

Women and Maternal Health: Pregnancy Intention Screening Initiatives

Objective 1.4: Increase the proportion of women receiving pregnancy intention screening as part of preconception and interconception services.

Activities During Federal Fiscal Year 2023

Reproductive Life Plan (RLP) Workbook: Released in December 2020, the RLP Workbook was developed for use across agencies and sectors of the health care system in our state in both clinical and non-clinical settings. The workbook was designed with the intention of using the tool in a variety of settings where providers have varying degrees of opportunity to work through the workbook with a woman. For example, a case management or home visitation service provider can be revisited over the course of several visits for completion, reflection, and progress monitoring, whereas only targeted sections of the workbook might be completed by a provider in a medical or Title X clinic. Use of the workbook can be customized by each type of service provider but does provide standardized tools and a consistent approach for encouraging women of reproductive age to set life and health goals during a well-woman visit on an annual basis. The workbook has been tested in a variety of settings including physician offices, safety net clinics, home visiting with parent educators, health department clinics, peer to peer conversations, and a barber shop. The responses were overwhelmingly positive, with an appreciation of the contraceptive devices and effective rates, space to plan/think/take notes, and the reflections on health. The workbook is available in English and Spanish and as both a printable document and a fillable PDF form. In the coming year, the workbook, along with the Well-Woman Visit Toolkit, Preconception Guide (Prenatal Syphilis Screening, Staging, Treatment, and Monitoring for Congenital Syphilis) will be key components for training related to the well-woman visit. Materials will be integrated into promotional efforts for National Women's Health Month, Black Maternal Health Week, the KPQC Fourth Trimester Initiative (FTI) as well as applicable webinars and trainings for MCH and Title X providers.

LARC Toolkit: Title V continued its collaboration with Title X and other state partners to increase access to LARCs for women, including continued implementation of the LARC Integration Toolkit. However, barriers to accessibility of LARC have been identified including gaps in areas where LARC's or LARC providers are available, and attitudes towards LARC by women and prescribers throughout the state. More work needs to be done in the assessment and implementation of contraception counseling and pregnancy intention throughout the state at consumer and prescriber levels.

Local MCH Agencies: The following are examples of how some of the local MCH grantee agencies have made progress toward Objective 1.4 during the reporting period.

- The Jefferson County Health Department home visiting nurse attended training on pregnancy intention screening and has increased the recorded instances of

women receiving education on Preconception/Interconception Health and Reproductive Health from 0 instances in 2022 to 58 and 59 instances in 2023.

- Lawrence-Douglas County met their goal of having 75% of all subsequent births to enrolled program participants occur at least 24 months after the parent's previous birth. Upon enrollment into the program, pregnancy intention screening was used to guide conversation that encourages intentional family planning. The conversations included education on maternal health, birth spacing, and contraception methods. Of the 45 families enrolled in the home visiting program, only one had experienced a subsequent pregnancy and the children were born 20 months apart.
- Riley County Health Department achieved the following progress on their goals:
 - Posted social media messages to increase awareness of post-birth warning signs and pregnancy intention.
 - Provided 256 instances of preconception/interconception health education during multiple appointments before, during and after pregnancy, an increase from 214 in 2022.
 - Reviewed and discussed the Reproductive Life Plan with 308 clients at the postpartum visit. 651 instances of reproductive health education were provided in 2023, an increase from 484 in 2022.
- Shawnee County Health Department staff assessed for pregnancy intention at all postpartum visits (n=95).

Plans for Federal Fiscal Year 2025

Pregnancy Intention Screening: 2016-2020 data from the Kansas Maternal Mortality Review Committee demonstrated that focused evaluation and intentional intervention in the postpartum period should be the primary goal to improve maternal health outcomes. The KPQC Fourth Trimester Initiative (FTI) is a maternal health quality initiative aimed at decreasing maternal morbidity and mortality in our state by intentionally focusing on the immediate postpartum setting through the first year postpartum.



One of the core components of the FTI model of care is ensuring that postpartum persons receive education and access to reproductive life planning services, including Long Acting Reversible Contraception (LARC) devices. Nationally 40% of birthing persons never attend a postpartum appointment thereby missing a key opportunity and touchpoint for reproductive life planning education and conversation. This in turn leads to higher rates of unintended pregnancy, short pregnancy intervals, and higher preterm birth rates; along with missing a myriad of other leading maternal health indicators that impact maternal morbidity and mortality. As part of the FTI postpartum model of care participating birth facilities will include reproductive life planning as part of their discharge education; and will schedule a postpartum appointment for the birthing person prior to discharge from the FTI facility. FTI facilities will work collaboratively with community partners to connect postpartum persons to local community resources that provide low or no cost reproductive life planning services- including LARC devices (Title X programs, safety net clinics, local providers, etc.).

LARC Toolkit: The [LARC](#) toolkit is intended to be utilized by Kansas MCH and Title X/Family Planning programs and shared with local partnering providers serving the same population, in an effort to collaboratively develop an adequate system of care. Information in the toolkit is based on sound research and recommendations from The American College of Obstetricians and Gynecologists. Updates to toolkits and education around LARC devices and support for providers will continue to be made available for MCH programs. Preconception health awareness, education, and resources will be provided through evidence-based partners including, the National Clinical Training Center for Family Planning, the Reproductive Health National Training Center, and with

direct connection with field representatives from pharmaceutical companies to provide onsite support when needed.

Local MCH Agencies: The following are examples are local MCH grantee agencies plans toward Objective 1.4 during the plan period.

- Butler County Health Department will ask all pregnant and postpartum women at each MCH visit, “Do you or your partner wish to become pregnant in the next year?” In addition to ensuring this question is asked at each visit, we are committed to improving the referral process in DAISEY.
- Northeast Kansas Multi-County Health Department will screen for pregnancy intention using the DAISEY form. We will implement specific education for our nurses to provide based on the screening as well as identifying resources to offer based on client responses. Educational guidance will be determined and provided to staff during the first quarter of the reporting period.
- Southeast Kansas Multi-County Health Department plans to enhance the pregnancy intention screening service for all postpartum clients by providing Home Visitors with comprehensive training on conducting pregnancy intention screening, utilizing validated tools, and guiding appropriate referrals and education based on screening outcomes. The screening process will be tailored to be culturally sensitive, acknowledging the diverse beliefs and values of the served populations to foster trust and accuracy in responses. Integration of pregnancy intention screening into routine postpartum visits will become standard, normalizing discussions around family planning and ensuring consistent screening for all clients. Clear and accurate education and counseling will be offered based on screening results, providing information on contraception options, family planning resources, and preconception counseling for informed decision-making.