

# Pregnancy Intention + Contraceptive Information: Interactions for Reducing Congenital Syphilis

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November 6, 2019

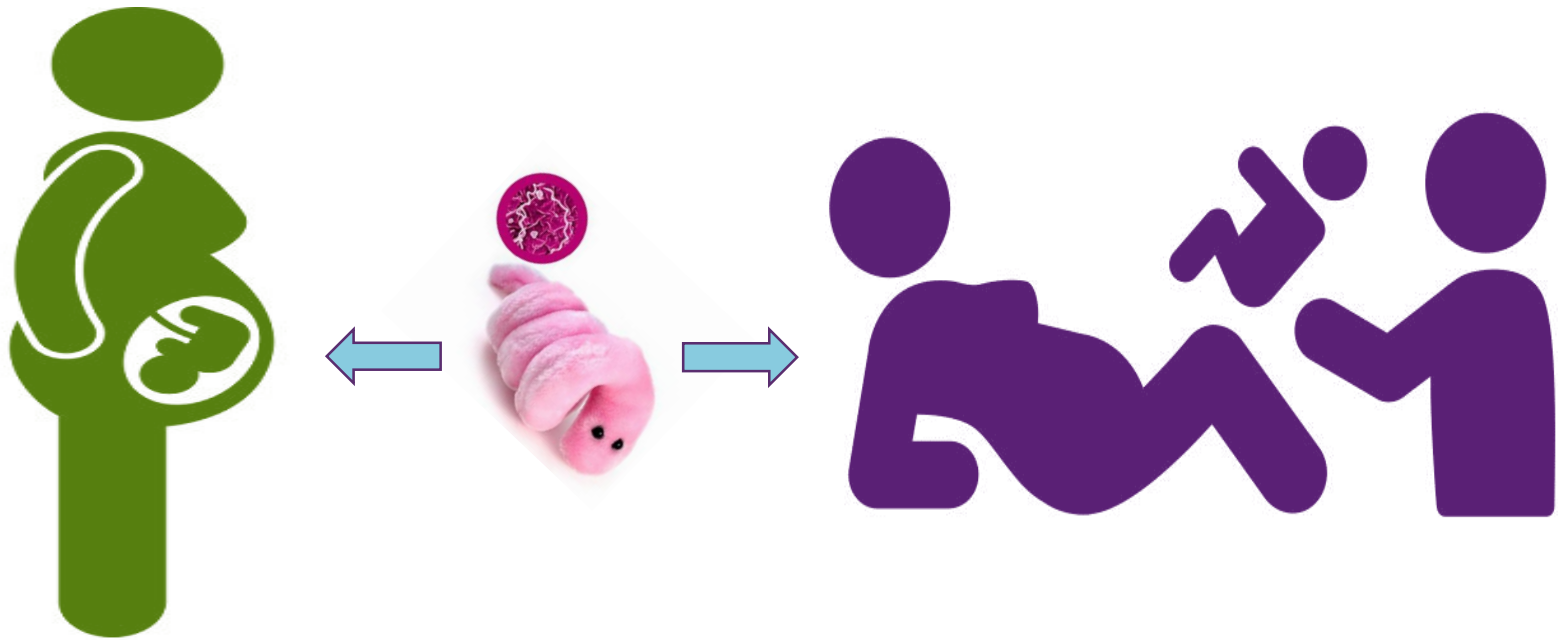
Crystal Cedillo  
STD Prevention Specialist

# Objectives:

- Ask questions to understand your patient's pregnancy intentions
- Conduct brief overview of effective contraceptive methods
- Identify birth control options that may help overcome individual access barriers
- Access tools to enhance preconception care interactions with those at risk of spreading congenital syphilis

# What is Congenital Syphilis (CS)?

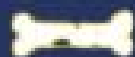
CS is transmitted vertically from the pregnant person to the fetus during pregnancy or delivery.



Images Source: The Noun Project

# CONGENITAL SYPHILIS (CS)

STUDIES HAVE SHOWN THAT 40% OF BABIES BORN TO FEMALES WITH UNTREATED SYPHILIS MAY BE STILLBORN OR DIE FROM THE INFECTION. THE FOLLOWING CAN OCCUR FOR BABIES BORN WITH CS:



**DEFORMED BONES**



**SEVERE ANEMIA (LOW BLOOD COUNT)**



**ENLARGED LIVER AND SPLEEN**



**JAUNDICE (YELLOWING OF THE SKIN OR EYES),**



**BRAIN AND NERVE PROBLEMS, LIKE BLINDNESS OR DEAFNESS,**



**MENINGITIS**



**SKIN RASHES**

## SYPHILIS IN NEWBORNS IS ON THE RISE IN U.S.

Congenital syphilis is a tragic disease that can cause miscarriages, premature births, stillbirths, or even death of newborn babies.

