

# LA BEST BABIES NETWORK



Healthy Babies. Our Future.  
*Presented by First 5 LA*

## LABBN Reproductive Life Plan Tool Kit

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# Who Are We?

# LA Best Babies Network

funded by

## The Healthy Births Initiative

### A Program of First 5 LA

# Vision of The Healthy Birth Initiative

- Optimize the health and well-being of each mother, child and family in Los Angeles County.
- Optimize potential for early childhood development, intellectual capacity and lifelong good health.



- Gave birth to the LA Best Babies Network

# LA Best Babies Network Believes:

A child must be born on time, well-nourished and with a healthy birthweight and to prepared parents to reach his or her full potential for early childhood development, intellectual capacity and lifelong health.



# LA Best Babies Network is the Coordinating Arm for The Healthy Births Initiative

- Best Babies Collaboratives
- Care Quality Initiative
- Policy and Advocacy
- Healthy Births Learning Collaboratives (HBLC's)
- Technical Assistance



# Best Babies Collaboratives

Funded partnerships in areas of high need:  
Addresses care before/during/between pregnancies



# Healthy Births Care Quality Collaborative

➤ Focus on systems change to improve the content, quality and cultural competency of PNC:

- Prenatal Nutrition
- Breastfeeding Preparation & Support
- Infection & Inflammation
- Depression
- Domestic Violence
- Substance use
- Tobacco use
- Diabetes Care
- Comprehensive PP Care
- Cultural Competency
- Self Management

# Policy and Advocacy

- Grounded in community, supported by knowledge, and focused on results.
- Changing public and non-public policies and systems that affect women, children and families.
- Partner with organizations and communities to identify and develop policy issues and to implement policy changes.



# Los Angeles County Perinatal Summit 2005

**“Healthy Births Through Healthy Communities:  
Connecting Leadership to Achieve a Unified  
Commitment to Action”**





# 5 Summit Recommendations

1. Build and strengthen comprehensive perinatal services for all women.
2. Assure all eligible infants are enrolled in Medi-Cal health insurance before leaving hospital.
3. Integrate perinatal resources into the County information line.
4. Promote risk appropriate perinatal care.
5. Support every women to have a reproductive life plan.

# Why A Reproductive Life Plan?

- Many poor pregnancy outcomes can be averted if a person attains optimal health prior to conception.
- Reproductive health is directly affected by a person's overall health and well being.

# Outcomes to consider

- The U.S the highest rates of:
  - Maternal mortality
  - Infant mortality
  - Low birth weight and preterm infants.
  - Hypertensive disorders in pregnancy
  - Diabetes
  - Cardio vascular disease
  - Obesity

Compared to France, Germany, Japan ,England, Canada and many other developed nations.

# Time For a Paradigm Shift!

From  
Healthy Mothers



Health Babies

# Paradigm Shift!

To

*Healthy Women*



Healthy Mothers



Healthy Babies

# Reproductive Life Plan

Is a plan to attain a state of reproductive health that begins in infancy and continues throughout the life of the individual.

Regardless, of a person's choice to reproduce.

# Key messaging when developing a Reproductive Life Plan

- Reproductive life plan whether or not a person chooses to reproduce.
- The effect of overall health on reproductive health.
- Decrease the 50% unintended pregnancy rate.

# Problems Caused by the 50% Unintended Pregnancy Rate in the U.S.

- Missed opportunity to attain optimal health particularly in high risk individuals.
- 50% of unintended pregnancies are a result of contraception failures.
- Early pregnancy exposure to ETOH is highest in unintended pregnancies.
- Highest usage of teratogenic prescription use in women of reproductive age.

# Factors To Consider

- 62 million U.S. women of childbearing age.
- By age 25 about half have experienced one birth.
- 84% had a health care visit in the previous year.
- 55% obtained preventive health services.
- Between 33-50% have more than one primary care provider.
- All providers who routinely treat women for well-women visits play an important role.

