

Family Planning:

Practices designed to plan and space pregnancy within the context of values, attitudes, and beliefs.

Signs/ Symptoms:

- Inappropriate/ insufficient knowledge about family planning methods
- Inappropriate/ insufficient knowledge about preconceptual health practices
- Inaccurate/ inconsistent use of family planning methods
- Dissatisfied with present family planning method
- Fears others' reactions regarding family planning choices
- Difficulty obtaining family planning choices
- Other

KBS rating considerations:

Knowledge

Consider knowledge of:

- methods available
- use, efficacy, side effects of methods
- appropriateness for self
- resources to obtain
- reasons for spacing or delaying pregnancy

Behavior

Consider:

- use of method
- client's planning and receptiveness if the client doesn't want to get pregnant again.

Status

Consider:

- ability to obtain family planning
- client's vulnerability to interference or pressure from others (family, partner, etc.)
- social/ cultural stigma
- appropriateness of method chosen
- Cognitive/ developmental ability to make informed decisions
- Hx of STIs
- Hx of previous unintended pregnancy
- Congruency of client wants/ plans vs. behaviors.

Guidelines & Notes:

▪ **Pregnant Clients:**

A pregnant client can't become pregnant. However, being pregnant does not necessarily warrant a status rating of 5. Consider the client's known risk factors for unintended pregnancy and determine ratings based on those risk factors.

	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
Knowledge	Unaware of family planning (FP) methods. Believes folklore/myths Unaware of benefits of child spacing to mother's and children's health and family well-being	Has incomplete and unreliable information. Minimal awareness of benefits of child spacing	Aware of how to use at least one FP method correctly, but unaware of efficacy, contraindications, side effects Basic awareness of benefits of child spacing	Knows about several FP methods, appropriate use and efficacy, but less understanding of side effects, contraindications. Adequate awareness of benefits of child spacing	Understands FP methods, efficacy, appropriate uses and possible side effects/contraindications. Understanding of benefits of child spacing to mother's and children's health and family well-being
Behavior	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate
	Uses no method of birth control, sexually active.	Uses no method of birth control. Not sexually active, but in a relationship(s).	Inconsistent use of FP method or using only occasionally.	Appropriate or consistent use of FP method.	Consistently uses a reliable form of FP & a back up method when needed.
Pregnant/ PP Behavior	Unreceptive to discussing FP options/plans for birth control. No intent to use birth control method.	Listens to info, but minimal interest/focus on FP discussion. No plans for birth control method	Receptive to FP information provided by PHN, participates in discussion. Birth control plans may still be unclear or undecided.	Interested and actively seeking information about various options for FP. May have narrowed FP choices down.	Has decided on and plans to use a particular FP method following delivery or postpartum recovery.
Status	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
	Extreme risk for unintended pregnancy. Clients behavior is not congruent with wants/ plans.	High risk for unintended pregnancy. Clients behavior is rarely congruent with wants/ plans.	Moderate risk for unintended pregnancy. Clients behavior is sometimes congruent with wants/ plans.	Minimal risk for an unintended pregnancy. Clients behavior is usually congruent with wants/ plans.	Low risk for an unintended pregnancy. Clients behavior is congruent with wants/ plans