In the past 4 years, cases of congenital syphilis have

**MORE THAN DOUBLED**



**80%**

The chance of a mother passing syphilis onto her unborn baby if left untreated or untreated.

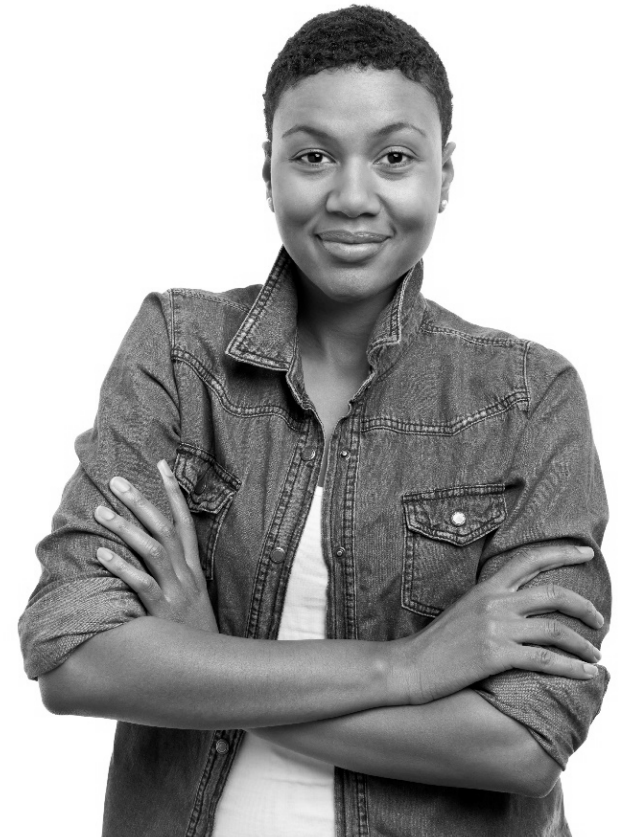
Source: CDC, Centers for Disease Control and Prevention



