



Reproductive Life Plan

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 resources6. STI prevention7. Medication safety in pregnancy (including supplements)
CONSULT/ REFER TO PHYSICIAN	Genetic counseling if indicated <ol style="list-style-type: none">1. 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. Achieving and Preventing Pregnancy | Reproductive Health National Training Center (rhntc.org)