



ONE KEY QUESTION®: Are You Asking It? **What is it, and why should we include it in our practice?**

The Public Health Issue

The unintended pregnancy rate remains at almost half of all pregnancies in the nation. Unintended pregnancies are known to have worse health outcomes both for mother and infant, as well as extensive social ramifications such as increasing family stressors, increasing financial instability of families and increasing the risk for family violence.

Lack of Contraception Care

Unintended pregnancy occurs among women who are not using contraception at all (52%) and women who are inconsistent in their birth control use (42%)¹. Too many women lack comprehensive contraception advice on how to avoid pregnancy from their clinician. There are advances in birth control methods, such as long-acting reversible contraceptives, and improvements in out-of-pocket costs for many women, making it extremely important for providers to check in with women about their method.

Lack of Preconception Care

There has been national momentum on the importance of preconception care as true prevention. More women who are choosing pregnancy are older, struggling with chronic medical conditions and taking medications regularly. A preconception visit can optimize a woman's chance for a healthy pregnancy; the factors that affect fetal development and the health of the pregnancy can only be modified before a pregnancy begins. Also, despite decades of high-quality evidence and several national initiatives, only about 1/3 of women take folic acid daily before conception to prevent major birth defects of the brain and spinal cord. Too many women do not routinely receive preventive reproductive health services and enter prenatal care *after* the critical first weeks of fetal development.

OUR SOLUTION

The One Key Question® initiative encourages all primary care health teams to routinely ask women of reproductive-age **“Would you like to become pregnant in the next year?” and have four response options of Yes, No, Usure, and OK Either Way.** Women are then offered follow-up preventive reproductive health services depending on their needs. Including OKQ as a pregnancy intention screening in primary care promises to decrease unintended pregnancy and improve the health of wanted pregnancies. One Key Question® is designed to proactively address the root causes of poor birth outcomes and disparities in maternal and infant health. By providing a simple, effective tool for primary care providers to identify the preventive reproductive health care needs of women at risk of becoming pregnant, OKQ helps provider to be proactive in offering evidence-based care. OKQ is framed in an open-ended, patient centric way, aimed at understanding her intentions and providing follow-up care based on her response. It is a non-judgmental screening that equally supports women who want to become pregnant and those who do not, and can easily be incorporated into routine care.

¹ Gold RB et al., *Next Steps for America's Family Planning Program: Leveraging the Potential of Medicaid and Title X in an Evolving Health Care System*, New York: Guttmacher Institute, 2009.

ONE KEY QUESTION[®]

Ask*: "Would you like to become pregnant in the next year?"

YES

OK EITHER WAY

UNSURE

NO

Review Chronic Health Conditions, Urgent Psychosocial Concerns,
Prescribe multivitamin w/ Folic Acid

Medical Review

Review birth spacing recommendations
and previous pregnancy Hx

Develop follow up plan for additional
preconception care and assess
contraception needs

Screen for current
contraception use

Assess satisfaction of
method, review
effectiveness and
compliance of use

Offer all available
options including LARC
and Emergency
Contraception

OFRH is dedicated to improving access to reproductive health care, including preventing unintended pregnancy and planning healthy families.

We are committed to advancing reproductive rights and advocating for reproductive health equity in all Oregon communities.