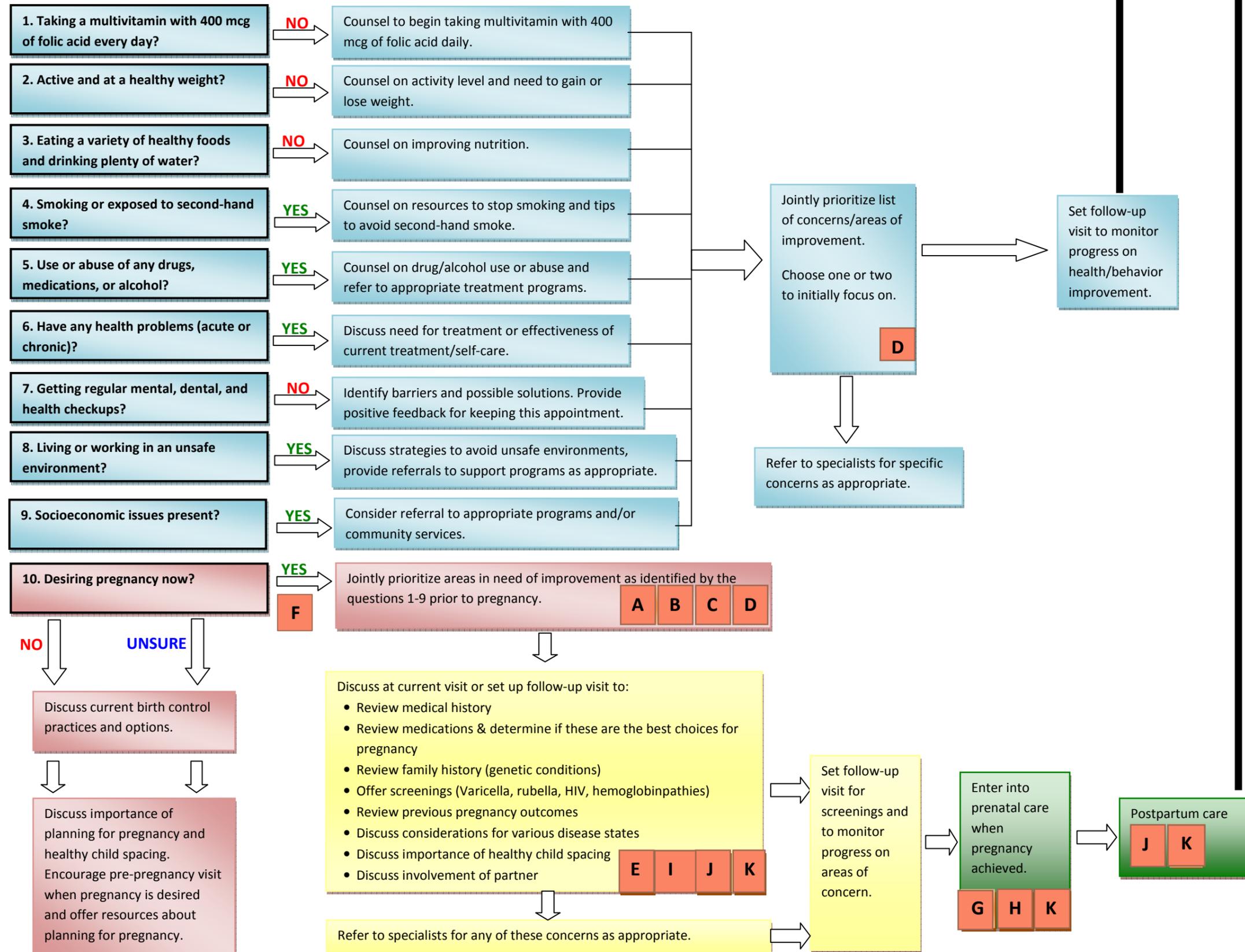




Planning for a Healthy Future

Algorithm for Providers Caring for Women of Childbearing Age

Questions to ask women of childbearing age (14-45 years) at each visit. Is she:



- WAPC Resources Key**
- A. [Folic Acid Position Statement](#)
 - B. [Planning for Pregnancy: Women with Obesity \(English\) \(Spanish\)](#)
 - C. [Planning for pregnancy: Women with: Epilepsy \(English\) \(Spanish\) Depression \(English\) \(Spanish\) Diabetes \(English\) \(Spanish\) Asthma \(English\) \(Spanish\)](#)
 - D. [Prescription for a Healthy Future](#)
 - E. [Becoming a Parent™ Preconception Checklist](#)
 - F. [Becoming a Parent™ booklet and pamphlet](#)
 - G. [Early Pregnancy Information: Tips for a Healthy Pregnancy](#)
 - H. [Laboratory Testing During Pregnancy Recommendations](#)
 - I. [Planning for Pregnancy: Becoming a Father Before Your Next Baby](#)
 - J. [Neonatal Withdrawal Toolkit](#)
 - K. [The Perinatal Weight Management Bundle](#)