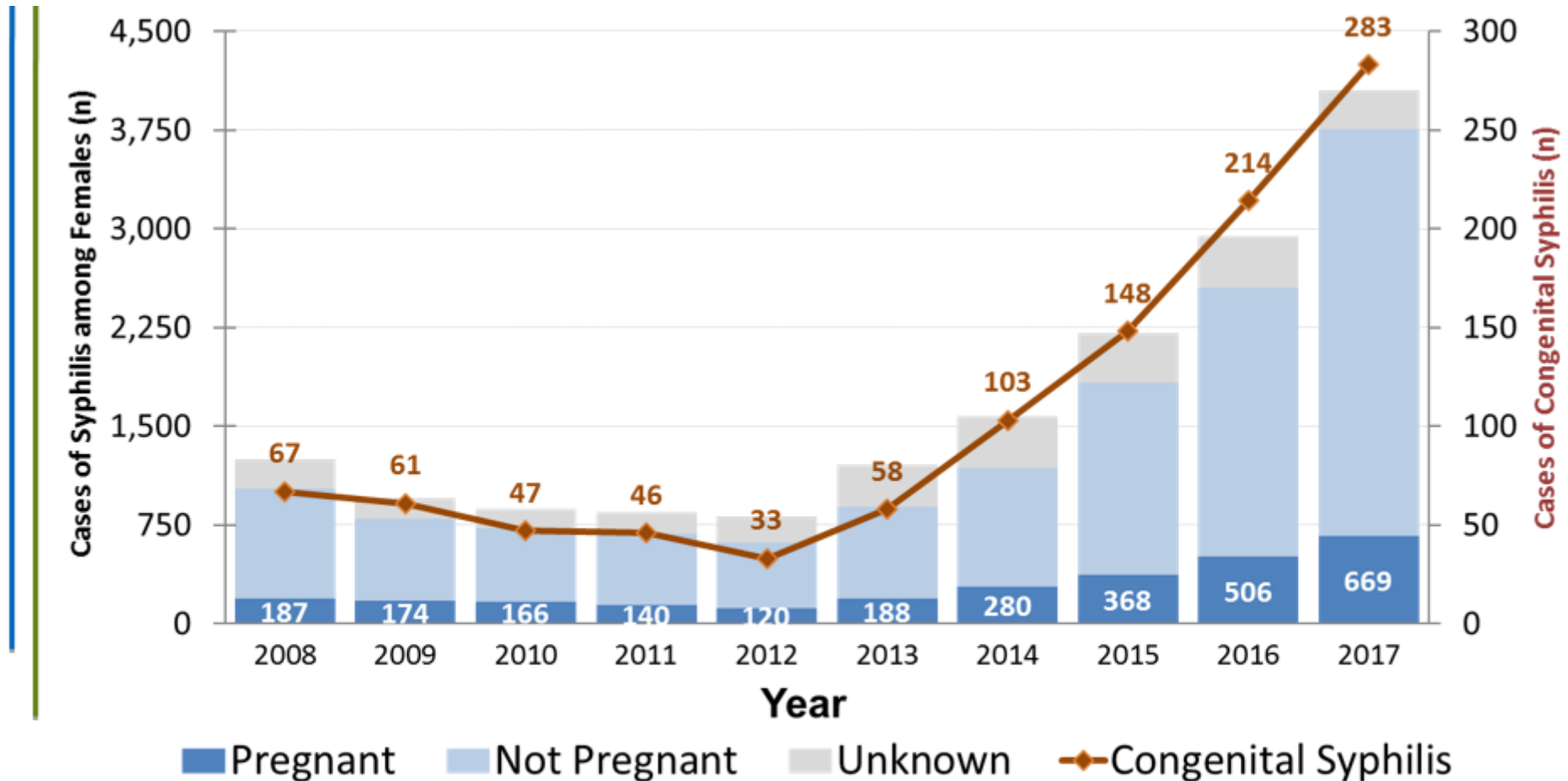
**Protect your baby from syphilis**

# Congenital Syphilis in California is an URGENT PRIORITY!

- CS is on the rise across the United States
- In California, reported cases of CS have quadrupled since 2012
- We need to continue to develop new intervention and prevention strategies to reverse this trend

