

HOW TO DISCUSS PREGNANCY TEST RESULTS IN A SCHOOL BASED HEALTH CENTER SETTING



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Disclosure

Jen Robinson, MS, WHNP-BC, CNM (*she/they*) has the following financial relationships to disclose:

Organon Nexplanon trainer



Learning objectives

1. Review when offering emergency contraception is indicated, if desired by patient in context of a negative pregnancy test
2. Discuss all pregnancy results in a patient-centered and unbiased manner
3. Identify resources for referral for pregnancy care services if your clinic does not provide this care.



Sofia (they/she)

- 14 years old
- Assigned female at birth
- Wants a pregnancy test



iStock™
Credit: AHPhotoswpg



What next?



- Offer pregnancy test today or schedule when clinician present
- Last menstrual period
- Last penis in vagina sex
- What are you expecting result to be
- What are you hoping the result will be



Sofia would like a test today

- Last menstrual period
- Last penis in vagina sex
- What are you expecting result to be
- What are you hoping the result will be
- Last menstrual period 13 days ago
- Last penis in vagina sex: 3 days ago
- Thinks test could be positive
- Sort of excited about the possibility of being pregnant



If the pregnancy test is negative...

- Address patient reaction, validate all responses are welcome
- Ask if they would like to discuss pregnancy prevention
 - If no → do not discuss
 - Emergency contraception (penis in vagina sex in past 5 days?)
 - Ongoing contraception
- Follow up pregnancy test 2 weeks after last penis in vagina sex





Do you want to
talk about
contraception
or pregnancy
prevention
during your visit
today?

We ask everyone about their reproductive health needs.

Do you want to talk about contraception or pregnancy prevention during your visit today?

If yes: Mark yes and ensure appropriate counseling is provided

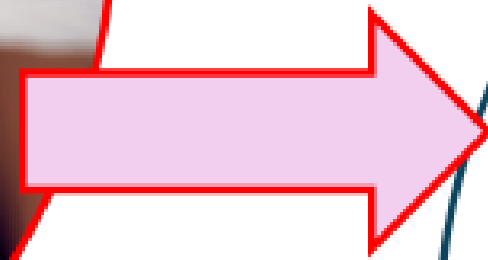
If no: There are a lot of reasons why a person wouldn't want to talk about this, and you don't have to share anything you don't want to. Do any of these apply to you? (Mark all that apply.)

- I'm here for something else
- This question does not apply to me
- I prefer not to answer
- I am already using contraception (and what)
- I am unsure or don't want to use contraception
- I am hoping to become pregnant in the near future

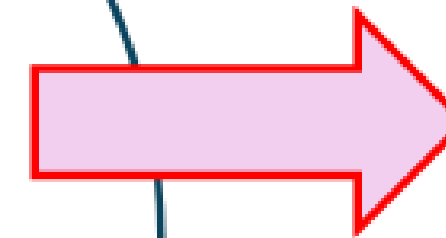
Definition of EC



**After penis in
vagina sex**



**Emergency
contraception
refers to
contraceptive
options that
decrease risk of
pregnancy**

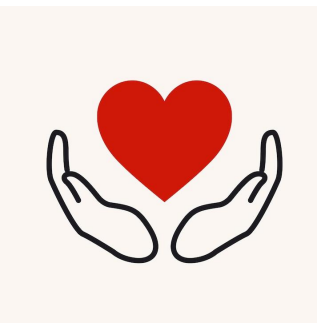
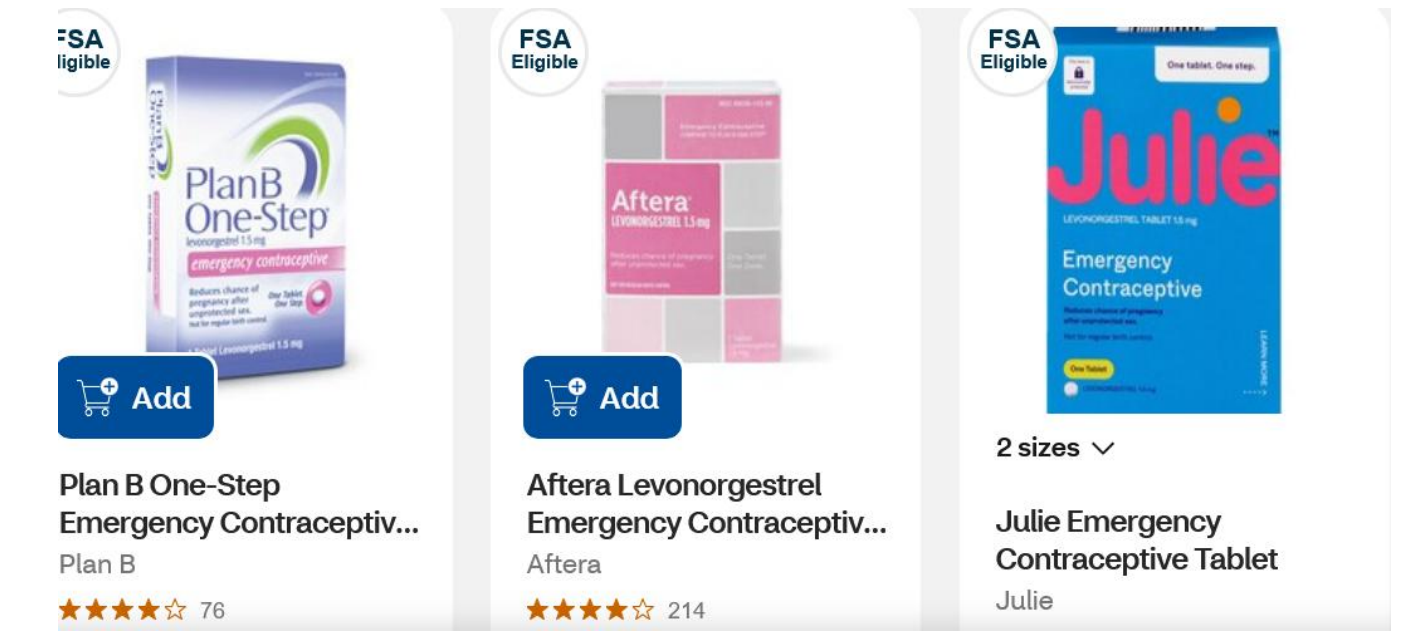


**But before
establishment of a
pregnancy**



Emergency contraception options

- Oral
 - Levonorgestrel 1.5 mg tablet PO x 1
 - Ulipristal acetate 30 mg tablet PO x 1
- Intrauterine Devices (off label)
 - Copper T IUD
 - Levonorgestrel 52 mg IUD



WHAT IS EMERGENCY CONTRACEPTION (EC)?

