



“BE SMART” FAMILY PLANNING: AN APPROACH TO PROMOTE REPRODUCTIVE LIFE PLANNING SERVICE DELIVERY

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MARCH OF DIMES NORTH CAROLINA PRECONCEPTION HEALTH CAMPAIGN

- A statewide initiative aimed at improving birth outcomes in NC by reaching out to women with important health messages before they become pregnant
- Formerly functioned as the NC Folic Acid Campaign
- Goals of the Campaign are to reduce infant mortality, birth defects, premature birth, and chronic health conditions in women, while also aiming to increase intended pregnancies in NC
- Seeks to raise awareness and inspire positive action among the general public, health care professionals, and community agencies

DISCLOSURES

- Neither Shahnee Haire, Debbie Farb, Martina Sconiers-Talbert, or planners of this webinar have any potential conflicts of interest to disclose.

ACKNOWLEDGEMENTS

- This training was developed by the March of Dimes North Carolina Preconception Health Campaign, under a contract and in collaboration with the North Carolina Division of Public Health, Women’s Health Branch.
- NC Department of Health and Human Services “Be Smart” Family Planning Medicaid Program The goal of the “Be Smart” program is to reduce unintended pregnancies and improve the well-being of children and families in North Carolina.
- Wake AHEC for their support in providing continuing education credit for this webinar/in-person training

HOUSEKEEPING

- Obtaining credits
 - Everyone must sign-in on Wake AHEC Roster
 - Must be present for whole training
 - Complete Survey up on receipt
 - Questions



CREDITS



Nursing: 1.5 Contact Hours

Wake AHEC, Nursing Education, is an approved provider of Continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Wake AHEC CEU:

Wake AHEC will provide 0.2 CEU to participants upon completion of this activity.

National Association of Social Workers (NASW)



Wake AHEC is a 2018 NASW-NC approved provider of distance continuing education.

This

program has been approved for 1.5 contact hours.

A participant must attend 100% of the webinar to receive credit. Partial session credit will not be awarded.

Contact Hours: Wake AHEC will provide up to 1.5 Contact Hours to participants.

Wake AHEC is part of the North Carolina AHEC Program



PRECONCEPTION HEALTH: REPRODUCTIVE LIFE PLANNING

- The CDC encourages all men & women to have a reproductive life plan whether or not they plan to have a baby one day.
- A reproductive life plan is more than birth control



5As OF REPRODUCTIVE LIFE PLANNING



Adapted from Michigan Department of Community Health, 2007

STARTING THE REPRODUCTIVE LIFE PLANNING CONVERSATION

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

- One Key Question- One Key Question® encourages primary care providers and others to routinely ask women about their reproductive health needs.

<https://powertodecide.org>

- More than 30 organizations have endorsed One Key Question®, including The American Public Health Association.



Healthy Before Pregnancy

Personal Reproductive Health Risk Assessment for Females

Question	YES	NO
1. Do you go to your health care provider at least once a year for a check up?	Yes= 1	No=0
2. Do you go to your dentist at least every six months to get your teeth cleaned?	Yes= 1	No=0
3. Do you eat fast food at least three times a week?	Yes=0	No=1
4. Do you get at least 30 minutes of moderate physical activity at least 5 times a week?	Yes= 1	No=0
5. Have you ever been diagnosed with a sexually transmitted infection?	Yes=0	No=1
6. Do you know when you intend to become pregnant (someday)?	Yes= 1	No=0
7. Do you take steps to handle your stress in a positive way?	Yes= 1	No=0
8. Do you smoke?	Yes=0	No=1
9. Do you take prescription medications?	Yes= 0	No=1
10. Do you have \$200 or more in credit card debt?	Yes= 0	No=1



Healthy Before Pregnancy

Personal Reproductive Health Risk Assessment for Males

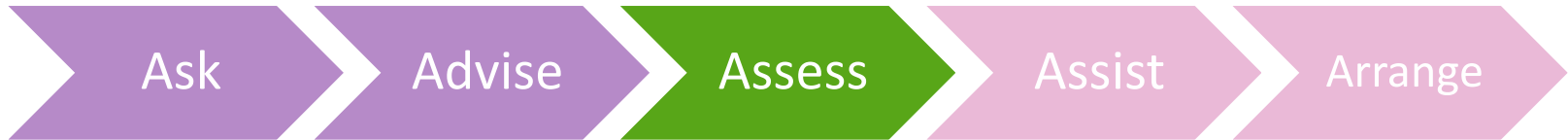
Question	YES	NO
1. Do you go to your health care provider at least once a year for a check up?	Yes= 1	No=0
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9. Do you take prescription medications?	Yes= 0	No=1
10. Do you have \$200 or more in credit card debt?	Yes= 0	No=1
11. Do you know your sickle cell status?	Yes= 1	No=0
12. Have you been immunized against human papillomavirus (HPV)?	Yes= 1	No=0

