

Kitchener Downtown Community Health Centre

Type of Policy:

- | | |
|---|--|
| <input type="checkbox"/> Administration (A) | <input type="checkbox"/> Client Services General (CG) |
| <input type="checkbox"/> Board of Directors (B) | <input type="checkbox"/> Client Services Programs (CP) |
| <input type="checkbox"/> Financial (F) | <input checked="" type="checkbox"/> Primary Care (PC) |
| <input type="checkbox"/> Human Resources (H) | <input type="checkbox"/> Acquired Brain Injury Program (ABI) |
| <input type="checkbox"/> KDCHC Governing Principles (K) | <input type="checkbox"/> Diabetes Education Program (DEP) |
| <input type="checkbox"/> Occupational Health & Safety (S) | |
| <input type="checkbox"/> Volunteers (V) | |

Policy No.: PC0203

Title: Pregnancy Option Counselling

Policy

The Kitchener Downtown Community Health Centre is committed to providing comprehensive pregnancy option counselling.

Confidential pregnancy counselling, testing and referral shall be provided for individuals and couples, including lesbian, gay, bisexual and transgender persons who meet any of the following criteria:

- delayed onset of menses,
- vague recall of recent menstrual pattern;
- reports symptoms of pregnancy
- is experiencing anxiety regarding the possibility of a pregnancy having occurred.

Pregnancy counselling must include:

- all pregnancy options available
- referral that facilitates access to all options
- future fertility control
- safer sex

Individuals and couples have the right to choose the pregnancy option that is best suited to them.

This policy will be required reading during orientation of all new primary care staff.

Procedures

The MD/NP will assess the client's emotional response to a positive pregnancy result and provide the opportunity for the client to react to the result.

For clients choosing to continue pregnancy the MD/NP will:

1. Provide information regarding choices for prenatal care including midwifery, obstetricians, community family physicians or shared care with KDCHC
2. Provide information regarding lifestyle issues related to early pregnancy.
3. Make referral to F & CS or private licensed adoption worker if client expressed interest in this option.
4. Make referral to community pregnancy crisis resources as needed.
5. Make referral to any community resource as indicated by situation.

For clients undecided regarding choice of pregnancy options the MD/NP will:

1. Explore the client's support system and encourage discussion of situation with parents and/or partner as appropriate.
2. Invite the client to include the partner in the counselling session if not already present.
3. Provide the client with the opportunity to verbalize the pros and cons of each pregnancy option including continuing the pregnancy and parenting the child, continuing the pregnancy and making an adoption plan or terminating the pregnancy through therapeutic abortion.
4. Encourage the client to consider the following issues, as appropriate, in making a decision:
 - own feelings regarding the pregnancy, parenting, adoption, abortion;
 - age, maturity;
 - relationship with partner;
 - the effect the pregnancy could have on personal goals, partner goals, family;
 - family situation, support system, religious and cultural factors, peer influences;
 - health status;
 - financial and employment status;
 - fears, myths or misinformation they may have regarding pregnancy options;
 - any previous pregnancy experiences.
5. Reinforce that the client has the authority to make the pregnancy option choice best suited for self, not others.
6. Provide referral information as requested by the client.

For clients choosing to terminate the pregnancy the MD/NP will:

1. Inform the client of the following:
 - types of therapeutic abortion procedures available and gestational age criteria;
 - instructions and directions specific to referral choice;
 - availability of local TA services, referral process, payment;
 - need for medical and social/emotional follow up care;
 - future contraceptive needs.

2. Inform the client that the decision to terminate a pregnancy may be changed at any time.

Approved by: Eric Goldberg, Executive Director

Date: July 27, 2016