EC is birth control to use after sex to prevent pregnancy before it starts.

Types of EC

When can I use EC?

How do I get EC?

What about next time?



Over-the-counter EC pills

ASAP

works best within 3 days but may work up to 5 days

May be less effective over 165 pounds.

No prescription needed

Find it at a pharmacy, clinic, or online.

Take it every time you need EC

You can get extra EC for next time.



Prescription EC pills

ASAP

but can work up to 5 days

Most effective EC pill. May be less effective over 195 pounds.

Need a prescription

Talk to a health care provider online or in person.

Take it every time you need EC

Ask about a refill so you can have it for next time.



IUDs

Anytime up to 5 days

Nearly 100% effective for any weight.

Visit a health care provider to have an IUD placed

Say it's for EC so you are scheduled quickly.

Keeps working as birth control

You can have it removed at any time.

BEDSIDER
Bedsider.org

**POWER
TO DECIDE**

UCSF
University of California
San Francisco

Bixby Center
for Global
Reproductive
Health

**Beyond
the Pill**
beyondthepill.ucsf.edu



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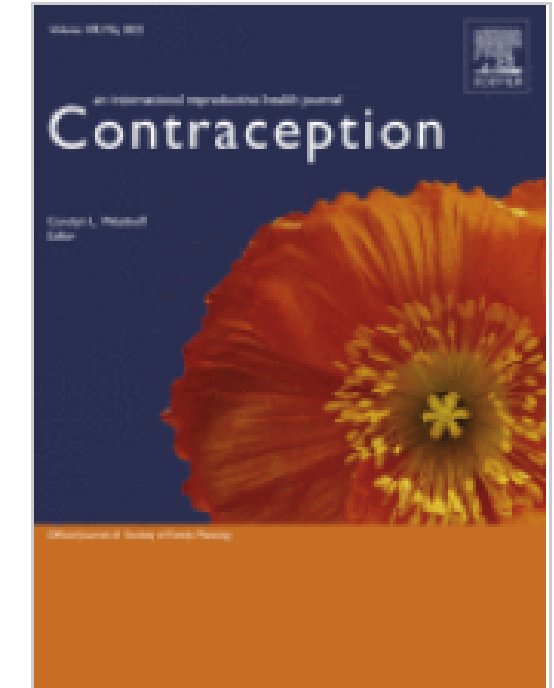
Levonorgestrel pills do not affect implantation or pregnancy after ovulation

REVIEW ARTICLE · Volume 109, P8-18, May 2022 · Open Access

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Effect of levonorgestrel emergency contraception on implantation and fertility: A review

M Endler ^a  · RHW Li^b · K Gemzell Danielsson^a



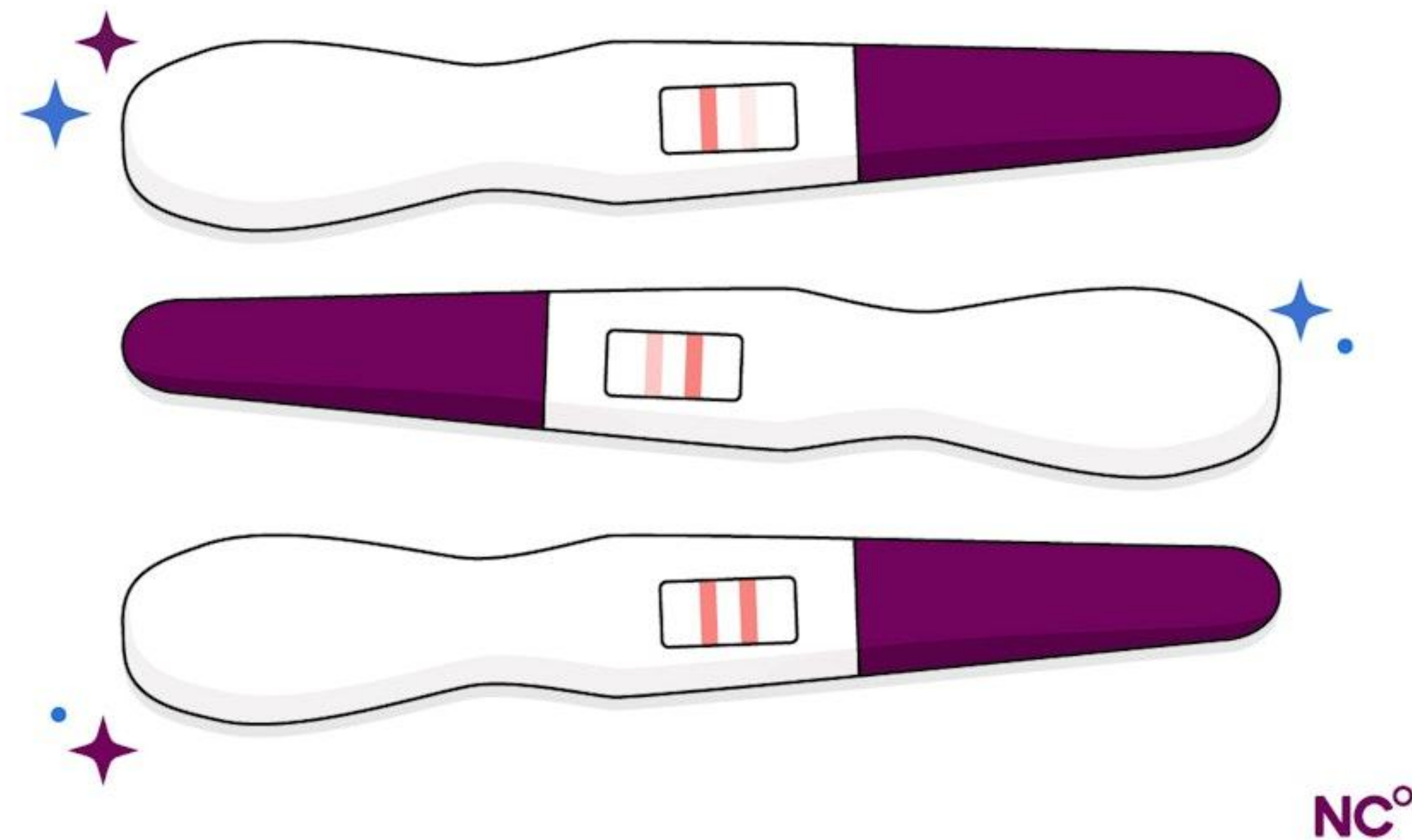
A 2022 review of over 30 studies investigating use of LNG EC pills after ovulation did not find differences in rates of implantation, conception, menstruation, fetal outcomes, or miscarriage when LNG is taken after ovulation.