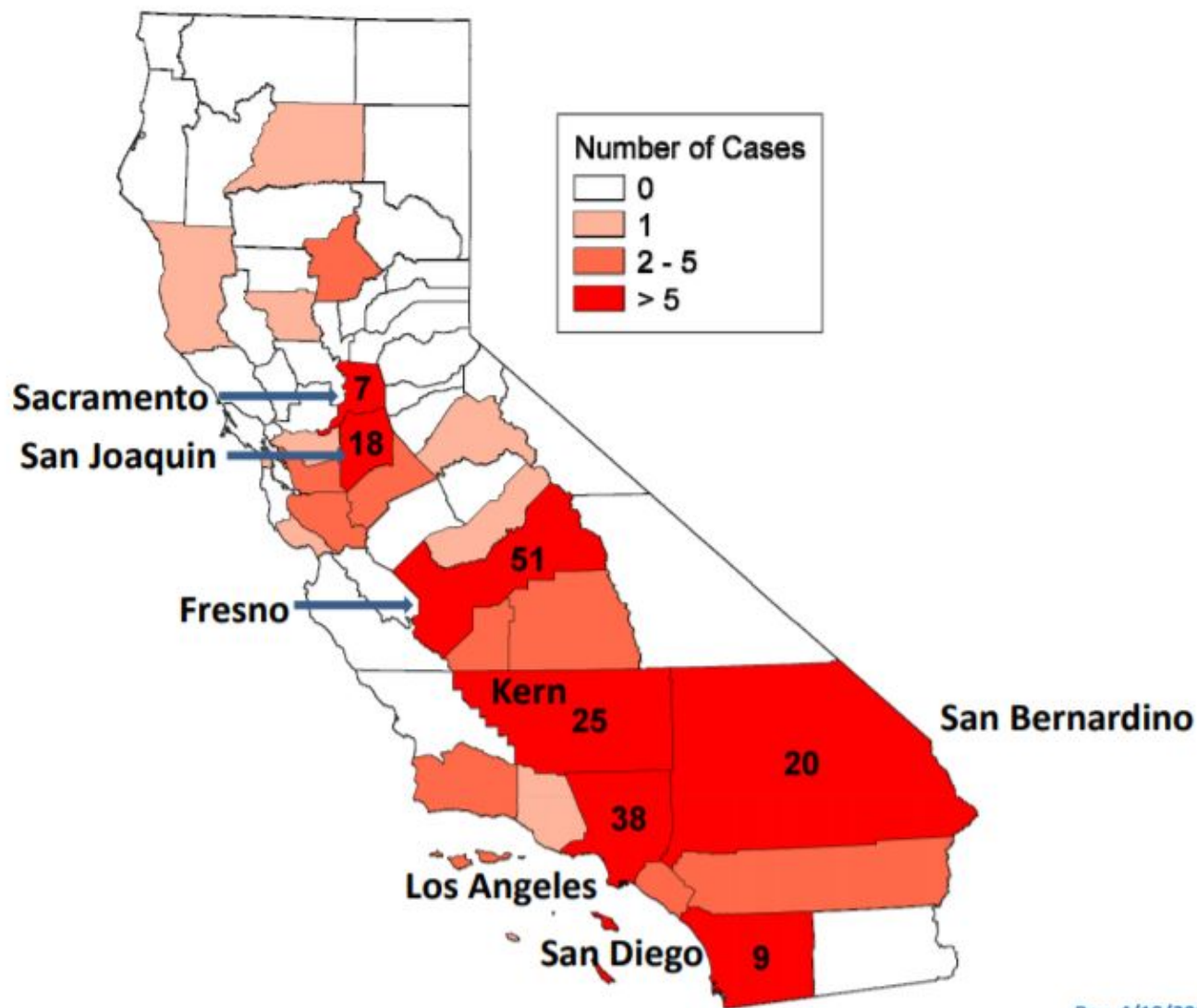


# Congenital Syphilis by Preg Status in CA



\* Includes primary, secondary, early latent, and late latent/unknown duration syphilis.

# Congenital Syphilis by County in CA



**Pregnancy Intention**

**Contraceptive Methods**

**Integrated Referrals**

**Resources + Tools**



# Pregnancy Intention

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## Pregnancy Status

Are you pregnant now?

When was the 1<sup>st</sup> day of your last period (LMP)?

Had sex with any pregnant partners?

Are you in prenatal care?

## Pregnancy Intention

Would you like to be pregnant this year?

Are you trying to get pregnant now?

Are any of your sex partners trying to have a baby?

# Pregnancy Status v. Intention Activity

## DYAD SCENARIO ROLE Syphilis Positive Patient Bio

- Casey, 25 year old female,
- Not pregnant now
- Date of last menstrual period
- Uses condoms sometimes
- Wants to have another child
- Has a new job and wants to have a 2nd child – currently lives in a small space (just 1 room with 1 bathroom)

## DYAD SCENARIO ROLE Provider/Disease Intervention Specialist

What you know already:

- First Name: Casey
- 25 year old female
- Has 1 child age 3

Instructions: ASK these questions:

1. Are you pregnant?
2. When was the first day of your last period/menstrual bleed?
3. Are you using any form of birth control to prevent pregnancy until then?

## DYAD SCENARIO ROLE #2 Provider/Disease Intervention Specialist

What you know already:

- First Name: Casey
- 25 year old female
- Has 1 child age 3

Instructions:

ASK these traditional pregnancy-related questions with integrated **pregnancy + contraception DESIRE** questions:

1. Are you pregnant now?
2. When was the first day of your last period/menstrual bleed?
3. Are you trying to get pregnant now?
4. Would you like to be pregnant this year?
5. Are you using any form of birth control to prevent pregnancy until then?
6. What would it be like for you if you got pregnant now?
7. Would you like to learn about safe, free birth control methods you can use until you are ready to get pregnant?

# If Pregnancy Status Unknown?

- Ask last date they had sex + first day of their last menstrual period (LMP)
- LMP 30 days ago + sex since then
  - provide urine test sticks with instructions
  - refer to site with free syphilis testing and treatment + free pregnancy testing

Not Pregnant



Pregnant



# Partner Pregnancy Questions

- Is anyone you've had sex with pregnant now?
- Is pregnancy possible for any of your current or past sex partners?
- Are any of your partners currently trying to get pregnant?
- Would you like your partner to have a baby this year?



# If Pregnancy Desired or Possible...

## GOAL: healthy birth / baby

- Explain risks of congenital syphilis
- Need for treatment immediately  
(self or partners who may be pregnant)
- Referral to confidential treatment +  
preconception / prenatal care



# If Pregnancy Not Desired...

## GOAL: avoid pregnancy

- Need for treatment immediately (self or partners)
- Explain risk of congenital syphilis
- Contraceptive Options
- Referral to confidential treatment + free contraception



# Desire for Pregnancy Questions

## Pregnancy Planning and Birth Control Options

Would you like to be pregnant this year? Are you trying to get pregnant now?

Yes

Our goal is to support you to have a healthy pregnancy, birth and baby.

