

8.8.1 PREGNANCY DIAGNOSIS AND COUNSELING

Policy: All Title X clinics must provide on-site pregnancy diagnosis and counseling to all clients in need of this service as part of core family planning services.

Pregnancy testing is one of the most common reasons for a first visit to the family planning facility. It is therefore important to use this occasion as an entry point for providing education and counseling about family planning. The visit must include a discussion about the client's reproductive health plan and a medical history that includes asking about any coexisting conditions.

Procedure:

The pregnancy test visit must include:

1. Reproductive life plan
2. Health history, as appropriate
3. Adolescent counseling, as appropriate
4. Options counseling, as appropriate

Pregnancy Diagnosis

1. Pregnancy cannot be accurately diagnosed and staged through laboratory testing alone. Pregnancy diagnosis consists of a history, pregnancy test, establish gestational age, and physical assessment, including pelvic examination done onsite or by a documented referral, as indicated.
2. Title X clinics should utilize a high sensitivity pregnancy test.

Information and Counseling

1. Face-to-face counseling must be available at the time the test results are given. For clients who desire to receive their results by phone, person-to-person counseling should be offered and encouraged.
2. For adolescent clients, Title X providers must counsel on the following:
 - a. Abstinence: Discussion on abstinence as a form of birth control.
 - b. Family Involvement: Discussion encouraging family involvement in the adolescent's decision to seek family planning services.
 - c. Sexual Coercion: Counseling on how to resist coercive attempts to engage in sexual activities.

All counseling must be documented in the client's medical record.

Options Counseling

1. Title X clinics must offer pregnant women the opportunity to be provided information and counseling regarding each of the following options:
 - Prenatal care and delivery
 - Infant care, foster care, or adoption
 - Pregnancy termination
2. If requested to provide such information and counseling, clinic staff must provide neutral, factual information and non-directive counseling on each of the options, and referral upon request, except with respect to any options(s) about which the pregnant woman indicates she does not wish to receive such information and counseling (*42 CFR 59.5(a)(5)*).
3. Title X clinics must NOT:
 - a. Make appointments for a pregnancy termination
 - b. Provide transportation to a termination procedure
 - c. Provide abortion services under Title X

Referrals and Follow-Up

Using a client centered approach, Title X providers should:

1. Give the client referrals for WIC, Medicaid, and other social and medical services programs, as appropriate.
2. Explore relationships with the client's partner, family, friends and the support they may provide, as appropriate.
3. Offer the opportunity to return for further counseling if undecided. Discuss the possibility of her bringing in her partner, a friend or family member if she has not already done so.

Documentation in Client's Medical Record

The following must be documented as part of the client's medical record:

1. Last menstrual period (LMP)
2. Symptoms of pregnancy
3. Estimated gestational age
4. Contraceptive use
5. Type of test, results of test
6. Options discussed
7. Plan of action, including resource list(s) and/or names of referrals