Reference:

Endler, M. & Gemzell Danielsson, K. (2022). Effect of levonorgestrel emergency contraception on implantation and fertility: A review. *Contraception*, Volume 109, 8 - 18



If the pregnancy test is positive...



NC°



Thank you to Dr. Perrucci for sharing these slides!

Decision Counseling for Positive Pregnancy Test Results

Alissa Perrucci, PhD, MPH
Counseling and Administrative Manager
Women's Options Center, San Francisco General Hospital



Your Goals as a Healthcare Provider

- To create a space where patients feel that it is safe to ask questions.

You are listening without an agenda.

- To be the person whom patients trust.

You are known as someone who will give them accurate information.

- To establish an environment free of stigma around pregnancy decisions.

You are modeling unbiased language.



Fundamental Principle

The patient has the answer.

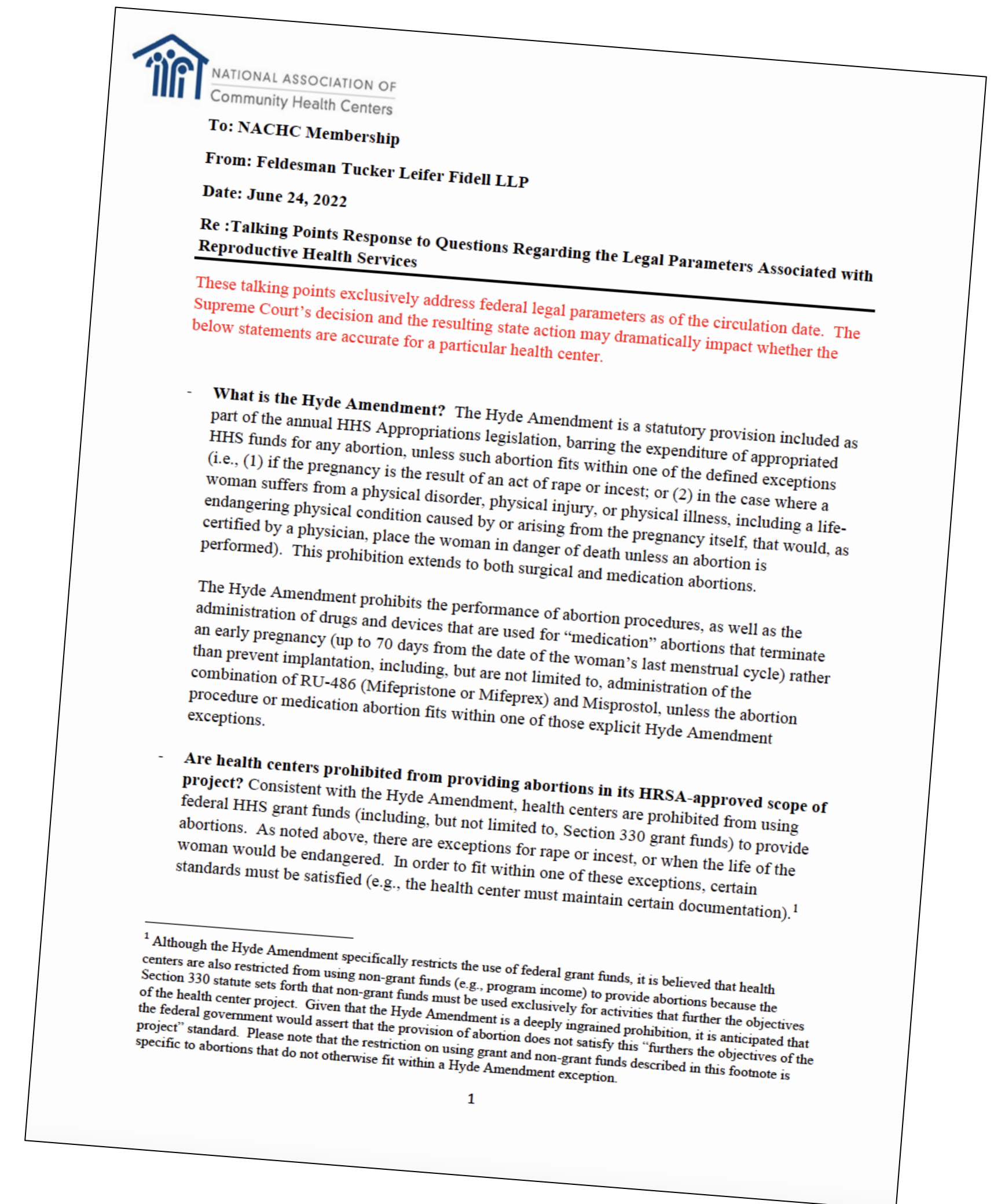
One pregnancy decision is not “more moral” than another;
she is a good person making a moral decision for herself.
There is no knowledge that you possess about the answer
to her dilemma that she does not.





Why provide comprehensive options counseling?

- Professional standard of care
 - ACOG, AAFP, AAP, ACNM guidelines
- Title X requirement
- National Association of Community Health Centers recommendation
 - May health centers discuss abortion with patients? **Yes.**
 - Are health centers prohibited from referring patients for an abortion? **No.**



Pregnancy Test Counseling

Step 1: Preparing to disclose results

Step 2: Disclosing results

Step 3: Conversing with patients after a positive pregnancy test result



Disclosing Results

Compare the following two statements:

Your test result came back positive. Do you want to keep the baby or not?

I have the results of your pregnancy test. The test came back positive; that means that you are pregnant...
How are you doing with that information?