- + Get syphilis treatment immediately – both for yourself and your sex partner(s)
- + See below for local clinics that provide syphilis treatment and can link you to preconception and prenatal care

Not right now

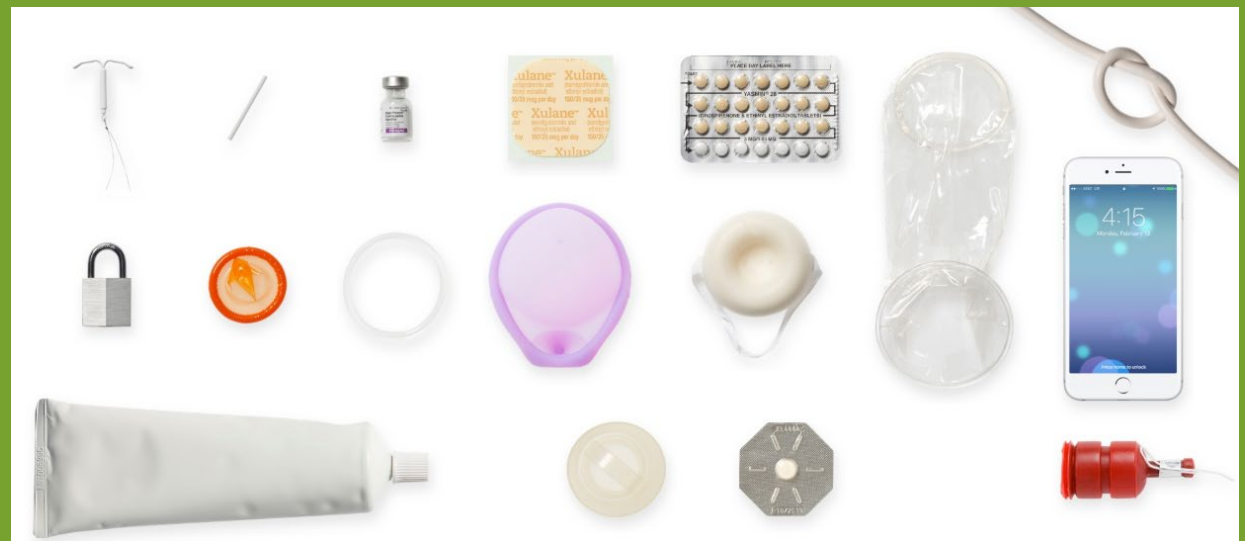
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- + Get syphilis treatment immediately – both for yourself and your sex partner(s)
- + Learn more about effective birth control methods, how well they work and find one that is right for you (see information on back)
- + See below for local clinics that provide syphilis treatment and birth control options



# Contraceptive Information Integration

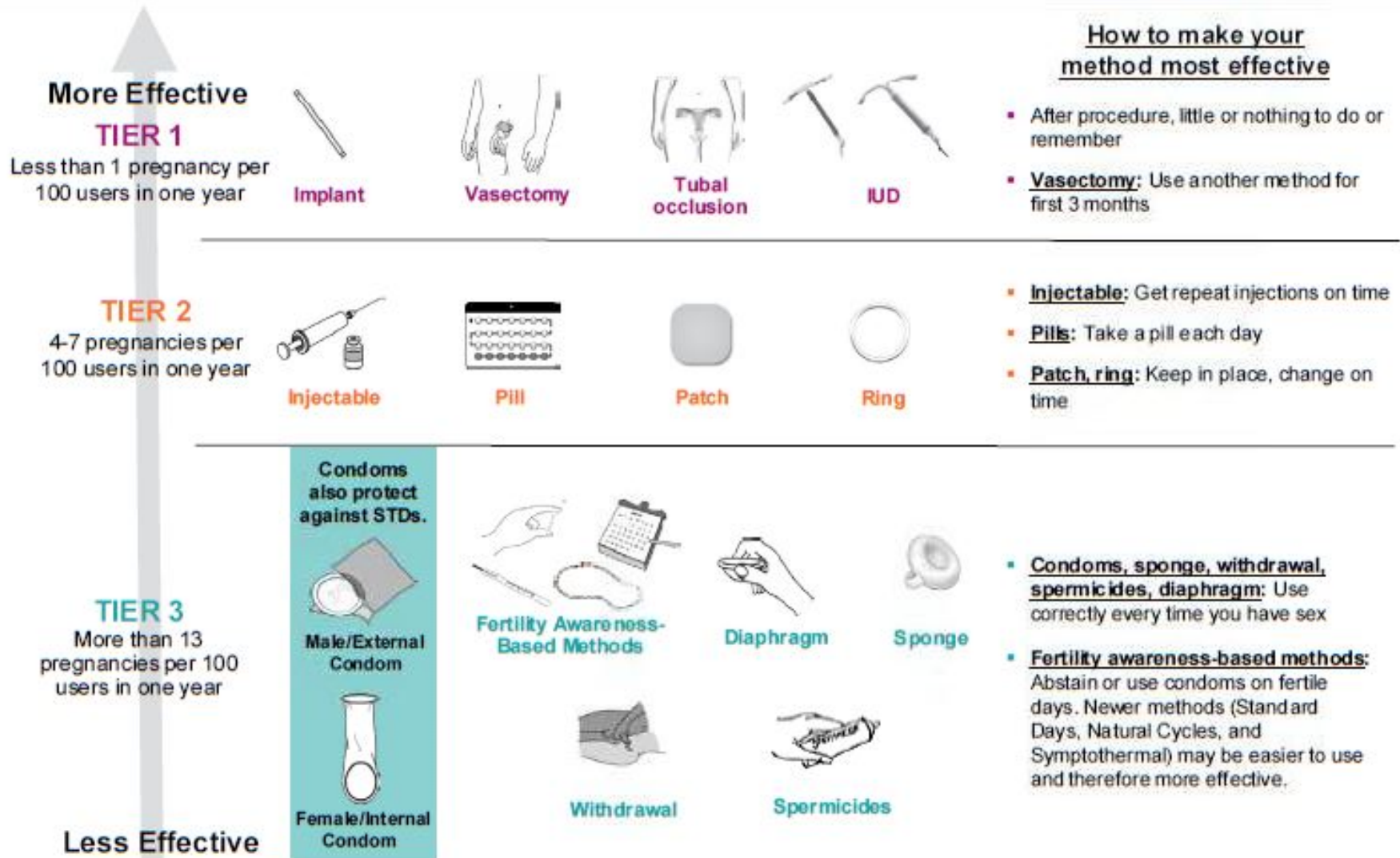
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Source: Bedsider.org

