

PRECONCEPTION HEALTHCARE:

What it is and why I need it.

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A shift in focus

- ▣ *From:* prenatal identification and interventions
- ▣ *To:* preconception health behaviors and awareness



Objectives

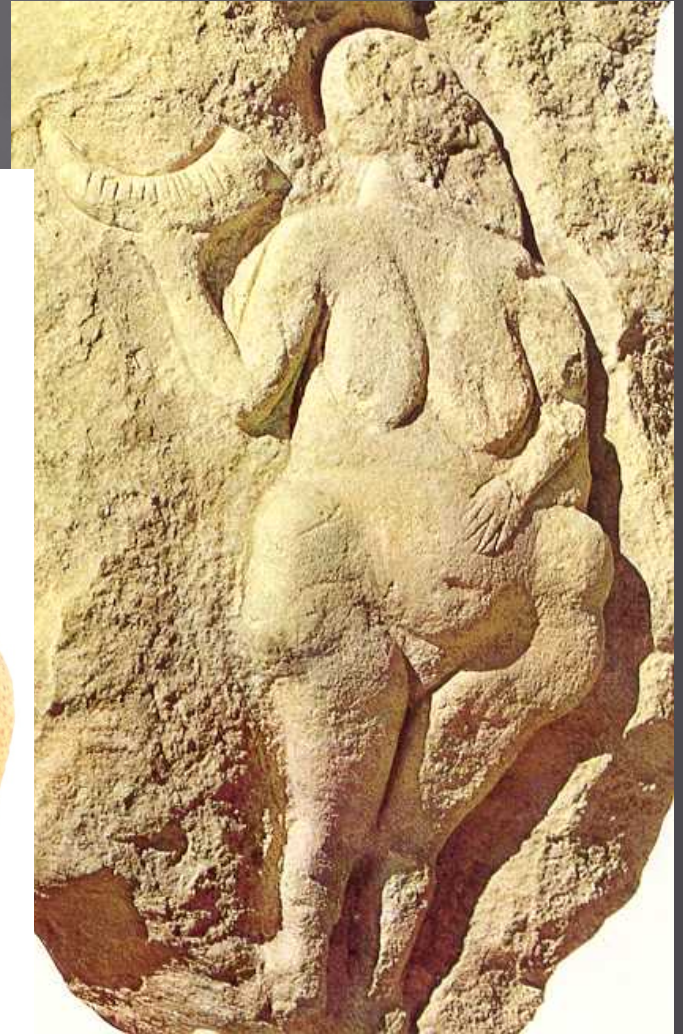
- ▣ What we know about Preconception Health
- ▣ Discuss the 4 CDC goals and the 2006 recommendations to improve pregnancy outcomes
- ▣ Consider some of the barriers to implementation
- ▣ Discuss strategies to improve access/implementation

What is preconception care?

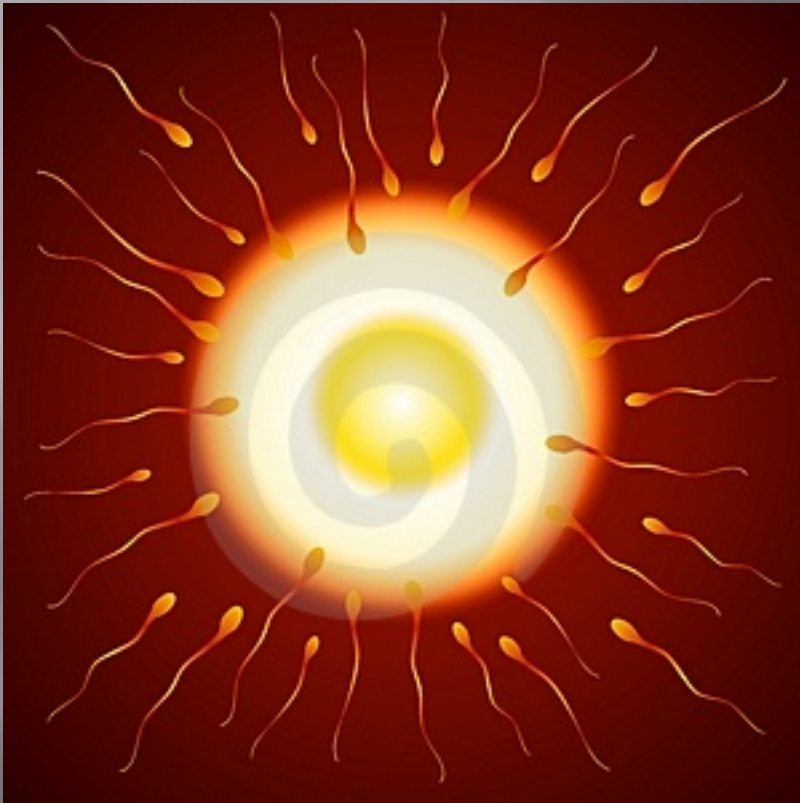
- ▣ “Interventions that aim to identify and modify biomedical, behavioral, and social risks to a woman’s health or pregnancy outcome through prevention and management emphasizing those factors which must be acted on before conception or early pregnancy to have maximal impact”

