

Unplanned Pregnancy **POCKET GUIDE** for Healthcare Professionals

Prepare

- Be proactive: put together your toolkit.
- Raise awareness among staff and foster a culture where patients feel safe enough to share.
- Find the pregnancy center(s) closest to your office using the pregnancydecisionline.org locator.¹
- Get a stack of the local pregnancy centers' brochures and/or business cards.
- Put the contact information for the local pregnancy center and website URL on the patient resource list.
- Identify pro-life obstetricians and maternal fetal medicine specialists with the aaplog.org physician locator.² Put together a list to give to patients.
- Order pregnancy decision options coaching tools from CareSource (tipcards, Before You Decide magazine, brochure, tablet app).³
- If no pregnancy centers are near you, churches can be trained to come alongside people with crisis pregnancies through Care Net's Making Life Disciples curriculum.⁴ Contact Care Net to identify participating churches in your area.

Screen & Educate Patients

- Screen for abortion risk. Regardless of your specialty, incorporate reproductive history questions in your medical intake for both women and men. Ask every woman of reproductive age if she could be pregnant.
- Find out how they feel about having a baby: "What are your plans for this pregnancy?" Listen to their concerns and fears. Offer emotional support.
- Provide the Pregnancy Decision Line website and number: 866-925-4610.⁵

Screen & Educate Patients *Continued*

- Educate the importance of confirming her pregnancy with an ultrasound and give her the number of the nearest pregnancy center that can do this.
- If time permits, use one of the options coaching tools, provide education about abortion procedures and risks, adoption and parenting.
- Educate her about abortion pill reversal or give out the Care Net APR tip card.
- If they are post-abortive, gently explore if they are experiencing regret, unresolved feelings or symptoms consistent with post-traumatic stress, and refer accordingly. (Most pregnancy centers are equipped to provide abortion regret support but are not a substitute for professional counseling).
- Give a copy of your resource list and offer to pray for your patient.

Resource List & Referrals

- Prenatal care: OB/Gyn physicians in your area.
- Pregnancy confirmation ultrasound:
Local pregnancy center phone number and address.
- Find a pregnancy center locator:
pregnancydecisionline.org/find-a-pregnancy-center.
- Considering abortion or just needing to talk to someone who understands: Pregnancy Decision Line 866-281-3029.
- Prescription for prenatal vitamins.
- Education on abortion:
 - Pregnancy Decision Line website pregnancydecisionline.org/learn.
 - Care Net abortion education brochure or tip card.
- Abortion regret: refer to a local pregnancy center, abortionhealing.org or call 703-770-8000.
- Abortion pill reversal helpline: 877-558-0333.

¹ Pregnancy Decision Line. (2022, February 19). Find a pregnancy center. Retrieved from <https://pregnancydecisionline.org/find-a-pregnancy-center/>.

² <https://aaplog.org/pro-life-directory/>

³ Care Net online store <https://store.care-net.org>

⁴ Care Net. (2023, May 5). Making Life Disciples. Retrieved from <https://www.makinglifedisciples.com/get-involved/>

⁵ <https://pregnancydecisionline.org/find-a-pregnancy-center/>