# Picking the Best Type of Birth Control for You

If you do not want to get pregnant right now, there are many types of birth control you can choose from to help you prevent pregnancy. The chart below shows the different birth control options available and how well they work to help you decide what is best for you right now. Any of these methods should be free for most people. Your health care provider can give you more information.

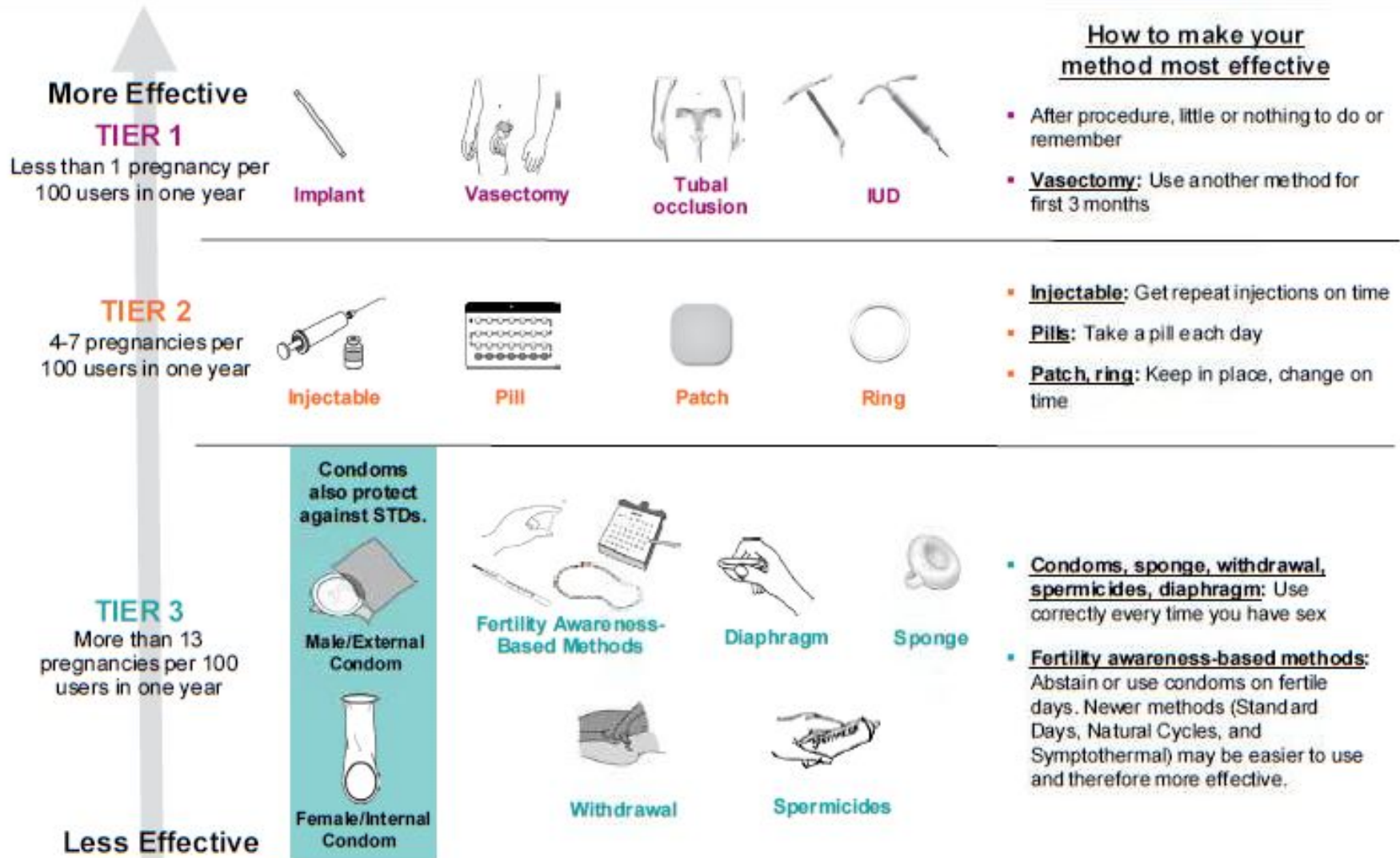


