

## Provide pre-conception advice and information

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### Overview

This standard is about providing pre-conception advice and information to women, men or couples to enable them to optimise their health and well-being for pregnancy.

You need to relate to each person as an individual with their own particular needs for advice and information and develop a full understanding of their requirements and how these can best be met.

This standard entails being able to communicate information effectively, and being responsive to any queries. A caring and compassionate approach should be adopted in line with current healthcare guidance.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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**Performance criteria**

You must be able to:

1. clearly explain:
  - 1.1 who you are and your role in providing advice and information
  - 1.2 the name and nature of the organisation you represent
  - 1.3 your organisation's policy on confidentiality and record keeping
2. communicate with individuals in a supportive and approachable manner consistent with their:
  - 2.1 level of understanding
  - 2.2 culture and background
  - 2.3 preferred ways of communicating
  - 2.4 needs
3. find out about the individual's lifestyle and make a general assessment of whether and how their lifestyle could be adapted to enable them to manage their own pre-conception care
4. enable individuals to express their requirements for pre-conception advice and information
5. find out about any pre-existing medical conditions or inherited disorders the individual has
6. find out the individual's level of knowledge about any pre-existing conditions and disorders and clarify any misunderstanding that they may have
7. make an assessment of the individual's requirements and confirm this with them
8. explain the benefits that adapting their lifestyle may have on their ability to conceive and their pregnancy outcomes
9. demonstrate respect for people as individuals when interacting with them and acknowledge their cultural and religious needs and their rights to make their own informed decisions in the context of their own lives
10. refer individuals to alternative or additional sources of advice and information as appropriate to meet their needs
11. recognise and respond to situations and enquiries where your competence and authority to provide advice and information is exceeded, by:
  - 11.1 seeking appropriate advice and guidance from the relevant practitioner, service or agency
  - 11.2 referring people to alternative sources of advice and information
12. respond appropriately to any concerns individuals may have about:
  - 12.1 adapting their lifestyle
  - 12.2 pre-existing medical or familial conditions
  - 12.3 infertility
13. agree with individuals, achievable targets for optimising their health and well being

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14. help individuals develop plans for pregnancy, including specific actions they will take, agreed support they will receive, intermediate targets and review points to measure progress
15. agree a date to review progress and requirements
16. maintain confidentiality and share information in accordance with your organisation's information governance requirements
17. produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

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**Knowledge and understanding**

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. the nature, extent and boundaries of your work role and its relationship to others in the organisation
3. the roles of other health and social care practitioners and how they relate between and across agencies
4. your own role and responsibilities and from whom assistance and advice should be sought if you are unable to deal with an enquiry
5. the local protocols for accessing, consulting and referral to other professionals
6. the legal requirements and good practice guidelines on consent, and consent for children, young people and vulnerable adults
7. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
8. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
9. the principle of information governance and the implications for your practice
10. how to work in partnership with individuals to enable them to make informed choices in the context of their own lives
11. the importance of focusing on people as individuals
12. how to communicate effectively with individuals to meet the needs of a socio-economic, culturally diverse population
13. how to respect the diversity and values of individuals
14. the best available evidence based practice and its role in improving services
15. the principles of clinical risk management and how to apply them to your work
16. pre-existing medical conditions or inherited disorders that impact on conception and pregnancy outcomes
17. the drugs and interventions which are used to manage conditions and symptoms, and the potential effects of these on the health and well-being of an unborn baby
18. genetic disorders that impact on the potential health and well-being of a baby
19. how to seek advice on health conditions, disorders and drugs
20. the strategies and interventions to promote or maintain optimal pre-conceptual health and well-being

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21. why the ability to listen effectively is important
22. how to recognise the sort of information and advice that individuals may be trying to request when they may not have the terminology, confidence or skill to give an accurate specification
23. the information people need in order to be able to make informed pre-conception choices
24. how adapting lifestyle can enable individuals to promote their own health and well-being and that of their unborn baby(ies)
25. the difficulties people may have in maintaining lifestyle changes and how to work with them to identify and overcome these
26. the impact that empowering individuals to manage their own situation has upon the individual, those involved in their care, and health services
27. how you would provide information, advice and support in ways which are appropriate for different audiences
28. the importance of being aware of your own competence in providing advice and information and recognising when a request may exceed that competence
29. local and national services, agencies and websites for people who want further pre-conception advice and information, and how to access these
30. how to help individuals develop realistic and achievable pre-conception plans for a healthy pregnancy
31. the importance of monitoring and reviewing progress towards a healthy pregnancy, and how to do so effectively
32. how an individual's cultural or religious beliefs could affect their ability to adapt their lifestyle in certain ways and how to respond to this
33. the range of services available locally and nationally for people who need information and support in making and maintaining changes in their lifestyle, and how to access these services
34. the range of specialist pre-conception care and infertility services available locally and how to access these
35. how to keep records in accordance with organisational policies and procedures

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### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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