

Initial presentation and decision making

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Initial presentation for pregnancy test

- Take a sexual history before doing a pregnancy test
 - Planned or unplanned
- Extent of sexual history depends on client, time and clinic.
 - Menstrual history (Dates)
 - Symptoms
 - Sexual contacts
 - Obstetric history
 - Contraception
- When pregnancy test result is known the client may lose focus
 - Has a home test or GP test been done
 - Is it too early to do a pregnancy test
- Opportunistic testing for STIs or Pap test



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Pregnancy test

- Before doing pregnancy test, ask client what she would do if she was pregnant.
- Pregnancy test outcome: negative
- Discuss possible false negative result: timing/use of test.
- Other possible reasons for a missed period include:
 - breastfeeding
 - emotional stress
 - severe weight loss
 - severe dieting and exercising
 - obesity
 - particular drugs
 - menopause onset.



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Pregnancy test outcome: positive

- How does client feel about result?
- Calculate dates.
- Briefly discuss options available and refer appropriately.
- Consider possible false positive result:
 - contaminated sample (dirt, blood, protein, medications etc.)
 - faulty test
 - recent birth or miscarriage
 - ovarian tumour or other type of hCG-producing growth.

Unplanned pregnancy options

Unsure

- Pregnancy choices session.

Adoption

- DHS

Continue pregnancy

- Health information (diet, exercise, smoking, alcohol, vitamins etc).
- Referral to GP.

Termination of pregnancy

- Pregnancy choices session family Planning Victoria.
- Direct referral to private clinic.
- GP referral to public clinic.



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Pregnancy choices at Family Planning Victoria

- Family Planning Victoria (FPV) has provided accredited education and training in Sexual & Reproductive Health to health professionals since 1974.
- FPV has provided Pregnancy Choices education and training to a range of health professionals since 1994.
 - Non-judgemental
 - Not affiliated with any service provider
 - No religious or moral basis
 - Pro choice

Who might attend a pregnancy choices session?

Women who:

- Have an unplanned, unintended pregnancy
- are expressing ambivalence
- are seeking information about all available options
- have an identified need for a supportive, non-judgmental response
- require advocacy and/or referral
- have requested a pregnancy choices session. ie, age, culture.

“What Will I Do?”

Initial response to unplanned pregnancy may vary and can involve:

- panic and fear
- surprise
- anger
- powerlessness
- guilt
- empowerment
- distress
- self blame
- excitement
- shame
- embarrassment
- happiness
- confirming fertility



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Your role

Provide a safe space that allows the client to **express** and **understand** her thoughts and feelings.

- Be non-judgemental, accepting and non-influential.
- Assist in validating the woman's thoughts and feelings ^{3,5}. The client's decision is the one that is right for her at this time ⁴.
- Provide **factual, non-biased information** regarding potential outcomes and options, including referral.

“What Will I Do?”

- Making a decision about the future **can be** a complex process.
- Along the way, contradictory thoughts and emotions may be expressed.
- Personal decisions can also be influenced by social, cultural and political factors. These issues may need to be raised and resolved.
- Define the situation
 - What were the circumstances that resulted in the unplanned pregnancy?
 - How long has the client known about her pregnancy
 - Medical Issues

Decision making process

Does the client want a support person in the consultation room with her?

- How does the client feel about the pregnancy at the moment?
- What influences guide the discussion? ⁷
- Does the client have good supports? (eg. who else has she confided in?)
- Is her partner involved in the decision making process? (ie. has she told her partner?) Is the partner supportive of her decisions? Who's decision is it?
 - The consent of the father is not needed to proceed to termination, nor can he prevent a termination from happening. Paternity rights only arise after the birth of the child.

Decision Making Process

- Does the client live on her own or with others?
- Are any other workers or organisations involved in her care? Should they be involved in the process? eg. Centre Against Sexual Assault, disability services, youth health services, interpreter services etc.).
- Ensure all alternatives are considered.
- Allow the client to take responsibility and assume ownership of her decision.

The ambivalent client

- More than one pregnancy choices session may be required.
- Tasks may include a take home exercise for clients who are clearly ambiguous in their thinking to assist with working through the issues that persist.

Decision making process

	Positive thoughts	Negative thoughts
Continue pregnancy		
Adoption / Relinquishment		
Termination		

Decision making process

Where do I see myself in 2 to 5 years and how will each option affect my life?	
Continue pregnancy	
Adoption / Relinquishment	
Termination	