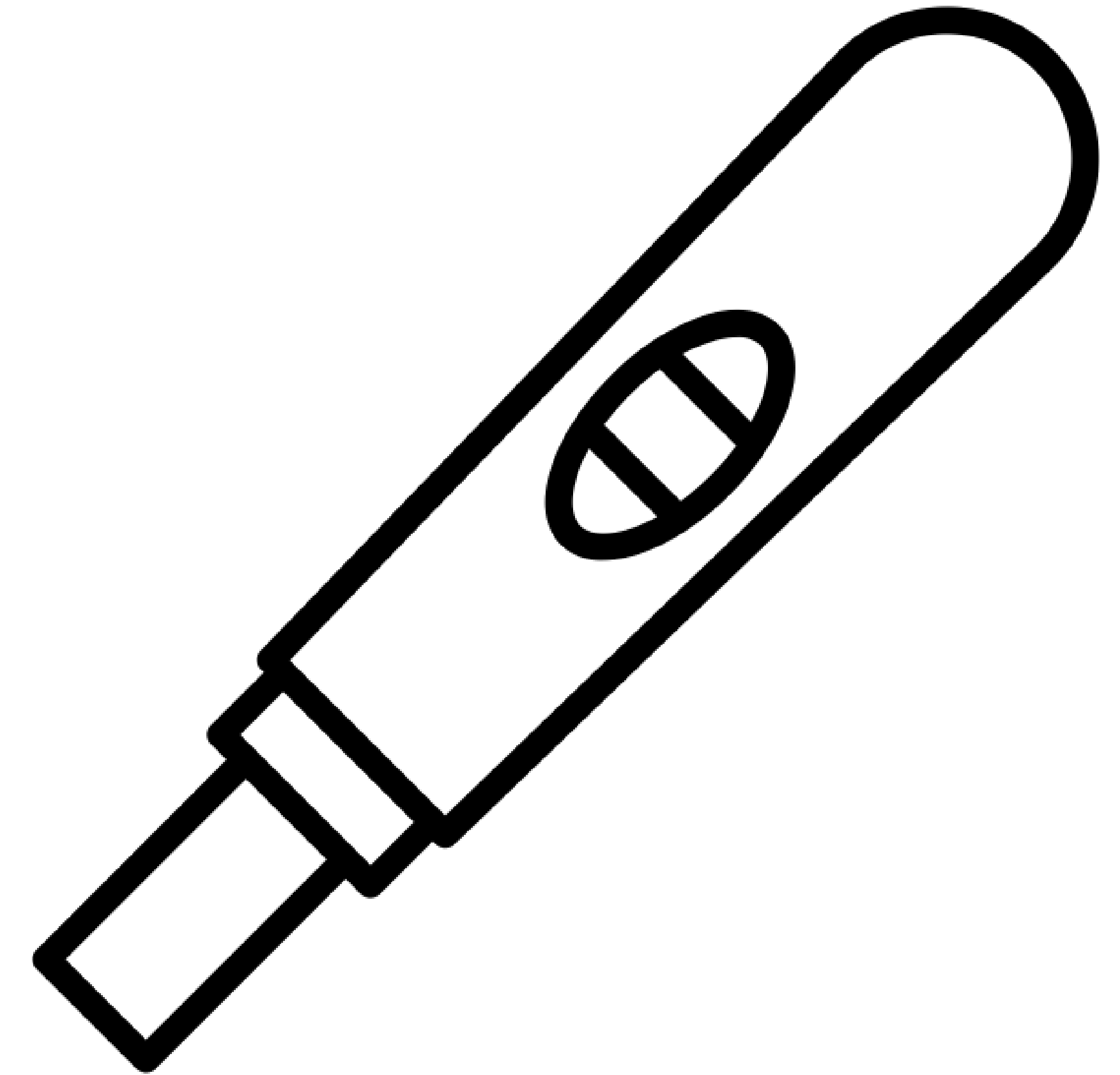


“Your pregnancy test came back positive, which means you are pregnant.”



Recommendations for Pregnancy Options Counseling

- 1) Explore the patient's feelings *after* giving the positive test result
- 2) If unsure of plans, help patient to consider their *options*
- 3) Identify social *supports*
- 4) Help to reach a *decision*, or discuss a *time table* if still undecided
- 5) *Refer or provide* the appropriate service



Created by Mello
from Noun Project



Sources:

<https://www.reproductiveaccess.org/resource/options-counseling/>
<https://providecare.org/practice-guide-all-options-pregnancy-counseling>

Empathetic Listening

- Could it be that...
- I wonder if...
- As I hear it, you... Is that the way you feel?
- You convey a sense of...
- You must have felt...
- I sense that you're feeling...
- Do you feel...
- It sounds as though...
- I hear you saying...
- From what you say, I gather you're feeling...

Sources:

<https://www.reproductiveaccess.org/resource/options-counseling/>

<https://providecare.org/practice-guide-all-options-pregnancy-counseling>



Discuss Pregnancy Options

- Name all pregnancy options in a neutral, professional manner (except those the patient expressed they do not want to discuss)
- Naming each service without judgment respects **patient autonomy, builds trust, makes space to ask honest questions,** and is more likely to **meet patients' needs**

“If you do not want to continue the pregnancy, I can provide you with referrals for abortion services. If you want to continue the pregnancy, I can provide you with referrals for prenatal care or adoption resources. If you are not sure, we can discuss all of the options available as well as the timeline for abortion options.”

