

# Reproductive Life Plan – HM 1

## 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 all family planning visits. The goal is to help clinicians reach every patient who might someday parent a child and/or become pregnant every time she or he presents to the clinic.

## SUBJECTIVE

1. Plans for future pregnancy and/or desire to become pregnant in the next year
2. Choice of contraception for pregnancy prevention
3. Satisfaction with current contraception or problems with method
4. Personal or family history that could affect future pregnancy
5. Social risks that could affect future pregnancy.

## OBJECTIVE

Should include:

1. Height, weight, BMI, and Blood Pressure

May include:

1. Age-appropriate physical exam
2. Immunizations

## LABORATORY

May include (as appropriate):

1. STI screening
2. UA
3. Wet mount
4. Pap smear
5. Pregnancy test

## ASSESSMENT

Assisting with personal goals for planning IF and WHEN a person chooses to have children.

## PLAN

1. Provide a broad range of birth control methods, as appropriate
2. Assist with achieving an optimal pregnancy
3. Reassess the reproductive life plan at future visits
4. Make referrals as indicated for substance abuse, interpersonal violence, mental health concerns or other identified problems

## CLIENT EDUCATION

Discuss:

1. Ideal timing between pregnancies
2. Ideal BMI, healthy diet, and exercise ([myplate.gov](http://myplate.gov))
3. MVI daily with at least 400-800mcg (0.4-0.8mg) of folic acid before conception and during pregnancy
4. Immunization schedule
5. Nicotine cessation and substance use resources; preconception and during pregnancy
6. STI prevention

## CONSULT / REFER TO PHYSICIAN

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025

1. Genetic counseling if indicated
2. Infertility referral if indicated

## REFERENCES

1. U.S. Centers for Disease Control and Prevention. (2024). *About planning for pregnancy*. Retrieved from <https://www.cdc.gov/pregnancy/about/index.html>
2. Before, Between & Beyond Pregnancy. (2014). *Resource guide for clinicians*. Retrieved from <https://beforeandbeyond.org/toolkit/>
3. Reproductive Health National Training Center. (2022). *Efficient questions for client-centered contraceptive counseling palm card*. Retrieved from <https://rhntc.org/resources/efficient-questions-client-centered-contraceptive-counseling-palm-card>
4. Reproductive Health National Training Center. (2021). *Client-centered reproductive goals and counseling flow chart*. Retrieved from <https://rhntc.org/resources/client-centered-reproductive-goals-and-counseling-flow-chart>
5. Reproductive Health National Training Center. (2024). *Approaches to standardized screening for reproductive desires job aid*. Retrieved from <https://rhntc.org/resources/approaches-standardized-screening-reproductive-desires-job-aid>
6. Centers for Disease Control and Prevention. (2014). Providing quality family planning services: Recommendations of CDC and the U.S. office of population affairs. *Morbidity and Mortality Weekly Report*, 63(4); 1-54. Retrieved from <https://www.cdc.gov/mmwr/pdf/rr/rr6304.pdf>

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025