



Video Transcript: Infertility and Family Planning Care

Speaker 1 (00:00): Infertility and Family Planning Care. This video was created by the Reproductive Health National Training Center, RHNTC. Fertility and pathways for growing a family vary across individuals and couples. About 15% of heterosexual couples experience infertility, making infertility one of the most common conditions for people between the ages of 20 and 45. And this does not account for rates of infertility among all people who may need fertility assistance to support their reproductive goals.

Speaker 1 (00:33): Infertility can be physiological or social. Physiological infertility is a disease of the reproductive system that prevents a person from becoming pregnant or carrying a pregnancy to delivery. Social infertility is when social or relational factors, such as being single, limit one's ability to become pregnant. It's possible to experience both social and physiological infertility. Some common causes of physiological infertility involve ovarian dysfunction, fallopian tube obstruction, and insufficient sperm production and function. For instance, polycystic ovarian syndrome, or PCOS, causes irregular ovulation. PCOS is one of the most common causes of infertility. Also, blocked fallopian tubes prevent an egg and sperm from meeting. Risk factors for blocked fallopian tubes include a past history of chlamydia or gonorrhea infection, pelvic inflammatory disease, and endometriosis. Finally, insufficient sperm is another common cause of infertility. Risk factors for insufficient sperm include infections, hormonal problems, and sometimes environmental and lifestyle factors, such as exposure to environmental toxins or heavy alcohol use.

Speaker 1 (01:49): Infertility is common, yet infertility evaluation, treatment, and assistance are not accessible to everyone. Economic factors are a primary barrier. Fertility treatments are expensive and often are not covered by insurance. Other barriers can also prevent access to infertility care. These include insurance coverage, stigma, a client's prior negative experiences with the health care system, and the inability to take time off from work or to travel for treatment.

Speaker 1 (02:20): Basic infertility services are a core component of family planning services and the Title X program. Because many people describe Title X clinics as their usual source of care, Title X agencies and staff play a critical role in delivering quality, accessible services. By understanding each client's unique circumstances and goals, Title X agencies and staff can support clients by providing appropriate services, resources, and referrals to achieve a healthy pregnancy and in their journey to build a family. This support includes: equipping staff with knowledge and skills to provide quality, basic infertility services that support the family-building goals of all clients. Screening for and treating conditions that can impact fertility, such as chlamydia, gonorrhea, and hypertension. Providing counseling and education on fertility, fertility preservation, and fertility awareness to achieve pregnancy. Providing quality, preconception health services. Evaluating infertility by conducting medical and reproductive histories, a review of systems, a physical examination, and laboratory testing as indicated, and by providing counseling and referrals. This includes linking clients to specialist care for medically-based infertility services, and providing clients with information on the social, emotional, and financial aspects of navigating infertility and treatment.

Speaker 1 (03:46): RHNTC's Infertility Services and Family Planning Care Toolkit offers evidence-based recommendations, action steps, and supportive resources to help family planning agencies understand the scope of basic infertility services and to strengthen and guide their provision of services and referrals to support clients experiencing infertility. For more information, and to find related resources, go to RHNTC.org.