5As OF REPRODUCTIVE LIFE PLANNING



- Risks of unintended pregnancy
- Adverse outcomes of unintended pregnancies related to risk behaviors, chronic conditions, or genetics (i.e. sickle cell status)
- Recommendations for healthy pregnancies (multivitamin use/folic acid), including optimal child spacing

5As OF REPRODUCTIVE LIFE PLANNING



- Patient's understanding of risk for unintended pregnancy or adverse pregnancy outcome
- Readiness to make needed behavior change in terms of family planning use or preparing for a healthy pregnancy
- Assess LIFE circumstances
- Use a preconception health checklist if appropriate

5As OF REPRODUCTIVE LIFE PLANNING



- Discuss contraception methods and offer prescriptions
- Review correct use and advocate for long-acting reversible contraceptive methods that reduce patient error
- Condom use for STI prevention
- Refer to family planning clinic, primary care provider, obstetrician/gynecologist or hotline for additional counseling and services
- Assist in goal setting

5As OF REPRODUCTIVE LIFE PLANNING



- Recommend birth control options appropriate for chronic health conditions & infections
 - Obesity
 - Hypertension
 - Cancer history
 - Blood clotting disorders
 - Sickle cell
 - STIs

- Global Library of Women's Medicine:

- "Contraception for Women with Medical Problems"

<http://www.glowm.com>

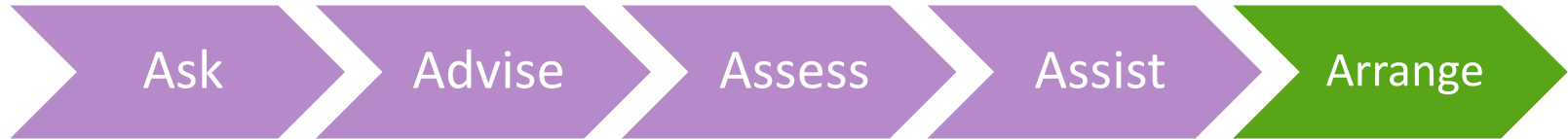
Search key words:
contraception women
medical problems

5As OF REPRODUCTIVE LIFE PLANNING



- Help her make a plan for going forward that is tailored to her needs:
 - Refer to the NC Quitline
 - Provide healthy weight resources
 - Refer to WIC
 - Provide information on accessing Department of Social Services programs
 - Refer to local JobLink Career Center
 - Inform patient of the “Be Smart” Family Planning Program
 - Brainstorm sustainable behavior changes

5As OF REPRODUCTIVE LIFE PLANNING



- Arrange follow-up appointment or services as needed to promote a healthy pregnancy or prevent unintended pregnancy

Family Planning Medicaid Resources

Division of Health Benefits (DHB) “Be Smart” website:

<https://medicaid.ncdhhs.gov/medicaid/get-started/find-programs-and-services/be-smart-family-planning-program>

DHB Clinical Coverage Policy for Family Planning Services:

<https://medicaid.ncdhhs.gov/providers/clinical-coverage-policies/obstetrics-and-gynecology-clinical-coverage-policies>

Medicaid Application: <http://www.ncdhhs.gov/dma/medicaid/applications.htm>

Carolinas Healthcare System Financial Assistance:

<http://www.carolinashealthcare.org/chs-financial-assistance>

Be Smart. Be Ready. Family Planning Brochure (Updated: English/Spanish)

https://files.nc.gov/ncdma/documents/Medicaid/BeSmart/BeSmart_Brochure_2017.pdf

NCTracks Call Center-1-800-688-6696

Documentation, Coding and Billing Guidance Document, version 8

<https://publichealth.nc.gov/lhd/docs/REVISED-03-2018-CodingandBillingGuidanceDocument.pdf>

