



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Prevention of Unintended Pregnancy Prevention in Adults 18 Years and Older](#)

Released: September 2021

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Added to first sentence: support patient reproductive goals and opportunities for healthy pregnancy

Assessment for risk of unintended pregnancy, with sensitivity to cultural and personal preferences

Ask about:

- **Omitted:** Intent to become pregnant or father a child [e.g., Do you plan to have any (more) children in the future? If so, how many children would you like to have? If not, what method will you use to avoid pregnancy?
- **Added:** Patient's reproductive goals/desire for a pregnancy (e.g., "Do you think you might like to have children (more children) at some point?", "When do you think that might be?", "How important is it to you to prevent pregnancy (until then?)"
- **Added:** Social support for a healthy pregnancy
- **Added:** Per state law⁴, report all abuse that you are legally required or permitted to report to the Michigan Department of Health & Human Services at 855-444-3911; Provide [local intimate partner violence resources](#) or national hotline at 1-800-799-7233; provide [local sexual violence resources](#) or MI hotline at 855-864-2374 (VOICES4); If patient is a [victim of trafficking or at-risk](#) call 888-373-7888; if imminent danger present, call 9-1-1 immediately.
- **Omitted:** Report all abuse to Michigan Department of Health and Human Services at 855-444-3911

Interventions to prevent unintended pregnancy; [added: support reproductive goals]

Advise and discuss:

- **Omitted:** premature birth, negative physical and mental health effects for children
- **Added:** Since the evidence for negative impacts of unintended pregnancy is not well established with research, we suggest replacing with advise about the importance of preconception health to assure readiness for healthy pregnancy and importance of prenatal care.
- **Omitted:** associated with unintended pregnancies
- **Added:** related to substance misuse

Assess:

- **Added:** Patient's satisfaction with current method
- **Added:** and depression, social isolation or other mental health risks.

Assist patients [added: with reaching their goals] by:

- **Added:** patient preferences ... (e.g., menstrual-related problems, cardiovascular risks of combined hormonal contraceptives.
- **Omitted:** high risk of contraceptive pills in the setting of migraine with aura regulation of
- **Added:** Ulipristal Acetate (Ella), Levonorgestrel (Plan B, Next Choice) ... (Paragard)

Arrange follow-up:

- **Added:** prenatal care ... and other reversible and permanent contraceptives

Updated references

¹[ACOG Bulletin No.736 Optimizing Post-Partum Care \(Replaces No.666 May 2018, Reaffirmed 2021\)](#);Hatcher RA, et al (editors), [Contraceptive Technology](#), 21st Ed. New York: Ayer Company Publishers, Inc.2018; 63-93.

²[Centers for Disease Control and Prevention Before Pregnancy Planning for Pregnancy \(Patient\)](#)

³[PATH flow Chart Client-Centered Reproductive Goals & Counseling](#); [Client-Centered Contraceptive Counseling Toolkit/Handouts](#)

⁴[Social Welfare Act \(280 of 1939\), MI. MCL § 400.11, §400.11a – 400.11f](#); [Resources for Mandated Reporters](#); [A Model Protocol for Joint Investigations of Vulnerable Adult Abuse, Neglect and Exploitation](#)

⁵[Guttmacher Institute Unintended Pregnancy in the United States Fact Sheet](#)

⁶<https://www.CDC.gov/Zika/prevention>

⁷[March of Dimes Birth Spacing and Birth Outcomes](#)

⁸CDC [Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use](#)

⁹[ACOG](#); [Planned Parenthood](#) and Contraceptive Technology support use of emergency contraception (EC) up to 5 days after unprotected sexual intercourse based on research; FDA labels Ulipristal Acetate for EC up to 5 days and Levonorgestrel up to 3 days. Hatcher RA, et al (editors), [Contraceptive Technology](#), 21st Ed. New York: Ayer Company Publishers, Inc. 2018; 329-365.