Reproductive Life Planning (RLP) Q & A

1. **Should I only use the questions that CDC provided for reproductive life planning?**
   No. You can use those questions as a guide when you first start the RLP conversation. Depending on the client’s response and where the conversation is going, modify and use the questions that best help you get to the client’s plan and help them achieve their reproductive life plan goals.

2. **Are you aware of any reproductive life planning tools for the African-American community?**
   Two reproductive life planning tools targeted towards African Americans are found on the CDC's Show Your Love campaign at [www.cdc.gov/preconception/showyourlove/videos.html](http://www.cdc.gov/preconception/showyourlove/videos.html). The last 2 videos listed on this page, My health, My choice and My Future and Preconception Health, are targeted towards an African American audience.

3. **What about when you have a transgender patient? What is a good first reproductive life planning question when you are not certain about the gender of your client?**
   You can still ask those same basic questions, because those same basic questions can be used for men and women. You may need to modify additional questions, based on the client’s response (as with any client). Also, ask transgender clients about their preferred pronouns and gender identities.

4. **Am I correct in assuming that preconception care is a conversation built into the visit? We have not seen a client just for the preconception care.**
   Generally people are not coming in for a preconception visit only. But, if they are coming in because of planning to become pregnant, that would be a preconception health visit. I do know that there are now physical exams that are inclusive of preconception counseling when the woman is of childbearing age. In terms of Title X requirements, preconception healthcare is one of the six core family planning services that are described in the QFP. There are a number of care components that are included in different types of visits. So it is not that preconception care stands alone as a type of service, it is that there are resident components of preconception care built in depending on the needs of the client.

5. **Is there research that shows positive outcomes of reproductive life planning in relation to women's health and/or birth?**
   The research provided in the presentation looked at poor birth outcomes with unintended pregnancies. If pregnancy is planned, and depending on what the risk element is, there is a chance for positive birth outcome with a planned pregnancy. As mentioned in the presentation, decreasing your health risk behaviors, and managing health conditions prior to pregnancy, may provide you with the best chance of having a healthier birth outcome.

6. **Why was race included in the scenarios? Was it relevant to the education and services given?**
The case scenarios included the patients’ race and ethnicity in order to reflect the diverse communities served by Title X programs. It is important to take into account a patient's race and ethnicity, as well as other individual cultural factors that may impact their view of RLP and issues related to RLP.

7. **Do you know any specific clinical software that have included RLP?**
   No, I am not aware of any, but I know that electronic health records have the capability of including screening questions related to reproductive life planning.

8. **Can you say a word about cultural competency training for providers counseling clients about RLP?**
   As stated above, it is important to remember that a patient's culture can influence his/her view of RLP and issues related to RLP, and it is important for providers to recognize that and take that into account when counseling patients. Providers also need to be non-judgmental about a patient's culture/values and instead provide the best information possible in terms of risks/benefits and advantages/disadvantages of reproductive life planning. Providers should try to work with the patient/couple and find a solution that fits with their cultural values.