



Video Transcript: The Clinical Pathway for Family Planning and Hypertension Services

Speaker 1:

The Clinical Pathway for family planning and hypertension services. From the Reproductive Health National Training Center (R-H-N-T-C).

Hypertension (or blood pressure greater than 130 over 80) affects almost half of U.S. adults, and is a major risk factor for heart disease, stroke, kidney disease, and pregnancy complications. Hypertension is also one of the leading—and most preventable—contributors to maternal morbidity and mortality. The “Providing quality family planning services: Recommendations of C-D-C and Office of Population Affairs” or “Q-F-P” clinical pathway helps illustrate the importance of hypertension.

The Clinical Pathway for family planning services outlines a client visit whether a client’s reason for visit is related to preventing or achieving pregnancy, or their visit is not related to preventing or achieving pregnancy - but the client is of reproductive age, and may also be interested in family planning services. There are so many places along the pathway, that blood pressure is an important consideration.

For a client seeking contraceptive services, blood pressure is used to determine medical eligibility for certain methods. For a client seeking support for achieving pregnancy (or basic infertility services) it is important to assess blood pressure because hypertension can contribute to difficulties with fertility.

Preconception health visits are important opportunities to promote wellness and reduce the risk of adverse health outcomes, including high blood pressure. And... hypertension is a top priority for preventive services and chronic care management.

The prevention, screening, diagnosis, and management of hypertension over the course of a person’s life—and ideally before pregnancy occurs—is central to improving overall, reproductive, and maternal health. The R-H-N-T-C Hypertension Prevention and Control Improvement Tool Kit is designed to support Family Planning Providers in implementing best practices for hypertension prevention, diagnosis, and management in a reproductive health care setting.

The toolkit includes evidence-based recommendations, Action Steps and Supportive Resources that reproductive health providers can use to provide or improve hypertension prevention and control services. Find the Hypertension Prevention and Control Toolkit at R-H-N-T-C.org and use it to help improve reproductive and maternal health outcomes for your clients.