8.5.1 WOMEN’S PERIODIC PHYSICAL ASSESSMENT

Policy: Title X clinics must offer periodic physical assessments for women. The following are guidelines for the periodic health assessment. Guidelines should never be a substitute for sound clinical judgment. Some clients will need no or few examinations or laboratory tests before starting a method of contraception. It is a goal of Title X to decrease unnecessary barriers to contraceptive access while maintaining safety to the client.

The decision of when to schedule examinations or laboratory testing must be made on an individual basis after careful review of the health history and client counseling by the provider. Professional medical judgment based on the comprehensive health history, as well as professional medical society recommendations must be considered when determining what services the client requires. It remains the responsibility of the medical provider to decide the individual client’s need for services at every visit.


Post Assessment Discussion
Following the periodic physical assessment (done as indicated), the provider must have a discussion with the client.

1. This discussion must follow a client centered approach.
2. Any potential physical findings and/or laboratory results, as appropriate.
3. The client must demonstrate clear understanding that they will be notified of abnormal Pap smear cytology and/or other abnormal test results.
4. Client questions must be addressed and counseling documented in the client record.
5. Revisits may be scheduled and documented as appropriate.

For a checklist of family planning and related preventive health services for women, see MT TX FP Administrative Manual, Policy 11.2 Providing Quality Family Planning Services, Page 22, Table 2.