For a complete list of clinics near you that offer birth control and pregnancy planning services, visit [essentialaccess.org/programs-and-services/clinic-map](https://essentialaccess.org/programs-and-services/clinic-map).

Adapted from: Trussell J, Alton ARA, Mula E, Guthrie K. Efficacy, safety, and personal considerations. In: Hatcher RA, Nelson AL, Trussell J, et al, eds. *Contraceptive Technology*. 21st edition. New York, NY: Ayer Company Publishers, Inc., 2018.

# Picking the Best Type of Birth Control for You

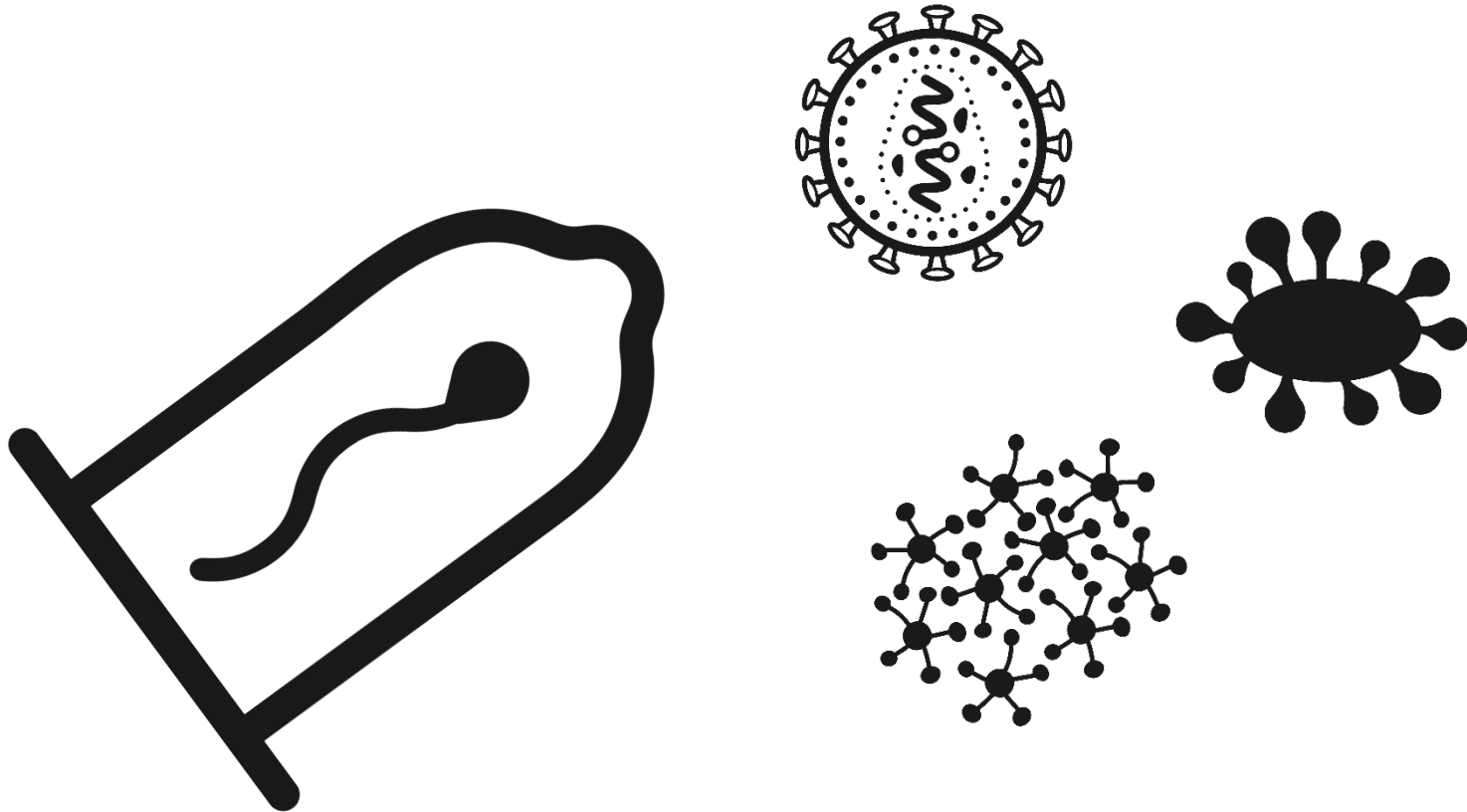
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# Does it protect against STDs?