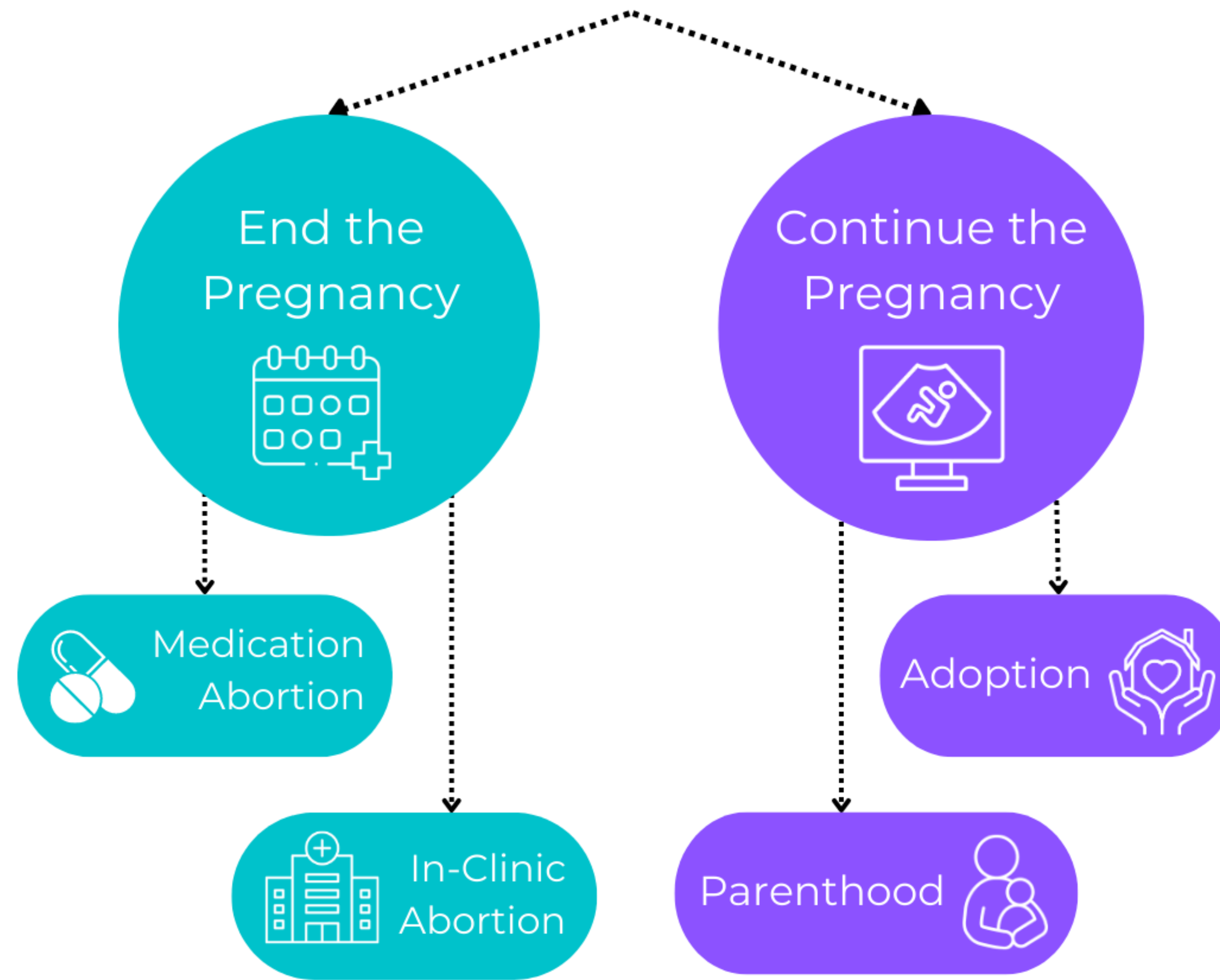


Sources:

<https://www.reproductiveaccess.org/resource/options-counseling/>

<https://providecare.org/practice-guide-all-options-pregnancy-counseling>

Pregnancy Options



Continuing the pregnancy (?)



“I think I might want to be a parent, but I’m not sure.”



If the Patient is...Interested in Continuing the Pregnancy

- Begin by:
 - Affirming the patient's decision or interest
 - Offering appropriate prenatal care referrals or starting prenatal care with you
 - Not referring to services the patient is **uninterested** in
- Screen patient for needs around referral or resources, like
 - Nutrition, food, housing security
 - Financial resources for prenatal care/parenting (i.e. presumptive eligibility for Medicaid, WIC, SNAP)
 - Doula services
 - Childbirth education classes or resources
- Offer follow-up



Options for Continuing Pregnancy

Start prenatal care as soon as possible to screen for and manage potential risk factors.

Do you have a prenatal care provider(s) you trust?

☐ Doula ☐ Midwife ☐ OB/GYN

Do you know what birthing options are available in your area?

☐ Vaginal ☐ Cesarean
☐ In Home ☐ In Hospital
☐ Medicated ☐ Unmedicated

Do you have the emotional support you need?

How will your family and friends react to your decision? If you have other children, how will your decision affect them?

All Options Talkline is a free counseling support network for anyone at any stage in or after pregnancy. Call (888) 493-0092.

☐ Adoption

Do you know what adoption option you want to pursue?

Will your family and/or partner support your pregnancy through adoption?

Adoption Options:

☐ Agency ☐ Lawyer (Private)
☐ Closed ☐ Open ☐ Familial

☐ Parenting

How important is it to have another person help parent with you?

Will your family and/or partner be able to help raise the child?

What costs do you need to consider?

Other Resources to Consider:

☐ Community support (new parent groups, lactation support, trauma and healing support groups)
☐ Childcare resources
☐ Financial support available to parents
☐ Child development education classes or resources

Do you have other needs?

☐ Birth Control
☐ Emergency Contraception
☐ Substance Use
☐ Testing or Treatment for HepC/HIV/STIs
☐ Intimate Partner Violence
☐ Sexual Assault
☐ Translation Services



