

Family Case Management and Family Planning

Addressing client's family planning needs in FCM service delivery



FCM: *Addressing Family Planning as a Quality Indicator*

- Review Illinois Healthy Women eligible client list from Cornerstone downloads.
- Did client receive IHW card and forms?
 - Check Medi system for eligibility or current pink card expiration date at client encounter.
 - Inform client about IHW enrollment process.
 - Did client complete and send enrollment or the re-enrollment form?
 - Give IHW website and/or toll free number to client.
 - Best practice is to assist client with enrollment process to ensure client access to family planning services



FCM: *Addressing Family Planning as a Quality Indicator*

- Inquire about each prenatal and postpartum client's contraceptive plan.
- Track each client's family planning referral and outcome.
- Check client's method satisfaction: Continuation of contraception option? Need to change method?
- Track outcome: Program success with prevention of unintended pregnancy; adequate interconceptional interval per WIC risk factor analysis.
- FCMWIC Integrated Quality Assurance Plan Indicator



FCM: Family Planning Related Referrals

■ Referrals, as indicated:

- Family planning services
- Primary care provider - 'health home'
- Breast and Cervical Cancer Program
- HIV testing, counseling and care if positive confirmatory result
- STI testing and counseling, follow-up and partner notification



FCM: Cornerstone Documentation

■ SV01 Service Entry:

- Code 804: Family Planning service or referral
- Code 805: General Adult Medical referral

■ PA10 Postpartum Screen:

- Edit Family Planning Method field over time

■ RF01 Referral Screen

- Required documentation field for referrals
- Comment section is used to record all tracking/follow-up efforts
- Date of completion is based on final outcome of tracking efforts in comment section



FCM: Benefits of Case Management Efforts

■ *Empowerment and better birth outcomes*

- Move woman toward more conscious reproductive health decision making
- Ensure families have primary care provider – a health home
- Improved collaboration with WIC and area family planning clinic staff
- Case Managers are key professionals in the statewide effort to improve the reproductive health status of Illinois women



Benefits of FCM, WIC, FP Collaborative Efforts

- Health promotion messages are reinforced:
 - Buying time – better birth outcomes by spacing pregnancies
 - Safer sex behavior – STI/HIV prevention
 - Preconception/interconception care
 - Breast and cervical cancer prevention



Preconception/Interconception Counseling

- Adequate folic acid intake during childbearing years & multivitamin use
- Medical risks: Ongoing medical care for chronic conditions
- Prior unintended pregnancy: Use of highly effective birth control method
- Address lifestyle risks and make appropriate referrals for intervention:
 - Tobacco, alcohol, drug use
 - Nutrient deficiencies
 - Social and emotional health problems



Reproductive Life Plan Talking Points

- Do you hope to have more children?
- How many children do you hope for?
- How long do you plan to wait until you become pregnant again?
- What are you planning to do to stay healthy until you are ready to be pregnant again?
- What help do you need to plan for your next pregnancy?
- What steps can you take now?



Motivational Interviewing Key Concepts

- Reflective listening [express empathy]
- Statements/questions to develop discrepancy
- Statements/questions to roll with resistance
- Questions to support self-efficacy
- Statements/questions for reinforcing positive change-talk and new behaviors



Teachable Moments for the High Risk Woman

- Identify the woman at high risk for subsequent unintended pregnancy:
 - “Unsure” of contraceptive plan by third trimester of pregnancy and no method chosen at initial postpartum encounter
 - Client plan of condom use only or choice of method that is not highly effective
 - History of short interconception period
 - Current or past pregnancy was unintended
 - History of inconsistent contraceptive use



Teachable Moments for High Risk Women

continued

- Review highly effective contraceptive options with woman
- Use motivational interviewing techniques to determine barriers to consistent use
- Contract with client to assist in effort to obtain/maintain effective contraception
- Follow-up with woman at each encounter to ensure continuation of method or need to change to another highly effective contraceptive method
- Include STI/HIV Prevention or Risk Reduction messages at each encounter as appropriate



FCM: Best Practice Summary

- Make a reproductive life plan with each client during any teachable moment that presents during prenatal and postpartum visits
- Teachable moments arise from woman's health assessment responses, completion of birth screen in Cornerstone with contraceptive method, etc.
- Advocate for women with supported referrals
- Track to ensure needed services are obtained
- Reinforce reproductive health messages to women at each encounter
- Give extra counseling time to high risk women using motivational interviewing techniques
- Monitor FCM Program process and outcomes – Quality Assurance Indicators for adequate interconception spacing and prevention of subsequent unintended pregnancy

Resources

- Your IDHS MCH Nurse Consultant
- Women's Health:
www.4women.gov
- List of Title X agencies in service area
[handout]
- Department of Human Services Helpline
800-843-6154

Resources

- HFS website with link to FDA Approved Contraceptive Chart
<http://www.hfs.illinois.gov/mch/reprohealth.htm>
- Illinois Healthy Women
 - Website www.illinoishealthywomen.gov
 - Hotline 1-800-226-0768
