SMFM Preterm Birth Toolkit

Preconception Matrix

Society for Maternal • Fetal Medicine
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<tr>
<th>What (best practice/strategy)</th>
<th>Brief description</th>
<th>Implementation institution</th>
<th>People implementing it</th>
<th>Target of this practice</th>
<th>How to achieve (specific steps)</th>
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| Assess preconception wellness at annual exams in all reproductive aged women | Ask all reproductive aged patients whether she is planning a pregnancy | All offices and clinics providing care to reproductive-aged women | • Medical assistants  
• Nursing  
• Physician, midwife, nurse practitioner | **Who:** Medical assistants; Nursing, Prenatal provider  
**What:** Identify reproductive aged women considering pregnancy or early pregnant with chronic hypertension  
**How:** Education to above providers and provide resources | • Provider education  
• EMR flag?  
• Use available resources:  
thttp://www.cdc.gov/preconception/reproductiveplan.html  
www.onekeyquestion.org  
http://beforeandbeyond.org/ |
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| Assess for pre-pregnancy wellness using Preconception Care-National Preconception Health and Health Care Initiative Measures | Assess regarding folic acid use, tobacco avoidance, uncontrolled depression, healthy weight, absence of an STI, optimal glycemic control, teratogen avoidance in chronic conditions | All offices and clinics providing prenatal care | Physician, midwife, nurse practitioner | Who: Physician, midwife, nurse practitioner  
What: Ask questions and provide counseling if patient voices she’s planning a pregnancy  
How: Add questions to clinic visit materials or EMR pathway |  
• Provider and Patient education (handouts, booklets, etc)  
• Question-set in EMR when pregnancy planning endorsed  
• Flag to provider to remind regarding asking about reproductive plans |

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| Preconception consultation with MFM/OB for women with complex medical co-morbidities | Assess for complex medical co-morbidity and refer for preconception consultation with MFM/OB | All offices and clinics providing care to reproductive aged women considering pregnancy | •Physician, midwife, nurse practitioner | •Who: Physician, midwife, nurse practitioner  
•What: Referral to OB/MFM for women planning pregnancy and complex medical co-morbidity  
How: Provide referral for preconception consultation | •Provider and Patient education (handouts, booklets, etc) regarding importance of referral in medically complex patients  
•EMR flag  
•Provide list of medically complex conditions: Obesity (BMI ≥ 40), chronic hypertension, Pregestational Diabetes, personal or significant family history of hematological disorder, maternal cardiac condition, renal insufficiency, autoimmune diseases, substance abuse disorder, recurrent pregnancy loss, mid-trimester pregnancy loss, other poor obstetric outcome |
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Disclaimer

This algorithm and key driver material was written by a group of experts in the field of Preterm Birth. It was then reviewed by the Society for Maternal-Fetal Medicine's (SMFM's) Publications Committee, Executive Committee and Risk Management.

Standardization of healthcare processes and reduced variation has been shown to improve outcomes and quality of care. SMFM developed these documents to help facilitate the standardization process. These algorithms and key driver documents are “tools” to assist clinicians and practices. The practice of medicine continues to evolve, and individual circumstances may vary. They reflect clinical and scientific advances as of the date issued and are subject to change. They are not intended to dictate a certain management or course of action. We encourage users to adapt them to their particular situation, environment and patient population.

This publication is not expected to reflect the opinions of all members of the Society for Maternal-Fetal Medicine.