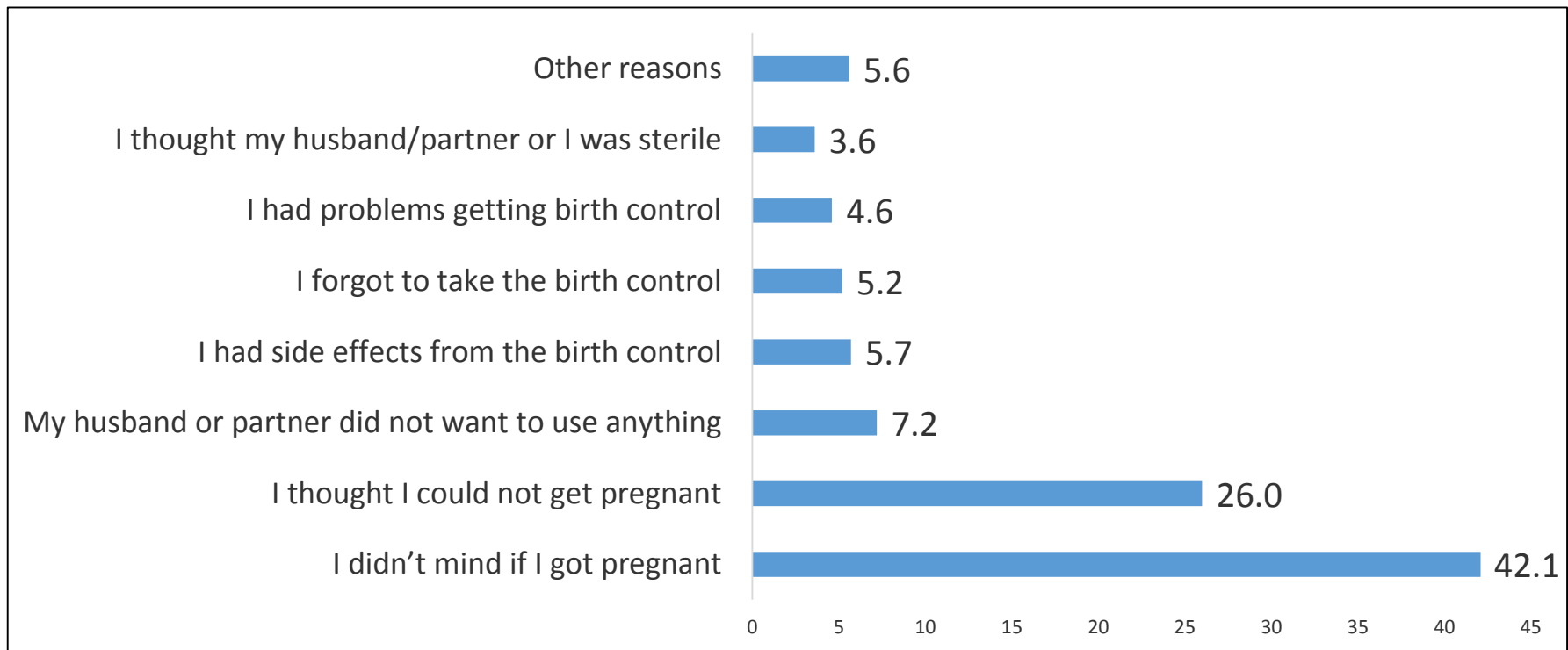
Most common reasons were:

- *They did not mind if they got pregnant* **42%**
- *They thought they could not get pregnant at that time* **26%**
- *Their husband/partner did not want to use anything to prevent pregnancy* **7%**

Women with Unintended Pregnancy: Reasons for Not Using Birth Control



Among women who were not trying to get pregnant, **49.7%** did not use birth control at the time of pregnancy:



