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Family Planning Guidelines Tailoring Appropriate Contraception Methods To Different Population

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There are about 450,000 pregnancies and 250,000 childbirths every year in New York State (NYS). More than half of the pregnancies are unintended. Many of them end in abortion, those which are not, are at the highest risk of adverse outcomes such as premature birth, low birth weight, child abuse and neglect, etc.

We have designed locally relevant family planning guidelines for the state. Projects funded by the NYS provide clinical, referral, informational, educational, and social services to women and men that are in need of and desire such services. We have employed federal family planning guidelines; local guidelines of some bigger well developed family planning organizations and guidelines from other states were also reviewed.

Public Health Practice Guidelines are to help health professionals to effectively address the needs of women they serve, especially the poor and underserved, to enhance the health and well being of women throughout their life, to prevent illness and to improve access to and quality of health care. Because so many pregnancies are unintended preconception care needs to be integrated into care provided to all women of childbirth age. Preconception care needs to be mindset as much as an activity for every family planning organization.

Based on evidence based practice the guidelines will help to better quality and effectiveness of services; organizations will assist their clients to make the best decision about family size and birth spacing, in selecting and using contraception methods consistent with their beliefs, health risk and state, lifestyle, and age.