Home visiting and other parenting supports



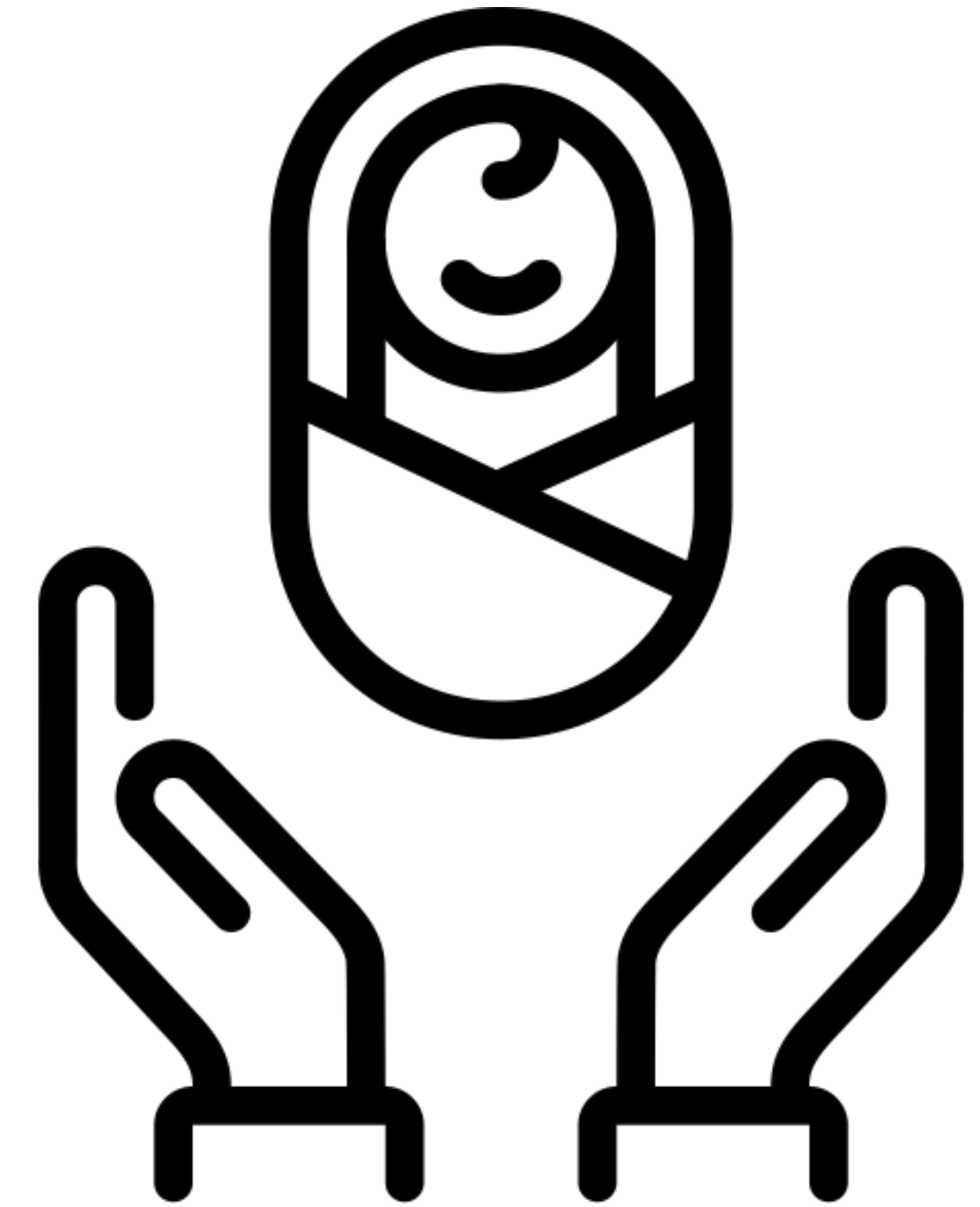
- Friendly expert for regular, planned visits at home, outside of home, or in remote telehealth sessions.
- Any family with a pregnant person or with children under age five qualifies for Home Visiting
- Always free, regardless of income.

<https://www.nmcecd.org/homevisiting/>



Interest in Adoption

- Affirm the patient's decision or interest
- Discuss types of adoption and provide resources
- Refer and help schedule appointments
- Can be arranged through any of the following:
 - Adoption agency
 - Attorney who specializes in adoption
 - “Exchange” or “consultant” who works with a specific population



Created by P Thanga Vignesh
from Noun Project



Sources:
<https://www.reproductiveaccess.org/resource/options-counseling/>
<https://providecare.org/practice-guide-all-options-pregnancy-counseling>

Ending the pregnancy (?)



*“Is it too late for an abortion?
...If that’s what I end up
wanting after I think about it
more.”*



Options for Ending Pregnancy

Abortion is normal,
safe, and common!

Options become more limited and
costly further into pregnancy.

How far along is your pregnancy?

First day of last period: _____

Gestational age: _____ weeks

Visit [AbortionFinder.org](https://abortionfinder.org) to get accurate
info on local gestational age limits & laws.

Are you under 18 years old?

☐ Has parent/guardian consent

☐ Judicial bypass needed

You can get an order from a judge that
allows you to have an abortion without
parental notification or consent. Learn
more: [IneedAnA.com/Blog/A-Teen-s-
Guide-to-Accessing-Abortion](https://IneedAnA.com/Blog/A-Teen-s-Guide-to-Accessing-Abortion)

What kind of abortion do you want?

☐ Medication: A doctor provides
abortion pills (misoprostol alone or
in combination with mifepristone).
Available up to 11 weeks.

☐ Procedural: A doctor provides abortion
in a clinic.

Visit [AbortionFinder.org](https://abortionfinder.org) for info about
costs, gestational age limits, & laws in
your area. Visit [AbortionFunds.org](https://abortionfunds.org) and
IneedAnA.com to find funding & support.

What other expenses do you need to plan for?

☐ Gas money ☐ Transportation

☐ Lodging ☐ Wage replacement

☐ Food assistance ☐ Child care

Do you know where the nearest abortion providers are?

Do you have the emotional support you need?

How will your family & friends react to
your decision? If you have other children,
how will your decision affect them?

[All Options Talkline](https://AllOptionsTalkline.org) is a free counseling
support network for anyone at any
stage in or after pregnancy. Call
(888) 493-0092.

Do you have other needs?

- ☐ Birth Control
- ☐ Emergency Contraception
- ☐ Substance Use
- ☐ Testing or Treatment for HepC/HIV/STIs
- ☐ Intimate Partner Violence
- ☐ Sexual Assault
- ☐ Translation Services



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If the Patient is...Interested in Ending the Pregnancy

- Begin by mirroring the patient's language (e.g. "end the pregnancy" vs 'abortion')
- Screen for patient needs around referral or resources
 - Financial aid needs/options: **National Network of Abortion Funds**
 - Navigating access to care: **Apiary for Practical Support**
 - Language, transportation, parental consent, abortion bans in state
 - Support/treatment for addiction, HIV/STIs, IPV, etc
- Offer abortion referrals if you do not provide abortion care
 - **AbortionFinder.org** or **INeedanA.com**
- Offer follow-up and emotional support resources



Sources:
<https://www.reproductiveaccess.org/resource/options-counseling/>
<https://providecare.org/practice-guide-all-options-pregnancy-counseling>

