Integrating Reproductive Life Planning Into Your Family Planning Session

Webinar Follow-up Activity
Facilitator Instructions

Purpose
The purpose of this activity is to help staff practice and improve their skills in using tailored reproductive life planning questions and providing care and education based on clients’ responses. These instructions can be used by a clinic manager, supervisor, trainer or facilitator to conduct a follow-up activity with staff who viewed the archived recording Integrating Reproductive Life Planning into Your Family Planning Session.

Who Should Participate
This activity is appropriate for any clinic staff who provide family planning services to clients.

Objectives
By the end of this activity participants will be able to:

- Integrate tailored reproductive life planning (RLP) questions into a family planning visit.
- Describe educational messages and care based on client responses.

Preparation
Make one copy of the Asking Clients about their Reproductive Life Plan handout for each participant. Make enough copies of the role play scenarios so each person has the opportunity to be the counselor at least twice.

Time
1 hour

Materials
- Handout Asking Clients about their Reproductive Life Plan
- Role play scenarios for Counselor and Client

Optional Materials
- Reproductive Life Planning
  Archived Webinar: Resource Page (available on www.fpntc.org)
- The CDC Preconception Health video illustrates different reproductive life plans that people make based on their life goals/plans https://www.youtube.com/watch?v=8Ge74yC2IAo. Note that regardless of whether someone wants to have a baby or not, promoting a healthier lifestyle is a key part of the reproductive life plan and the QFP.
Instructions

1) Introduce the activity:

   This activity will give you a chance to practice integrating reproductive life planning questions into your counseling sessions, as well as offering tailored education messages and care based on clients’ responses. I’m going to distribute some role plays for you to practice in pairs, and then we’ll discuss them as a group.

2) Give each participant a copy of the handout Asking Clients about their Reproductive Life Plan for their reference. It can serve as a reminder of the reproductive life planning questions to ask and services to offer.

3) Instruct participants to work in pairs. Distribute Role Play #1 (Counselor) and Role Play #1 (Client) to each pair.

4) Instruct participants to carefully read the information that was provided and begin the role play session.

5) When everyone has completed the role play, you may choose to have staff process the role play first in pairs, or only process within the larger group.

6) Continue the role plays using Role Play #2 and #3 as time allows.

   Possible processing questions:
   - Who is willing to share their own experience doing the activity? Any surprises?
   - Counselors, were there any differences in the questions or messaging you provided female clients as opposed to male clients?
   - From the client’s perspective, what did your counselor do to help you feel comfortable discussing your reproductive life plan?
   - From the counselor’s perspective, what would you do differently next time?

Possible questions to explore how reproductive life planning is integrated at your site:
- Who typically asks the reproductive life planning questions at your site?
- Where is the client’s pregnancy intention documented on the client record?
Wrap Up

Ask participants to share something they plan to do to help them integrate reproductive life planning into visits.

Stress the following points:

- Always keep in mind the needs and circumstances of each individual client using a client-centered, culturally appropriate approach.
- Tailor your questions and the educational messages based on client’s responses.
- Follow the recommendations in the QFP.
- Actively listen, ask open-ended questions and be client-centered.
- Remind participants that the reproductive life planning services are offered to improve clients’ overall health and well-being, regardless of their pregnancy intention.
Role Play #1 (Counselor)

Client: 25 year old female

Reason for visit: Annual exam

Focus of role play:
- Practice introducing reproductive life planning
- Use your client’s responses to reproductive life plan to guide care

Reminders:
1) Establish rapport
2) Explain confidentiality and mandated reporting
3) Confirm or ask about reason for visit
4) Discuss reproductive life plan

**Sample transitional statement:** I’d like to ask you some questions, some of which may feel personal, however we ask these questions of all our clients to help us provide quality, preventive health care.

**Then ask:**
Do you plan to have any (more) children at any time in your future? (See Asking Clients about their Reproductive Life Plan for other questions.)

5) Have an interactive discussion about how she can best meet her goals
6) Discuss contraception as appropriate. Questions may include:
   *Are you currently using contraception? Are you able to use your method every time?*
7) Discuss preconception care. Questions may include:
   *“How is your health now? What about your medical and family history? Do you have any chronic conditions like diabetes? Do you have any health risk behaviors like tobacco use?”*
Role Play #1 (Client)

Information that counselor has about you:

Client: 25 year old female
Reason for visit: Annual exam visit

Details to share with your counselor:

- You are currently on the pill.
- You want to be pregnant in about one year.
- You smoke cigarettes and drink alcohol occasionally but have not been motivated to quit since you’re not yet pregnant.
- Make up additional information as needed.
Role Play #2 (Counselor)

Client: 19 year old heterosexual male
Reason for visit: STD check

Focus of role play:
Address client's primary concern but also…
- Discuss partners and condom use
- Practice introducing reproductive life planning

Reminders:
1) Establish rapport
2) Explain confidentiality and mandated reporting
3) Confirm or ask about reason for visit
4) Ask about partners
5) Provide STD prevention education messages
6) Discuss and encourage condom use (confirm knowledge and assess need for condom demonstration)
7) Discuss reproductive life plan

Sample transitional statement: I'd like to ask you some questions, some of which may feel personal, however we ask these questions of all our clients to help us provide quality, preventive health care.

Then Ask:
Do you plan to have any (more) children at any time in your future? (See Asking Clients about their Reproductive Life Plan for other questions)

Additional reproductive life planning questions:
Do you use birth control with your current partner? What birth control have you used with any past partners? How was that experience? What did you like or dislike? What would make it easier to use contraception?

8) Provide information about consistent and effective method use
Role Play #2 (Client)

Information that counselor has about you:

Client: 19 year old heterosexual male
Reason for visit: STD check

Details to share with your counselor when appropriate:

- You have a girlfriend but had sex recently with a past girlfriend and did not use a condom. You do NOT plan on having sex with your past girlfriend again.
- You do not want to start a family any time soon.

You can make up other details about your use of other types of contraception with your partner (if any) or add any other information to your story!
Role Play #3 (Counselor)

Client: 29 year old bisexual female
Reason for visit: Wants a contraceptive method to help regulate her period

Focus of role play:
- Address client's immediate concern
- Practice introducing reproductive life plan
- Think about what services might need to be considered for a bisexual client

Reminders:
1) Establish rapport
2) Explain confidentiality and mandated reporting
3) Confirm or ask about reason for visit
4) Discuss reproductive life plan
   
   **Sample transitional statement:** I'd like to ask you some questions, some of which may feel personal, however we ask these questions of all our clients to help us provide quality, preventive health care.
   
   Then ask:
   
   *Do you plan to have any (more) children at any time in your future?* See Asking Clients about their Reproductive Life Plan for other questions.

5) Ask how she protects herself from STDs and HIV
6) Explore the need for any referrals now or in the future
Role Play #3 (Client)

Information that counselor has about you:

Client: 29 year old bisexual female
Reason for visit: Wants a contraceptive method to help regulate your period

Details to share with your counselor when appropriate:

- You are tired of having unpredictable periods.
- You are currently dating women and have not been using birth control.
- When you have dated men, you’ve occasionally used condoms.
- You would like to have children someday, with a man or woman, depending on who you fall in love with in the future.