Putting the “Planning” in Family Planning



- Reframing sexual/reproductive health education & counseling to be more proactive and intentional
- Promoting “planning”
 - Client/patient’s “plan” can also be to prevent pregnancy
- Helping to clarify goals (wants) to identify needs



Pregnancy Intention Screening



ONE KEY QUESTION®

- A simple screening question to facilitate a conversation with your patient/client regarding her/his pregnancy intention
- Designed to help identify the preventive reproductive health care needs of patients

**Would you like (do you want)
to become pregnant in the
next year?**

One Key Question®



- Framed as “Would you like...” to focus on client’s own goals for her/his health
- Offers four possible response categories (Yes; No; Don’t Know/Unsure; Ok Either Way)
- Steps away from “plan” which does not resonate with some individuals for cultural, religious, or socio-economic reasons



Routine Pregnancy Intention Screening



- Provide information on evidence-based preconception and/or contraception care services or referrals based on client's answer
- Ask routinely (every visit, if appropriate) as pregnancy intention changes

Ask...Don't Assume



- Do not assume clients using contraception do not want to become pregnant
- Do not assume that your clients know what birth control options are available/know how to take them
- Do not assume you instinctively know which women would like to become pregnant or not

Inclusive Language



“Would you or your partner like to become pregnant in the next year?”

- Use with men, non-binary, and LGBT clients
- Avoids assumptions of who can become pregnant
- Opens conversations about how pregnancy occurs and communications with partner(s)

Using OKQ Language



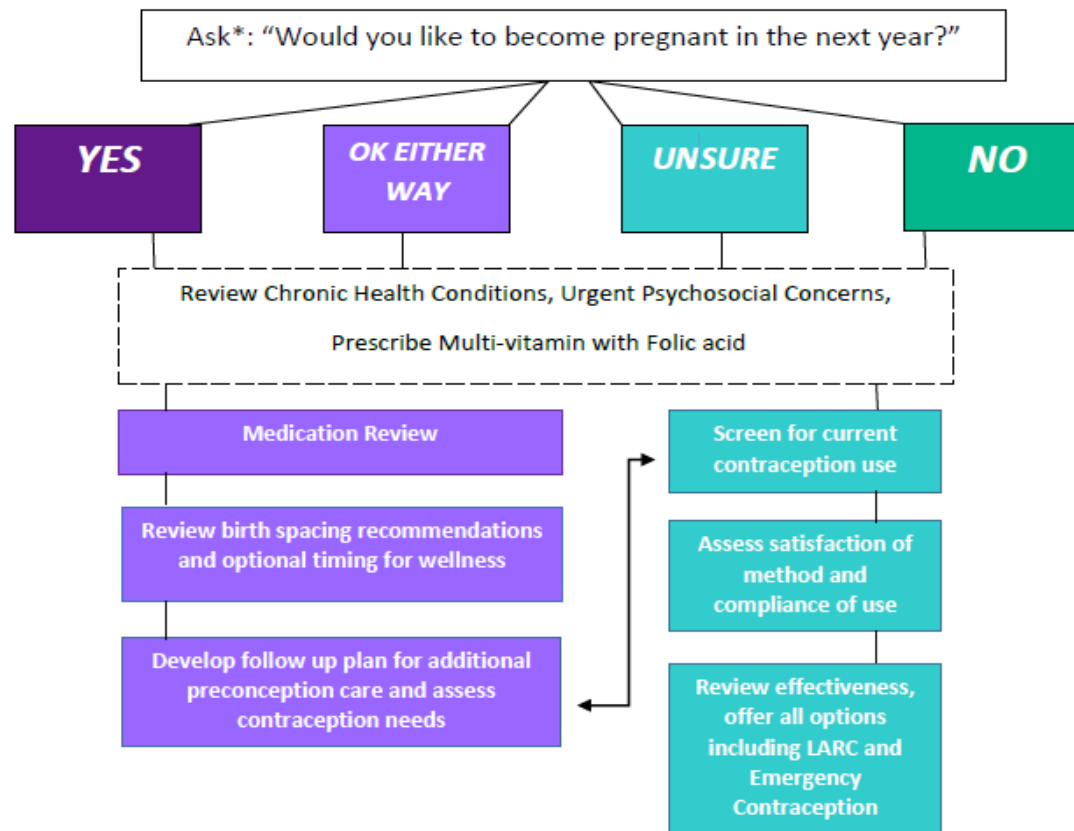
FQHC Research, Milken Institute School of Public Health, George Washington University revealed:

