



Preconception Health

DEFINITION	Preconception is defined as a time when a reproductive aged female is not pregnant but at risk for becoming pregnant or when a man is at risk for impregnating his female partner. The goal of preconception health-care for women is to recognize and modify risks that impact health and/or pregnancy outcomes. This includes biomedical, behavioral and social risks. For men, addressing their direct contributions to the infant’s health as well recognizing their impact on a woman’s health is important. The goal is to decrease adverse pregnancy outcomes.
SUBJECTIVE	Female history should include: <ol style="list-style-type: none">1. Reproductive history2. History of poor pregnancy outcomes3. Environmental exposures, hazards and toxins4. Medication use (with review of safety in pregnancy)5. Genetic conditions6. Family history7. Partner violence assessment8. Alcohol, nicotine and other drug use assessment9. Immunization status10. Depression screen Male history should include: <ol style="list-style-type: none">1. Past medical and surgical history that may impact reproductive health such as genetic conditions, history of reproductive failures and conditions that can reduce sperm quality such as obesity, diabetes and varicocele2. Medication use3. Alcohol, nicotine and other drug use assessment4. Immunization status5. Depression screen
OBJECTIVE	May include: <ol style="list-style-type: none">1. Height, weight and BMI2. Age appropriate physical exam, if indicated.3. Blood pressure
LABORATORY	May include: <ol style="list-style-type: none">1. STI/HIV screening, as indicated2. Pap screening, as indicated3. Diabetes screening, as indicated
ASSESSMENT	Preconception Health Care
PLAN	<ol style="list-style-type: none">1. Discuss reproductive life plan.2. Provide immunizations, as indicated.
CLIENT EDUCATION	<ol style="list-style-type: none">1. All women planning or capable of pregnancy should be counseled about the need to take a daily supplement containing 0.4-0.8 mg folic acid.2. Education and referral for individuals who screen positive for intimate partner violence.3. Education regarding impact of nicotine, alcohol and other drug use on pregnancy; refer as indicated.4. Advise consult with prescribing provider if medication use that may impact pregnancy or fetal development.5. Counsel regarding impact of body weight on pregnancy; refer as indicated for nutritional counseling.
CONSULT/ REFER TO PHYSICIAN	<ol style="list-style-type: none">1. Individuals with identified high risk health problems prior to pregnancy.



References:

1. QFP: rr6304.pdf (cdc.gov)
2. Exposure to Toxic Environmental Agents | ACOG 2013, Reaffirmed 2016
3. Optimizing natural fertility: a committee opinion - Fertility and Sterility (fertstert.org) 2016.
4. Pre-conception_Counseling_Checklist_072319.indd (rhntc.org)
5. Prepregnancy Counseling | ACOG 2018, Reaffirmed 2020
6. Search Resources | Reproductive Health National Training Center (rhntc.org)