

Reproductive Life Plans:

Initiating the Dialogue With Women

Abstract

This article examines the concept of the reproductive life plan and provides information about translating this important idea into practice. The idea of the reproductive life plan was introduced in a report from the Centers for Disease Control and Prevention in 2006, but has thus far received little attention in the nursing literature. Reproductive life plans are important for women and their partners during their childbearing years, for they facilitate discussion about childbearing intentions and choices. Additionally, a dialogue about reproductive life planning may help nurses open a gateway to the utilization of preconception care as an intervention to improve maternal/fetal outcomes. Nurses are ideally prepared and situated to assist women and their partners in learning about and developing reproductive life plans.

Keywords: Preconception care; Pregnancy; Risk assessment; Nursing.



This article describes the concept of the reproductive life plan (RLP), and why nurses should adopt this as a framework for discussing preconception health with the women and families they serve.

Infant mortality is an important indicator of the health of a nation, and is currently 6.86 per 1,000 live births in the United States (MacDorman & Mathews, 2008). Despite the advanced technology and high level of expenditures for healthcare in the United States, it has not met the goal set by Healthy People 2010 of 4.5 infant deaths per 1,000 live

births (U.S. Department of Health and Human Services [US DHHS], 2000). Instead, the U.S. infant mortality rate has not declined in the past 5 years, and enormous disparities continue to exist among racial and ethnic groups. Alarming, the reported infant mortality rate for non-Hispanic Black Americans is 13.63 infant deaths per 1,000 live births; this compares to the 5.76 infant deaths per 1,000 live births for non-Hispanic White Americans (MacDorman & Mathews). That the United States currently ranks 29th in infant mortality is a national tragedy.

Reproductive Life Plan Workbook

G Orfield



Reproductive Life Plan Workbook:

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