Using the Algorithm

The purpose of this algorithm is to promote the health of all women in their childbearing years and the health of their potential children. Health care providers can use the algorithm to:

- **Put the life course approach to women's health into action**
- **Identify areas of risk of which a woman may not be aware**
- **Integrate preconception and interconception care seamlessly into well-woman care**
- **Identify chronic conditions and optimize therapies prior to pregnancy**
- **Suggest opportunities for behavior modification to optimize health status**
- **Re-orient one's self to key determinants (questions 1-9) related to maternal health and pregnancy outcomes (for providers who do not routinely care for women of childbearing age)**

WHO: Use the algorithm when providing care for all women of childbearing age presenting for care. Anyone who is seeing the patient can ask the ten questions.

WHEN: The algorithm can be used at all visits with women of childbearing age—from annual physicals to visits for acute illnesses.

HOW: Begin by asking the ten questions included in the algorithm. The guidance provided in the algorithm can assist providers in making recommendations and/or developing specific care plans for patients. Instances where WAPC materials may be used to support care are indicated on the algorithm by orange boxes.



211 S. Paterson Street | Suite 250
Madison, WI 53703
Phone: 608-285-5858 | Fax: 608-285-5004
Web: www.perinatalweb.org

This algorithm was developed by a multidisciplinary work group of leaders in their respective disciplines (including nursing, public health, genetics, and pharmacy) practicing in Wisconsin representing the Wisconsin Association for Perinatal Care. The algorithm was reviewed by external experts in the field representing family practice, obstetrics and gynecology, internal medicine, pediatrics, nurse midwifery, family planning, and public health.

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WAPC Resources

The Wisconsin Association for Perinatal Care (WAPC) has developed many provider and patient oriented resources to promote optimal health during the childbearing years. Points where these resources can be used to support patient care are indicated on the algorithm. All of these materials are available through the WAPC Web site, www.perinatalweb.org. Spanish language versions of many of these resources are also available. A brief description of each of the resources is provided below.

A. Folic Acid Position Statement: This position statement presents current research and recommendations regarding folic acid intake before and during pregnancy.

B. Planning for Pregnancy: Women with Obesity: This patient information sheet is intended to help obese women prepare for a health pregnancy.

C. Planning for Pregnancy: Women with Epilepsy, Depression, Diabetes, Asthma: These patient information sheets are intended to help women with chronic conditions prepare for a healthy pregnancy.

D. Prescription for a Healthy Future: Available in a pad format for easy use by providers, the prescription integrates health messages important throughout a woman's life, including during the childbearing period. Each prescription contains a list of steps a woman can take to improve her overall health and her chances of having a healthy baby if she were to become pregnant. The back of each prescription includes online resources for women to learn more about each item included in the prescription.

E. Becoming a Parent™ Preconception Checklist: The checklist is designed for women and men considering pregnancy to complete. The woman and her health care provider can review the checklist to identify any risk factors that may influence future pregnancy outcomes.

F. Becoming a Parent™ booklet and pamphlet: Items in this series provide individuals and couples with helpful and practical information to use when making the decision to have a child or additional children.

G. Early Pregnancy Information: Tips for a Healthy Pregnancy leaflet: This leaflet is tailored to the needs of pregnant women who have limited preconceptional or interconceptional care and/or who experience a delay in getting into prenatal care.

H. Laboratory Testing During Pregnancy Recommendations: This report offers recommendations on various laboratory tests that should be considered during the course of prenatal care.

I. Planning for Pregnancy: Becoming a Father: This patient information sheet is intended to help men improve their overall health and the health of their future children. **Planning for Pregnancy: Before Your Next Baby:** A patient information sheet that discusses the importance of healthy birth spacing.

J. Newborn Withdrawal Project Educational Toolkit: In the preconception period, this compendium of educational materials can help women and their providers anticipate issues that may arise due to maternal opioid use. It includes information about newborns experiencing neonatal abstinence syndrome (NAS) and pregnant women undergoing methadone maintenance treatment (MMT) or other treatments for opioid addiction.

K. The Perinatal Weight Management Bundle: This compendium of materials includes tools for both consumers and their providers intended to help women achieve a healthy weight at any point in the perinatal period. The bundle includes the *Prescription for a Healthy Weight*, to help women prioritize their goals in the preconception period, a weight tracking chart to be used during pregnancy, "fast food cards" to help women eat healthy while on the go, and handouts on physical activity during pregnancy and postpartum. For providers, the tool, *Weight, What to Say* gives tips for talking with women about healthy weight.