



**FAMILY PLANNING PROGRAM
RESOURCES FOR YOU**

Presenter

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Family Planning Program

- What we do
 - Who we serve
 - Why we serve
 - How we serve
 - Where we serve
-
- Best Practices – pregnancy intension screening, Emergency contraception

What we do

Washington State's family planning program provides clinical and educational services to help people in determining the number and spacing of their children through the provision of affordable, voluntary family planning services.

Impact of Family Planning In Washington - 2016



Who we serve

Family Planning provides contraceptive supplies and information to all who want and need them, with priority given to persons from low-income families, including

- adolescents
- LGBTQ persons
- racial and ethnic minorities
- clients with limited English proficiency
- persons living with disabilities
- undocumented persons

Why we serve

Unintended pregnancy is associated with an array of negative outcomes for the women and children involved such as delayed prenatal care, premature birth, and negative physical and mental health effects for children.

All of these outcomes affect racial and ethnic minority populations disproportionately.

Why we serve

- 35% of pregnancies in Washington in 2014 were unintended.
- 76% of pregnancies among Washington women under age 20 years were unintended.

How we serve

- Education, counseling, and medical services
 - Pregnancy intention screening
 - Contraception to women and men
 - Pregnancy testing and options counseling
 - Basic infertility services
 - Preconception health services
 - Sexually transmitted disease (STD) screening and treatment services

Where we serve

Through federal Title X and state funding, we work with 71 family planning clinics to make sure that sexual and reproductive health services, including a full range of family planning services, are available across the state.

[http://www.doh.wa.gov/YouandYourFamily/Family
Planning/Clinics](http://www.doh.wa.gov/YouandYourFamily/FamilyPlanning/Clinics)

Best Practices

- Pregnancy Intention Screening
- Offering Access to Emergency Contraception

Pregnancy Intention Screening

- Would you like to become pregnant in the next year?
- Do you think you might like to have (more) children at some point?
- Do you want to have (more) children? How many (more) children would you like to have and when?

Clinical pathways for each answers,
expect ambivalence.

Emergency Contraception

- Emergency contraception (EC) is a safe and effective way to prevent pregnancy. The sooner EC is used after unprotected sex, the better it will work.
- Emergency contraception does NOT:
 - Protect against sexually transmitted diseases including HIV/AIDS.
 - Interrupt an established pregnancy or harm a developing fetus.
 - Affect a woman's ability to become pregnant in the future.

Emergency Contraception

Safe and effective emergency contraception options include:

- Paragard Copper T, intrauterine device - More than 99%* pregnancy risk reduction
- ella or ellaOne, progesterone modulator pills - 94%* pregnancy risk reduction
- Plan B One-Step, or generics, progestin-only pills - 89%* pregnancy risk reduction, over the counter
- Estrogen/progestin pills or high doses of oral contraceptive pills - 75%* pregnancy risk reduction -
- Pregnancy risk reduction based on one-time use.

Contact Information

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Washington State Family Planning website:

[http://www.doh.wa.gov/YouandYourFamily/Family
Planning](http://www.doh.wa.gov/YouandYourFamily/FamilyPlanning)

Resources

The *Emergency Contraception Website* hosted by Princeton University.

- [Emergency Contraception Website-English](#)
- [Sitio Web sobre Anticoncepcion de Emergencia-Spanish](#)
- [Emergency Contraception Website-Arabic](#)

[Bedsider.org](#) is an online birth control support network to help people find the method of birth control that's right for them and learn how to use it consistently and effectively.

- [Bedsider: Espanol](#). Bedsider information is also available in Spanish.
- [Bedsider Providers](#) Tools, materials, research, and provider articles.

[US Selected Practice Recommendations for Contraceptive Use, 2016](#) [source: *MMWR* 2016;65(RR-4):1–72] addresses a select group of common, yet sometimes controversial or complex, issues regarding initiation and use of specific contraceptive methods.

- [Download](#) free SPR application for iPhone/iPad/iPod from the iTunes App Store
- [What to Do If Late, Missed, or Delayed Combined Hormonal Contraception](#)
- [Management of IUD when Pelvic Inflammatory Disease \(PID\) is Found and Management of Women with Bleeding Irregularities](#)

[U.S. Medical Eligibility Criteria for Contraceptive Use, 2016](#) [source: *MMWR* 2016;65(RR-3):1–104] comprises recommendations for the use of specific contraceptive methods by women and men who have certain characteristics or medical conditions.

