

Reproductive Life Plan – HM 1

| DEFINITION |
|--|
| A reproductive life plan is a set of personal goals about having or not having children. It also states how to achieve these goals. It can help ensure a person is healthy and ready if they choose to achieve pregnancy. It should be a component of all family planning visits. |
| SUBJECTIVE |
| <ol style="list-style-type: none">1. Plans for future pregnancy.2. Choice of contraception for pregnancy prevention.3. Satisfaction with current contraception or problems with method.4. Personal or family history that could affect future pregnancy.5. Social risks that could affect future pregnancy. |
| OBJECTIVE |
| Should include: <ol style="list-style-type: none">1. Height, weight, BMI, and Blood Pressure May include: <ol style="list-style-type: none">1. Age-appropriate physical exam2. Immunizations |
| LABORATORY |
| May include (as appropriate): <ol style="list-style-type: none">1. STI screening2. UA3. Wet mount4. Pap smear5. Pregnancy test |
| ASSESSMENT |
| Assisting with personal goals for planning IF and WHEN a person chooses to have children. |
| PLAN |
| <ol style="list-style-type: none">1. Provide a broad range of birth control methods, as appropriate2. Assist with achieving an optimal pregnancy3. Reassess the reproductive life plan at future visits4. Make referrals as indicated for substance abuse, interpersonal violence, mental health concerns or other identified problems |
| CLIENT EDUCATION |
| Discuss: <ol style="list-style-type: none">1. Ideal timing between pregnancies2. Ideal BMI, healthy diet, and exercise (myplate.gov)3. MVI daily with at least 400-800mcg (0.4-0.8mg) of folic acid4. Immunization schedule5. Nicotine cessation and substance use during pregnancy and resources for quitting.6. Marijuana use in pregnancy, encourage discontinuing. Increased risk for pre-term birth, low birth weight, IUGR. May have long-term brain development consequences, including attention, memory, problem-solving skills, and behavior later in the child's life.7. STI prevention |

Effective Date: 12/1/2023

Last Reviewed: 10/24/2023

Next Scheduled Review: 10/1/2024

8. Medication safety in pregnancy (including supplements)

CONSULT / REFER TO PHYSICIAN

1. Genetic counseling if indicated
2. Infertility referral if indicated

REFERENCES

1. [Planning for Pregnancy | Preconception Care | CDC](#)
2. [Resource Guide for Clinicians - Before, Between & Beyond Pregnancy \(beforeandbeyond.org\)](#)
3. [Checklists for Family planning and related preventive health services \(rhntc.org\)](#)
4. [Substance Abuse and Mental Health Services Administration: Marijuana During Pregnancy](#)