- CDC panel on preconception care

This concept is not new



Yuan Qi



- ▣ Prenatal Qi
- ▣ Given by both parents
- ▣ Finite

What we do know

- ▣ US infant mortality is increasing
 - Rank has deteriorated from #11 to #29 despite improved survival in NICU
- ▣ Health of childbearing women is deteriorating
 - For many conditions, prenatal care is too late

What we do know

- ▣ Most women understand the importance of optimizing their own health
- ▣ Most physicians agree that preconception care is important

We just aren't consistent...

CDC Goals for the 2006 Recommendations to improve pregnancy outcomes

1. Improve knowledge/attitudes/behaviors
2. Assure availability to all women
3. Reduce risks by identifying previous adverse outcomes and perform inter-pregnancy interventions
4. Reduction of disparities

2006 Recommendations

- ▣ Made by the Select Panel on Preconception Care convened by the CDC
- ▣ Interventions that aim to identify and modify risks to pregnancy outcomes through intervention and management

Training the clinicians

- ▣ Importance of good primary care
- ▣ Reproductive life plan
- ▣ Follow-up planning at well woman (and well man) visits
- ▣ Other health care professionals must be invested

Improving Knowledge and Behaviors

- ▣ Individual responsibility across the lifespan
 - Reproductive Life Plan



Consumer Awareness

- ▣ Increase public awareness using appropriate language and tools
 - Age
 - Literacy
 - cultural

Preventive visits

- ▣ Well woman/ well man visits
 - Risk assessment
 - Health promotion
 - Health education

Interventions for identified risks

- ▣ Focus on high priority interventions



Proven interventions

- ▣ Folic acid
- ▣ Rubella
- ▣ Diabetes
- ▣ Thyroid
- ▣ HIV
- ▣ PKU
- ▣ Oral anticoagulants
- ▣ Seizure medications
- ▣ Accutane
- ▣ Smoking
- ▣ Alcohol/Drug abuse
- ▣ Obesity
- ▣ STI's
- ▣ Hepatitis B

Recommendations 5 & 6

- ▣ Pre-pregnancy check ups as a part of maternity care
- ▣ Interconception care

Health insurance Coverage

- ▣ Ensuring availability to all women
- ▣ Improves access to preventive health and Preconception care

Public Health Programs and strategies

- ▣ Integration of PCC to existing programs
- ▣ Focus on women with previous adverse outcomes

Research and monitoring improvements

- ▣ Increase evidence-based information
- ▣ Maximize surveillance
- ▣ Improve tools for assessment of the effectiveness of interventions
- ▣ Creation of uniform guidelines for clinical practice

Barriers to Preconception care

- ▣ Inadequate training of clinicians
- ▣ Lack of services for that treat high risk behaviors
- ▣ Fragmentation of services
- ▣ Ineffective messaging
- ▣ Lack of community involvement

Barriers to PCC

- ▣ Clinical training programs don't emphasize risk assessment and health promotion
 - Evidence based information
 - Peer based support
 - Standardized clinical pathways

Barriers to PCC

- ▣ Lack of services that treat high risk behavior as well as fragmentation of services
 - Improve reimbursement
 - Shift from acute care focus to preventive
 - Web based and computer based programs to improve efficiency

Barriers

- ▣ Ineffective messaging
 - Realistic teaching agents
 - Culturally and age appropriate
 - Peer counseling

Barriers

- ▣ Lack of community involvement
 - Engage workplace, schools, churches
 - Encourage members to assist with development of programs and messaging
 - Initiate a dialogue with local and federal legislators

Preconception Health Care- why we need it:

- ▣ So women and men will be aware of the risk factors related to childbearing
- ▣ The choice of pregnancy is intended and planned
- ▣ Women will be screened for risk prior to becoming pregnant
- ▣ Women with a previous poor pregnancy outcome will have access to inter-conception care and interventions

Preconception Health Care

- ▣ Requires a fundamental shift in how we care for reproductive age women
- ▣ Incorporates input and support from the entire community
- ▣ Will need to devise a means to assess the effectiveness of interventions
- ▣ Encourages healthy behaviors in both men and women



