

A summary of Providing Quality Family Planning (QFP) Services in the United States: Recommendations of the U.S. Office of Population Affairs (Revised 2024)

## What is QFP?

Sexual and reproductive health (SRH) is a key aspect of people's overall health and quality of life. QFP 2024 outlines how to provide people with high-quality, person-centered, equitable, and inclusive SRH services.

QFP 2024 is guided by a health equity framework that supports all people in meeting their SRH needs and goals, regardless of gender identity, sexual orientation, age, ability, race, or ethnicity. QFP 2024 is intended to set the standard of SRH care.

QFP 2024 is an update to recommendations originally published in 2014.

## Who is QFP for?

QFP 2024 can be used by providers of SRH services working in diverse clinical settings (e.g., family planning, primary care, hospitals, and those funded by Title X), as well as providers working in other settings that may identify SRH needs and make referrals.

**Learn more and find supportive resources to help you implement QFP at [www.QFPguide.org](http://www.QFPguide.org)**

## What topics does QFP cover?



**Fundamentals of SRH Care Delivery**  
Guiding principles and approaches



**Determining an Individual's Need and Desire for Services**  
Sexual history taking, screening for reproductive desires and related care



**Person-Centered Contraceptive Care Delivery**  
Steps for contraceptive care delivery, strategies to increase access to contraceptive services



**STI and HIV Services**  
Risk assessment, prevention, screening, and treatment



**Family Building**  
Healthy pregnancy promotion and basic infertility services



**Pregnancy Testing and Counseling**  
Pregnancy testing, options counseling and referral



**Early Pregnancy Management**  
Prenatal counseling and care, early pregnancy loss, abortion, and supporting self-managed care



**Screening and Other Preventive Health Care Services**  
Immunizations, perimenopause, mental health, alcohol and other substance use, sexual violence and intimate partner violence, human trafficking



**Using Performance Measures to Track and Improve Quality of Care**  
Selecting measures and using data to improve quality of services

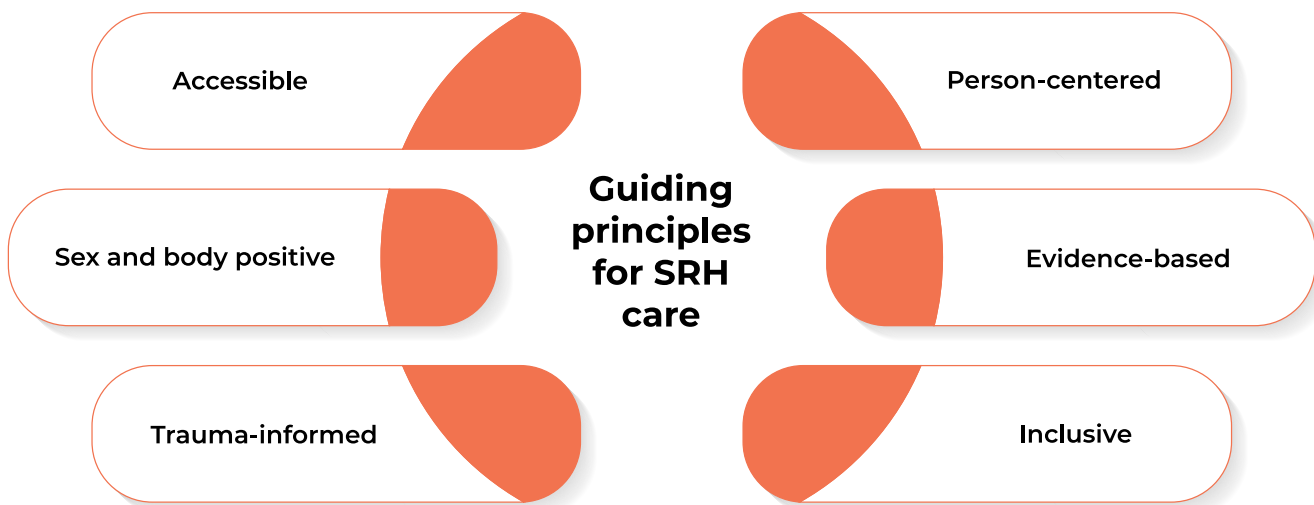
# QFP 2024: What's new and different?

## A vision for quality SRH care that...

- Emphasizes person-centeredness and equity
- Prioritizes the needs of people who experience SRH inequities
- Recognizes that people of all genders need and access SRH care
- Draws upon the input of people with lived experience in addition to published research, professional guidelines, and expert opinion
- Considers the range of provider specialties and settings providing SRH care and acknowledges care outside the formal health care system, including patient-led and self-care options

## Six guiding principles for SRH care and a strong endorsement for...

- Screening for reproductive desires, rather than using a reproductive life plan framework
- Centering the patients' needs and preferences in contraceptive counseling and care
- The offer of primary care services for all individuals (when feasible), regardless of pregnancy capacity or intention, in line with the SRH equity framework
- Shared decision making, person-centered counseling, informed consent, guaranteed privacy and confidentiality



## A broader range of recommended SRH services including new content and resources on...

- Early pregnancy management (prenatal care, pregnancy loss, abortion, post-abortion care)
- Family building (pre-pregnancy care, basic fertility services)
- Prevention services (mental health, healthy weight, perimenopausal care, human trafficking)

## Technological advancements related to...

- Contraceptive methods and access, such as OTC contraception and telehealth
- Newer STI and HIV prevention, such as express services, self-testing, and PrEP and PEP