- [Download](#) the free U.S. MEC application for iPhone/iPad/iPod from the iTunes App Store.
- A [full color summary MEC chart](#) (in English) can be printed double sided, laminated, and used by health care providers when counseling women. A Spanish version is coming soon.
- [Effectiveness of Family Planning Methods – English](#) both 8.5x11 and poster size
- The MEC Wheel, MMWRs, and other provider tools are available to order from [CDC-INFO on demand](#) in limited quantities. Some of the tools available are:
 - The MEC Wheel
 - Effectiveness of Family Planning Methods – Spanish
 - U.S. Medical Eligibility Criteria for Contraceptive Use Laminated Color Coded Summary Chart (Legal Size)
 - U.S. Medical Eligibility Criteria for Contraceptive Use, 2016 *MMWR* Vol. 65, No. 3

Resources

[Recommendations to Improve Preconception Health and Health Care—United States April 2006](#)

[source: MMWR 2006;55(RR06):1–23] provides recommendations to improve both preconception health and care. The goal of these recommendations is to improve the health of women and couples, before conception of a first or subsequent pregnancy.

[Sexually Transmitted Diseases Treatment Guidelines, 2015](#) [source: MMWR. 2015;64(RR3):1–138] are recommendations for treating persons who have or are at risk for sexually transmitted diseases. These updated guidelines discuss 1) alternative treatment regimens for *Neisseria gonorrhoeae*; 2) the use of nucleic acid amplification tests for the diagnosis of trichomoniasis; 3) alternative treatment options for genital warts; 4) the role of *Mycoplasma genitalium* in urethritis/cervicitis and treatment-related implications; 5) updated HPV vaccine recommendations and counseling messages; 6) the management of persons who are transgender; 7) annual testing for hepatitis C in persons with HIV infection; 8) updated recommendations for diagnostic evaluation of urethritis; and 9) retesting to detect repeat infection. Related resources include:

- [Wall chart](#) and [pocket guide](#)
- [Download](#) the free 2015 STD Treatment (Tx) Guidelines application for iPhone/iPad/iPod from the iTunes App Store. This is an easy-to-use reference that combines information from the STD Treatment Guidelines with MMWR updates. It features a streamlined interface so providers can access treatment and diagnostic information. An Android app is currently being developed.

[Revised Recommendations for HIV Testing of Adults, Adolescents, and Pregnant Women in Health-Care Settings](#) [source: MMWR. 2006;55(RR14):1–17] are recommendations for human immunodeficiency virus (HIV) testing for all health-care providers.

The [American Society for Colposcopy and Cervical Pathology \(ASCCP\) guidelines](#) for the prevention and early detection of cervical cancer, and management of abnormal screening results. This site includes a link for downloading a ASCCP mobile app for Android, iPhone, and iPad. The app is also available in Spanish.

Resources

[American Congress of Obstetricians and Gynecologists \(ACOG\) Committee Opinions](#) include:

- [Well-Woman Recommendations](#)
- [Human Papillomavirus Vaccination](#)
- [Depot Medroxyprogesterone Acetate and Bone Effects](#)
- [Colorectal Cancer Screening Strategies](#)
- [Adolescents and Long-Acting Reversible Contraception: Implants and Intrauterine Devices](#)

[US Preventive Services Task Force Recommendations](#) include:

- [Cervical Cancer: Screening](#)
- [Breast Cancer: Screening](#)
- [Colorectal Cancer: Screening](#)
- [Human Immunodeficiency Virus \(HIV\) Infection: Screening](#)
- [Chlamydia and Gonorrhea: Screening](#)
- [Testicular Cancer: Recommendation Against Screening](#)
- [Folic Acid to Prevent Neural Tube Defects: Preventive Medication](#)
- [Hepatitis B Virus Infection: Screening, 2014](#)
- [Hepatitis C: Screening](#)
- [Sexually Transmitted Infections: Behavioral Counseling](#)
- [Tobacco Use in Adults and Pregnant Women: Counseling and Interventions](#)
- [Tobacco Use in Children and Adolescents: Primary Care Interventions](#)

[Human Papillomavirus Vaccination: Recommendations of the Advisory Committee on Immunization Practices \(ACIP\)](#) [source: MMWR, August 29, 2014, Vo1 63, #RR05] summarizes the epidemiology of human papillomavirus (HPV) and associated diseases, describes the licensed HPV vaccines, provides updated data from clinical trials and post licensure safety studies, and compiles recommendations from CDC's Advisory Committee on Immunization Practices (ACIP) for use of HPV vaccines.

[Use of 9-Valent Human Papillomavirus \(HPV\) Vaccine: Updated HPV Vaccination Recommendations of the Advisory Committee on Immunization Practices](#) [source: MMWR. 2015;64(11);300-304].