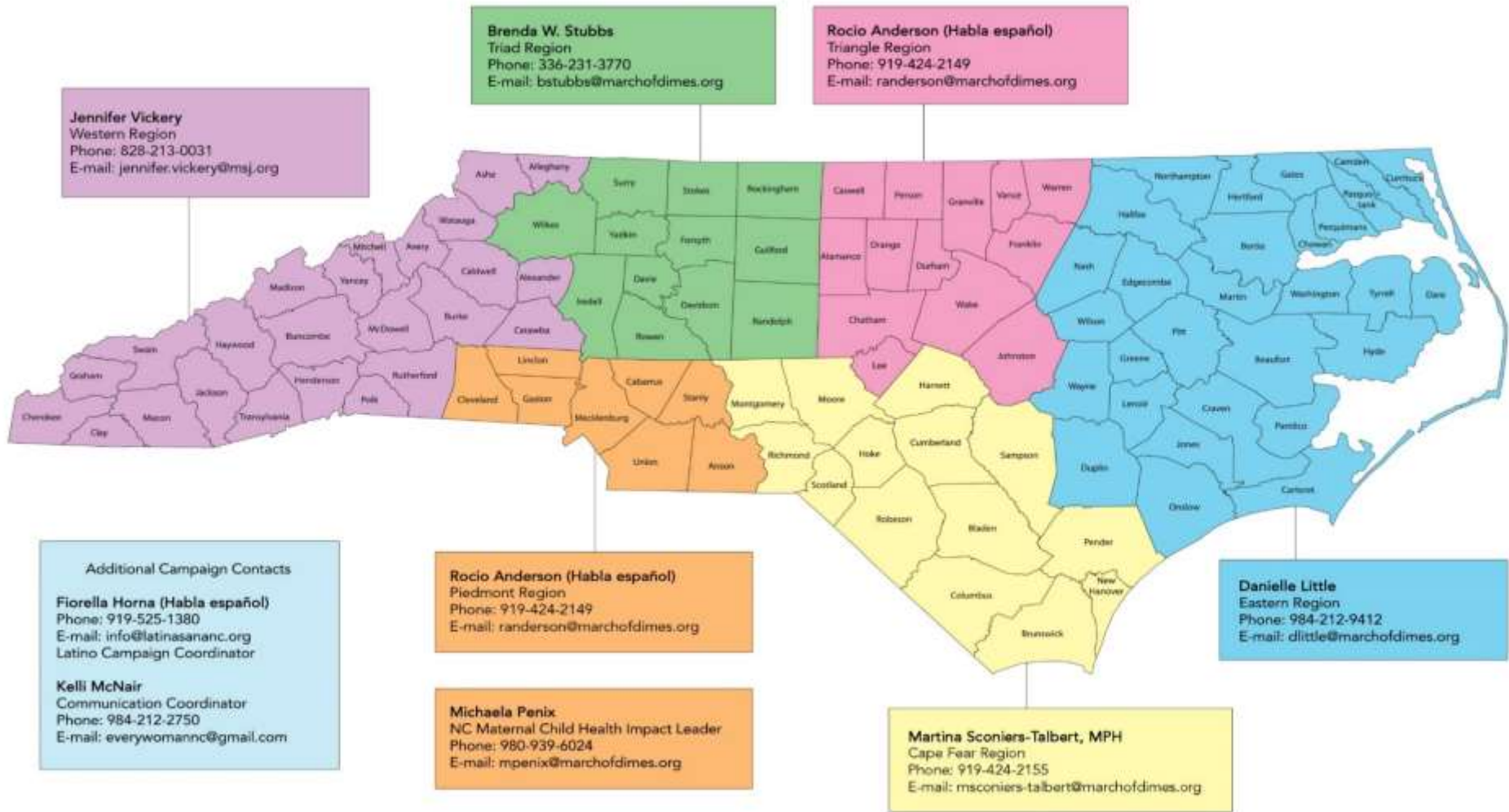
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March of Dimes North Carolina Preconception Health Campaign Contacts



Questions? Comments?

THANK YOU!

For more information about the Campaign and other preconception health topics visit:

EveryWomanNC.org and Latinasana.org

Find us on Facebook and Twitter: [@everywomannc](https://www.facebook.com/everywomannc)

THANK YOU!