Abortion Options



Medication
Abortion



Surgical
Abortion



Self-sourced/self-managed
medication abortion

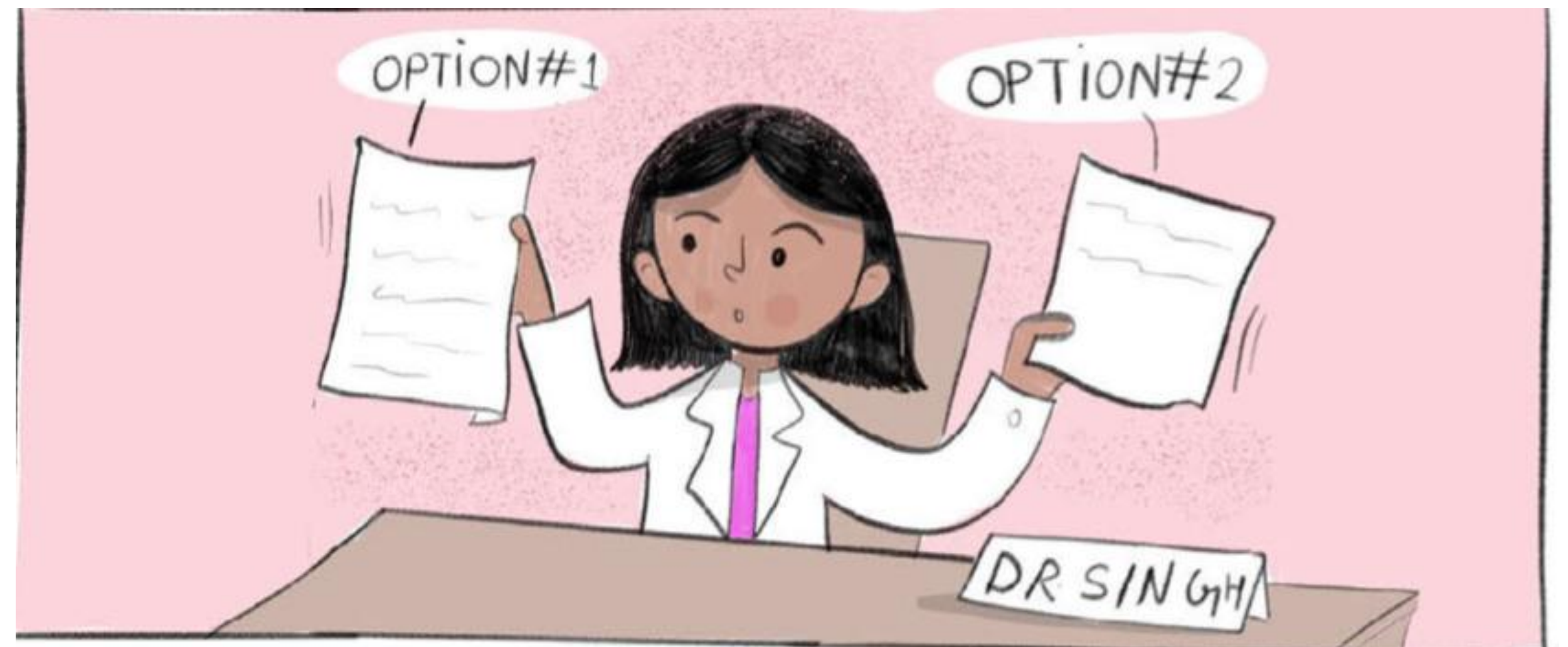
Early Abortion Options

	Abortion Pills: Mifepristone and Misoprostol	Abortion Procedure
How far along in the pregnancy can I be?	Up to 11 weeks from the first day of your last period.	Up to 12 weeks from the first day of your last period.
What will happen?	<p>The abortion happens at home.</p> <p>You take the first abortion pill (mifepristone) at a time that works best for you.</p> <p>You will likely feel fine after taking the first pill. You may have some nausea.</p> <p>Later you insert four misoprostol pills.</p> <p>The cramping and bleeding starts a few hours after you insert the misoprostol. You will have heavy bleeding and cramps.</p> <p>You do not need a routine follow-up visit. You can have a phone call or in-person visit with your clinician 1-2 weeks later.</p>	<p>The abortion happens in the office.</p> <p>The actual abortion procedure takes 5 to 10 minutes.</p> <p>Your clinician puts instruments in your vagina and uterus to remove the pregnancy.</p> <p>You do not need a routine follow-up visit. You can have a phone call or in-person visit with your regular clinician or at the office where you had the abortion 1-2 weeks later.</p>
How painful is it?	You may have mild to very strong cramps off and on during the abortion. Pain pills help.	You may have mild to very strong cramps during the abortion. Pain pills help.
How much will I bleed?	Expect heavy bleeding with clots during the abortion. After that, lighter bleeding may continue off and on for a few weeks.	You may have light bleeding for 1-7 days. Bleeding may continue off and on for a few weeks.
How much does it cost?	For both types of abortion, the exact cost depends on where you go.	
Can the abortion fail?	The pills work 98-99% of the time. If the pills fail, you may try the pills again or have an abortion procedure.	It works 99% of the time. If it fails, you must have a repeat abortion procedure.
Can I still have children afterwards?	Yes. Neither type of abortion lowers your chances of getting pregnant or staying pregnant in the future.	



Abortion Safety

- One of the safest and most common medical procedures
- First trimester abortions **DO NOT** increase the risk of:
 - Infertility
 - Ectopic pregnancy
 - Miscarriage
 - Birth defects
 - Preterm or low birth weight
 - Breast cancer
 - Mental health issues



References:

Guttmacher Institute. Induced Abortion in the United States. Website <https://www.guttmacher.org/fact-sheet/induced-abortion-united-states>. Published 1/2017.

Raymond, Elizabeth G., and David A. Grimes. "The Comparative Safety of Legal Induced Abortion and Childbirth in the United States." *Obstetrics and gynecology* 119.2 Pt 1 (2012): 215–219. Print.





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reproductive
health
access
project

What are you looking for?



Abortion

Contraception

Miscarriage

Programs

Resources

Get Involved

Home > Abortion

Abortion

In the U.S., about 1 out of 4 people with the ability to get pregnant will have an abortion. Providing early abortion care in primary care settings is safe, effective, and expands access.



