Client Information Sheet

**Program Description**  Family Planning is viewed as a basic health service essential for the promotion of optimal family health throughout the life cycle. The program strives to improve the health of families through education, health promotion, health screening and the advantageous timing and spacing of pregnancies. The family planning services will be provided in each of the five counties in the HCCMS Family Health Services area (Harrison, Cass, Crawford, Monona and Shelby Counties), by a cooperative effort between local medical providers, local hospitals and the following five Home Health/Public Health Nursing Agencies:

- Harrison County Public Health
- Cass County Home Care
- Crawford County Home Health, Hospice and Public Health
- Monona County Public Health Nursing Service
- Myrtue Memorial Hospital Home and Public Health/Hospice (Shelby County)

**Objective**  To provide comprehensive family planning services to men and women throughout the five county HCCMS Family Health Services area. These services target persons who cannot obtain services from the private sector, due either to economic barriers or lack of medical resources.

**Eligibility**  Any person requesting family planning services is eligible. A sliding fee scale is used to determine your financial responsibility. Services will not be denied or varied in any way because of the inability to pay.

**Non-Discrimination**  Services are provided without regard to religion, race, color, national origin, creed, handicap, sex, number of pregnancies, marital status, age or contraceptive preference. Services are provided in a manner that protects the dignity of the individual.

**Voluntary Participation**  Services are provided solely on a voluntary basis. You are not subject to coercion to receive services or to use any particular method of family planning. Your acceptance of family planning services is not a prerequisite to receiving service, assistance or participation in any other public health program.

**Confidentiality and Medical Records**  Every effort is made to assure your confidentiality and provide safeguards for you against the invasion of your personal privacy. Information about clients receiving services may not be disclosed without the individual’s consent, except as provided by law or as necessary to provide services. Information may be disclosed in summary, statistical or other form that does not identify the individual. All client records are property of Iowa Department of Public Health and are maintained by HCCMS Family Health Services.

**Services Covered**  The Family Planning Program covers education, counseling, one exam per year, lab tests as indicated, repeat Pap tests as needed and birth control supplies.
If special tests, exams or anything in excess of routine family planning care is needed, you must pay these costs.
The clinician who provides your family planning exam may not be your regular medical provider.

**Education and Counseling**  You will be provided relevant information and educational materials based on your needs and knowledge that will help you make informed decisions about family planning; use specific methods of contraception and identify adverse effects; perform breast/testicular self-examination; reduce risk of transmission of sexually transmitted diseases and Human Immunodeficiency Virus (HIV); understand the range of available services and the purpose and sequence of clinic procedures; and understand the importance of recommended screening tests and other procedures involved in the family planning visit.
You may also be provided with information on basic female and male reproductive anatomy and physiology; the value of fertility regulation in maintaining you and your families health; nutrition; exercise; smoking cessation; alcohol and drug abuse; domestic violence and sexual abuse.
You will be assisted in making an informed choice regarding family planning methods. You will be informed of all methods of contraception, their risks and benefits. If a medical condition exists that makes your method of choice unsafe, you will be provided with an alternative.
No method of birth control, except abstinence, is 100% effective. No guarantees can be made as to how well a given method will work for you or can any assurances be made about whether you might experience side effects. The risks, benefits, correct use and discontinuation issues of your method will be explained to you as you read and sign the method informed consent. You will receive written warnings and instructions regarding your method.

**History/Physical Assessment and Laboratory Testing**  At the first complete female clinical visit, a complete medical, reproductive and social history will be obtained. The clinician will review this and provide you with a complete physical examination including height and weight, blood pressure evaluation, examination of the thyroid, heart, lungs, extremities, breasts, abdomen, pelvic examination which includes vulva evaluation and bimanual exam and rectal exam as indicated. Laboratory tests such as Pap Smear, pregnancy test, hemoglobin, urinalysis, Gonorrhea and Chlamydia screening and other assessments will be conducted as indicated.

**Contraceptive Supplies**  After your history and physical assessment, laboratory testing and education and counseling, you will receive one or more of the following methods: information on abstinence, education on natural family planning, condoms, diaphragm and jelly, oral birth control pills, Depo Provera or the Ortho Evra Patch. You may also get a prescription or referral for spermicidal foam, cream or gel, cervical caps, female condom, IUD, Nuva Ring, sterilization or oral birth control pills that HCCMS Family Health Services does not carry.
You may receive condoms at no charge.
**Emergency Contraception**  If you have had unprotected intercourse within 72 hours, Emergency Contraception (ECP) is available. After your medical, reproductive and social history, a negative pregnancy test and education and counseling, you will receive an ECP prescribed by a medical provider.

**Follow-up and Referrals**  With your permission, appropriate referrals will be made. The family planning nurse will follow-up on these referrals. If indicated, medications for sexually transmitted infections will be prescribed by the clinician according to Centers for Disease Control (CDC) guidelines. These medications are provided at the clinic. Partners may also receive treatment.

**Status as a Continuing Client**  Your status as a continuing participant in the Family Planning Program and eligibility to receive a method of birth control is dependent on having an annual history update, physical assessment and Pap test following HCCMS Family Health Services policies.

**Pregnancy Testing**  If you may be pregnant, pregnancy testing per your request, counseling and appropriate referrals will be provided without a physical examination.

**Adolescent Services (if appropriate)**  If you are seeking contraceptive services as an adolescent, you will be informed about all methods of contraception. Abstinence as well as contraceptive and safer sex practice options to reduce risks for STD/HIV and pregnancy will be discussed.

We encourage family participation in your decision to seek Family Planning Services. If you wish, the Family Planning counselor will help you inform your parents or guardians of the decision you have made regarding sexual activity and birth control. You will be counseled on how to resist coercive (forceful) attempts to engage in sexual activities by pressure, threats or intimidation.

**Infertility Services**  Per request, Level 1 infertility services will be provided, including initial infertility interview, education, physical examination, counseling and appropriate referral.