- 70% women identified as not wanting to become pregnant
 - Of these, 30% were not using birth control
- 23% of women identified as “Unsure” or “OK either way”

OKQ Algorithm



ONE KEY QUESTION[®]



Goals of OKQ



Routine
conversations about
pregnancy intention

Proactive
contraceptive care
instead of reactive

Increase uptake of
contraception &
preconception care

Quality improvement
strategies
(algorithms, metrics)

Lifetime Risk



	Percent of women who experience this condition in their lifetime
Cervical Cancer	0.7%
Alcohol Misuse	10%
Breast Cancer	12%
Depression	27%
Hypertension	28.5%
Diabetes	35.5%
Unintended Pregnancy	48%

OKQ Model & National Endorsements



One Key Question® was originally developed by and is the intellectual property of the Oregon Foundation for Reproductive Health

National Endorsements

- American Public Health Association
- Physicians for Reproductive Health
- American Academy of Family Physicians (adopted a resolution to endorse pregnancy intention screening)
- National Association of Nurse Practitioners of Women's Health
- Committee Opinion (developed by the American College of Obstetricians and Gynecologists)

Reproductive Life Plan



- A reproductive life plan (RLP) outlines an individual's pregnancy intention and preferred number, spacing, and timing of children while taking into account his or her personal values, life goals, and reproductive age.
- Reproductive life plans should be re-evaluated throughout the life course as an individual's goals evolve.

Preconception Health



The health and wellness of all individuals (female & male) across the life course that results in optimal pregnancy outcomes.



Preconception Care



Preconception Care is about achieving a high level of wellness irrespective of whether women (or men) hope or plan to become pregnant. It is about more than reproductive health: it is overall health & wellness (women's & men's health).



Contraceptive Counseling



HOW WELL DOES BIRTH CONTROL WORK?



Tiered Contraceptive Counseling:
Most Effective Methods -> Less Effective

Not Effective:

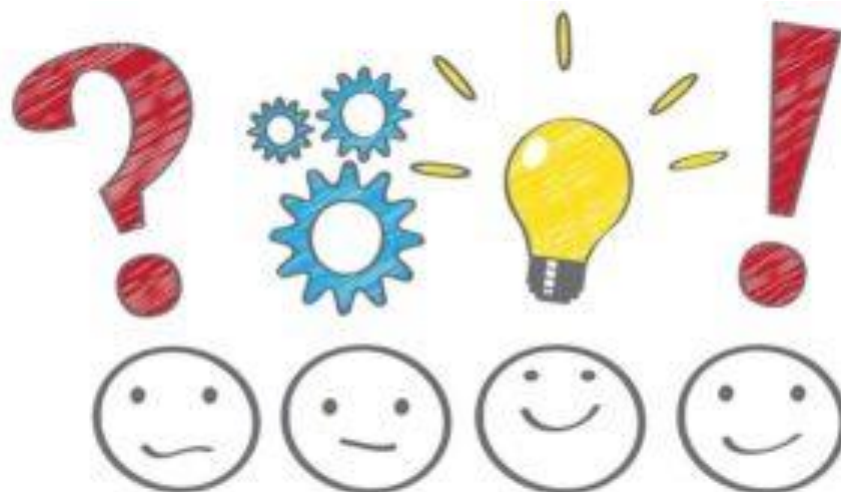


A GOAL

WITHOUT A

PLAN IS JUST

A DREAM



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