

### 8.9.1 PRECONCEPTION HEALTH SERVICES FOR WOMEN AND MEN

**Policy:** Preconception is the period of time that a client of reproductive potential is not pregnant but is at risk of becoming pregnant, or is at risk for impregnating his female partner. As a core Title X service, Title X providers must offer preconception health services to female and male clients in accordance with the Centers for Disease Control and Prevention (CDC) recommendations to improve pregnancy and birth outcomes.

Preconception health care services for women aim to identify and modify biomedical, behavioral, and social risks to the woman's health and pregnancy outcomes through prevention and management. Further, the preconception health services contribute to the improvement of women's health and well-being, regardless of her childbearing intentions.

Male and female clients who do not want to become pregnant should be provided preconception health services, since they are recommended by the U.S. Preventive Services Task Force (USPSTF) for the purpose of improving the health of adults.

#### **Procedure:**

1. Title X providers must assess and document:
  - a. Reproductive life plan
  - b. Health history, including:
    - i. Prior obstetrical outcomes
    - ii. Chronic health conditions
    - iii. Maintenance medications, particularly those that could adversely affect a pregnancy or could interfere fertility
  - c. Sexual health assessment
  - d. Height, weight, blood pressure, and body mass index (BMI)
2. Providers should evaluate:
  - a. Intimate partner violence and domestic violence
  - b. Alcohol and other drug use
  - c. Tobacco use
  - d. Immunizations
  - e. Depression screening
  - f. Diabetes screening, per guidelines
  - g. Folic acid supplementation, as appropriate
  - h. Risk assessment for first trimester genetic testing (see ACOG guidelines)

#### **Referrals**

1. Title X clinics should refer for further diagnosis and treatment. Clients with chronic diseases, complicated obstetrical outcomes, and/or maintenance medications must be counseled about appropriate referrals prior to seeking pregnancy.
2. Refer male and female clients for additional services if screening results indicate the presence of a health condition or as indicated (e.g. tobacco cessation, obesity, diabetes, depression, immunizations.)

For clinical protocols on preconception health services, refer to the MT Title X Family Planning Clinical Protocol Manual.