21% of OB-Gyn feel preconception care has high priority in their work load

Curtis Maternal child health 2006 J 10:S53-S58

*There are many opportunities for reproductive life plan education.*

# Reproductive Life Plan Toolkit

## Target Audience

- Health Care Providers - including
  - Nurse Practitioners, Midwives, Ob-Gyn
  - Family Practice
  - Family Planning clinics
  - Pediatrics
- Patients- (male and female)

## Tool Kit Content

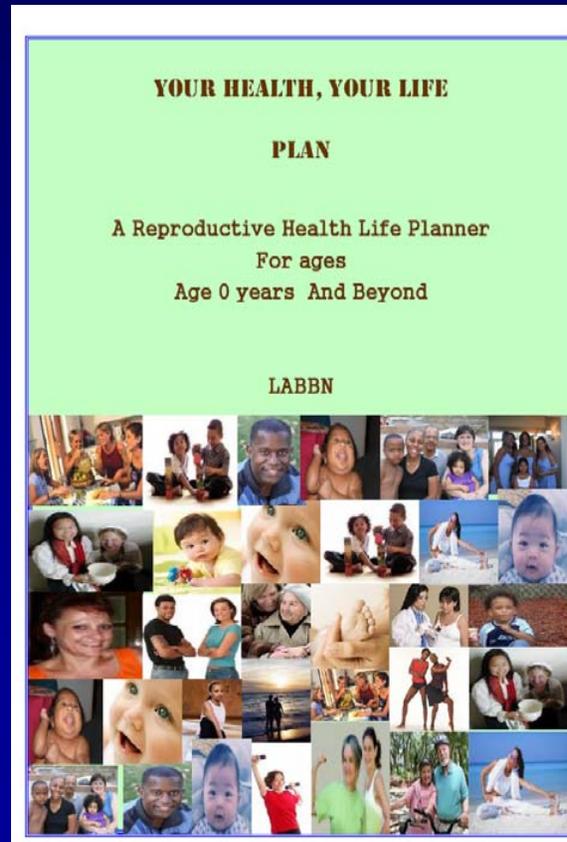
- Reproductive Life Planner – patient education and health record.
- Patient Quiz pamphlet- Education and self-assessment
- Reproductive Health Checklist- Instruction and information sheet for patient.
- Patient Assessment Form/Review of systems
- Limited Visit physical exam record- for the health care provider.
- Extended Visit patient exam record
- Reproductive Life Plan Position Statement

# Tools for Patient

# Purpose of the Life Planner

- To assist the patient in formulating a reproductive life plan.
- To provide information on how to obtain optimum health.
- Provide information on reproductive health and general health, also acts as a health record.
- To provide resources and information for health care, preventive services, and health education.

# Reproductive Life Planner for Patient Education



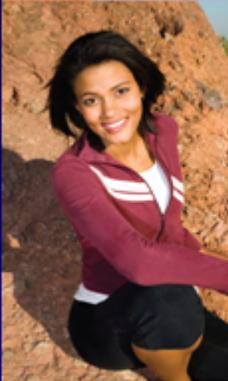
# Quiz Pamphlet

## Bilingual educational pamphlet

- Ten question “quiz pamphlet” to screen for good health practices.
- Ten “yes/no” questions with corresponding facts and scores for their responses.
- Provide a guide so they learn what their score reveals about themselves, actions they can take.

# Quiz Pamphlet

How healthy are you?  
**Score yourself!**



Answer the questions inside and add up your score.

Look up your total to learn more about how to stay healthy.

¿Qué tan sano está usted?  
**¡Califíquese usted mismo!**



Conteste las preguntas de este folleto y sume su calificación.

Busque su total al final para aprender más sobre cómo conservarse sano.

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# Reproductive Health Checklist

- Use as an instruction sheet for problems identified during the patient visit.
- Resources listed on the back of the sheet.
- May be printed as a prescription pad or as a discharge instruction sheet.