<https://www.reproductiveaccess.org/abortion/>

reproductive health access project

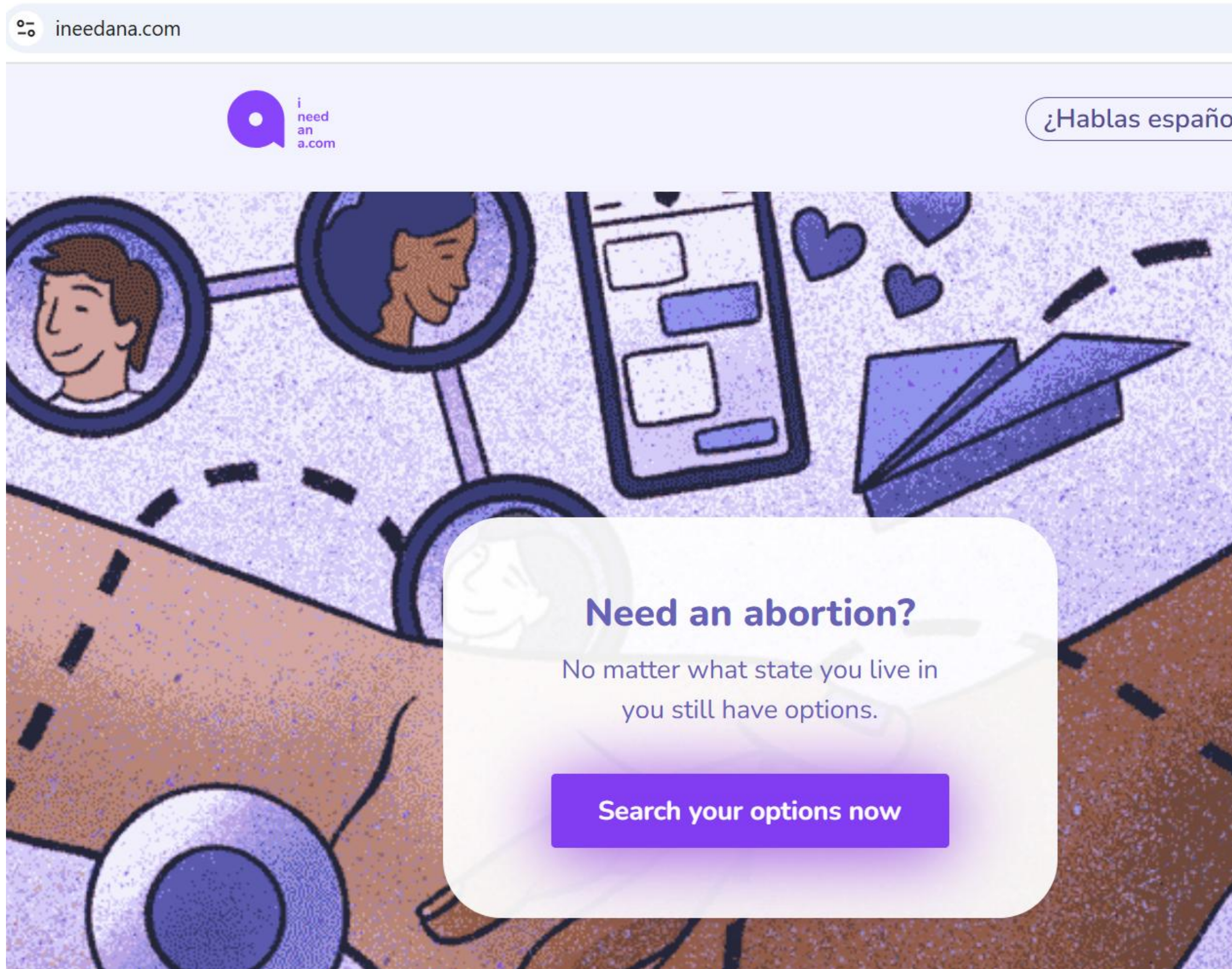
State Bans on Abortion Throughout Pregnancy

Table 1. Total Abortion Bans and Bans Based on Gestational Duration Currently in Effect				
Jurisdiction	Total ban	Bans in the first 18 weeks of pregnancy	Bans after 18 weeks of pregnancy	No ban or gestational limit
Alabama	X			
Alaska				X
Arizona			Viability*	
New Mexico				X
TOTAL	13	7	21	9 + DC

<https://www.guttmacher.org/state-policy/explore/state-policies-abortion-bans>



guttmacher



ineedana.com

- Comprehensive +
- regularly updated +
- personalized resource for abortion seekers in the US



[Home](#) › [State-by-State Guide](#) › [Abortion in New Mexico](#) › **Providers**

Abortion in New Mexico

[About](#)[New Mexico Laws](#)[Find Funding & Support](#)[List of Providers](#)

Verified abortion providers serving New Mexico

Different providers offer abortion through different pregnancy stages. [Use our abortion provider search](#) to find abortion care according to your specific location, age, and pregnancy stage or text “hello” to 435-334-6337. You can also browse the general list of New Mexico abortion providers below.

[Find a Verified Abortion Provider](#)



Abortionfinder continued

- Also in person providers in Farmington, Las Cruces, and Santa Fe
- + virtual providers

[All Providers](#)[Virtual](#)[In-Person](#)

In-Person New Mexico Providers (11)

Browse providers by city, sorted A-Z.

[A - F](#)[G - L](#)[M - R](#)[S - Z](#)

A Albuquerque

Alamo Women's Clinic of Albuquerque

through 25 weeks, 0 days

10151 Montgomery Blvd NE, Building 3, Unit B, Albuquerque, NM 87111

(505) 494-5700

Planned Parenthood - Eubank Health Center

through 17 weeks, 6 days

4630 Eubank Boulevard NE, Albuquerque, NM 87111

(505) 265-9511

Southwestern Women's Options

through 25 weeks, 6 days

522 Lomas Boulevard NE, Albuquerque, NM 87102

(505) 242-7512

UNM Center for Reproductive Health

call to learn more

2301 Yale Boulevard SE, Building E, Albuquerque, NM 87106

(505) 925-4455

VAG Clinic (Valley Abortion Group)

through 32 weeks, 6 days

8120 La Mirada Pl NE, Albuquerque, NM 87109

(505) 221-6337

Whole Woman's Health Of New Mexico

through 20 weeks, 0 days

718 Lomas Blvd NW, Albuquerque, NM 87102

(505) 441-2259

If the Patient is...Unsure

- Begin by offering to answer any questions
- Discuss all options with the patient
- Ask open-ended, non-directive questions: *“Can you say more about what you are feeling?”*
- Abortion restrictions may impact timing for decisions
- Provide information on exposures that may be harmful to a developing pregnancy (e.g. medications, drugs/alcohol, etc)
- Additional support: All Options Talkline, 1-888-493-0092



In summary

If pregnancy test is negative:

Support patient – all responses are welcome

Assess if pregnancy prevention (including emergency contraception) is indicated, if desired by patient

Follow up pregnancy test recommendations

If pregnancy test is positive:

Discuss all pregnancy results in a patient-centered and unbiased manner

Identify resources for referral for pregnancy care services if your clinic does not provide this care.



RESOURCES.

- [Provide Pregnancy Referrals Toolkit](#)
- [Provide Abortion Referrals Toolkit](#)
- [Provide Practice Guide on All-Options Counseling](#)
- [National Network of Abortion Funds](#)
- [Apiary Practical Support](#)
- [Plan C](#)
- [All-Options](#)
- [Nondirective Options Counseling Job Aid](#)
- [OARS Model Job Aid](#)