# Reproductive Health Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: Female/ Male

## Reproductive life Plan Check list

Desires children

Does not desire children

Unsure

Reproductive Stage Male and female	Assessed Need	Plan/Comment
Birth to puberty	<input type="checkbox"/> Immunizations <input type="checkbox"/> Healthy kid examinations <input type="checkbox"/> Nutrition and exercise. <input type="checkbox"/> Drug, tobacco, and alcohol initiation prevention <input type="checkbox"/> Sex education <input type="checkbox"/> Congenital acquired disease counseling <input type="checkbox"/> Environmental toxins <input type="checkbox"/> Dental visits every 6 months	
Puberty to Maturated Adult ≤ 50 years  * = yearly starting at 40 or if at high risk	<input type="checkbox"/> Annual exams <input type="checkbox"/> Pap <input type="checkbox"/> Medical and visual eye exam <input type="checkbox"/> Mammogram <input type="checkbox"/> Diabetes Screening either FPG or 1hr. GT* <input type="checkbox"/> Thyroid Screening (yearly starting at age 35) <input type="checkbox"/> Prostate screening <input type="checkbox"/> Immunizations <input type="checkbox"/> Disease management <input type="checkbox"/> Diet and exercise <input type="checkbox"/> Genetic counseling <input type="checkbox"/> Pregnancy Spacing <input type="checkbox"/> Family Planning- Contraception status <input type="checkbox"/> Sexually transmitted disease/HIV	

# Tools for Providers

# Factors To Consider with Health Care Providers

- Facilitate incorporation into patient visit.
  - *“Every women Every time.”*
- Quality of patient care
- Cost to offer education and screening
- Health care provider work load.

# Patient Health Evaluation Forms

Incorporate the Salient Aspects of Reproductive Health  
in Each Patient Encounter  
*“Every Women Every Time”*

- Immunization history
- Contraceptive history
- Weight and nutrition assessment (BMI)
- Recommendation section to include reproductive health referral, education,
- Medication

# Reproductive Health Assessment Form or Review of Systems

Reproductive Health Evaluation Form			
May be filled out by patient or by provider			
Date: _____			
Reproductive Health Information			
	Yes	no	Provider's note
Have you ever been pregnant ?			How many times/ year
Have you had any vaginal deliveries?			How many? year
Have you had Miscarriages			How many? year
Have you had any Induced Abortion			How Many year
Ectopic gestations			How many? year
Cesarean Sections			How many? Why?
Have you had babies who weigh less than 5 pounds?			
Have you had a baby that weight more than 9 pounds?			
Have you had a baby that was born more than one month before the due date?			
Did you develop diabetes when you were pregnant? or not pregnant			How many pregnancies with diabetes?  How old were your when you were diagnosed with diabetes? _____ What medicines do you take for diabetes:
Have you had Preeclampsia (high blood pressure) or eclampsia (seizures) with any pregnancy?			
Have you had any			List the complications

# Extended or Limited Patient Examination Form

Promote Reproductive Health Assessment During Every Encounter

## Reproductive Health Physical Examination Form

Date: \_\_\_\_\_

Age \_\_\_\_\_

LMP \_\_\_\_\_

Race/ethnicity: \_\_\_\_\_ Language \_\_\_\_\_

Meds: \_\_\_\_\_

Contraception : \_\_\_\_\_

Allergies: \_\_\_\_\_ Immunizations Current: Y\_\_N\_\_

Reason for visit:

\_\_\_\_\_ Wgt \_\_\_\_\_ Hgt \_\_\_\_\_ BMI \_\_\_\_\_ ( 20-25) B.P. \_\_\_\_\_ Temperature \_\_\_\_\_

# Promote Reproductive Health Indicators as Part of Health Care Plan

	Guaiac Negative <input type="checkbox"/> Positive <input type="checkbox"/> Vag ph > 4 <input type="checkbox"/> < 4 <input type="checkbox"/>	
-----Tear off-----		
Assessment:		
Plan:		
<b>Reproductive Health Indicators:</b>		
Multivit with 400mic Folate <input type="checkbox"/> Healthy weight <input type="checkbox"/> Healthy diet <input type="checkbox"/> Smoking cessation <input type="checkbox"/> Drug and Alcohol referral <input type="checkbox"/> Medical condition referral <input type="checkbox"/> Dental referral <input type="checkbox"/> Social Service/Psyc referral <input type="checkbox"/> Family planning counseling <input type="checkbox"/> Environmental toxin/genetic counseling <input type="checkbox"/> Immunizations <input type="checkbox"/>		Date:
<b>Reproductive health need:</b>		
<b>Referral:</b>		

# Implementation of Reproductive Life Plan Into Every Visit Requires “Buy In” from 4 Stakeholders

- Patients (women and men)- Who need it but do not ask for it.
- Health Care Provider- Who know it but are unable to provide it.
- Payers- Who may not pay for it.
- Policy Makers- Who may not promote it.

# A Reproductive Life Plan Tool Kit

- Can lead us in the right direction



“Every one Every Time”