# How to Access Contraception



Images Source: The Noun Project



# Contraception in California is FREE!

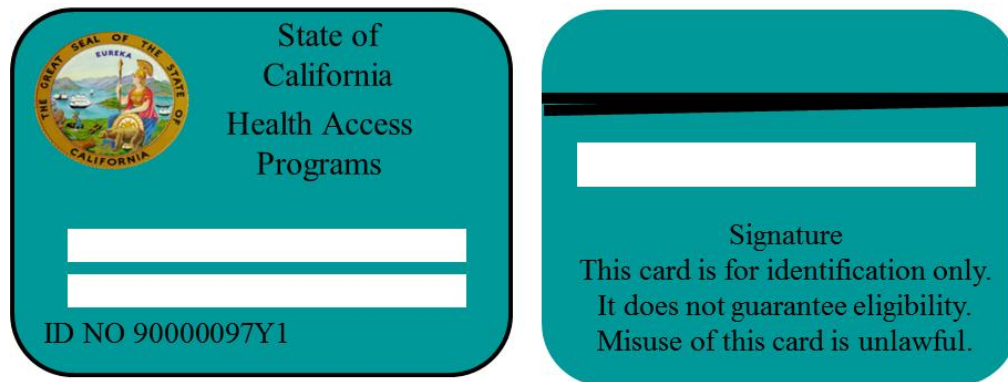
## Contraceptive Coverage Equity Act

- All private insurance + Medi-Cal must cover ALL FDA-approved methods, without restrictions or copays!



## CA Family PACT program ([familypact.org](http://familypact.org))

- Covers all FDA-approved methods, plus other SRH services (NOT pregnancy care)



## CA Medi-Cal program

- Also covers prenatal, child birth and abortion services



# Integrated Referrals (Tx + FP)

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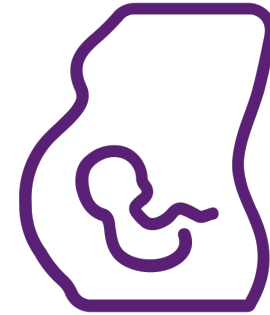




# Treatment + Family Planning Sites



Syphilis Testing + Rx



Prenatal Care



Birth Control Methods

# New Interaction Tool w/ Referrals

## Pregnancy Planning and Syphilis: What You Should Know

### Syphilis and Congenital Syphilis are on the Rise in California

- + Syphilis is caused by an infection spread by sexual contact.
- + Congenital syphilis occurs when syphilis is passed to infants during pregnancy. It can be life threatening.
- + Testing and treatment are the key to preventing syphilis and congenital syphilis.
- + Effective birth control and pregnancy planning services can also prevent congenital syphilis.

### Pregnancy Planning and Birth Control Options

Would you like to be pregnant this year? Are you trying to get pregnant now?

Yes

Our goal is to support you to have a healthy pregnancy, birth and baby.

- + Get syphilis treatment immediately – both for yourself and your sex partner(s)
- + See below for local clinics that provide syphilis treatment and can link you to preconception and prenatal care

Not right now

Our goal is to support you to avoid pregnancy if you don't want to be pregnant.

- + Get syphilis treatment immediately – both for yourself and your sex partner(s)
- + Learn more about effective birth control methods, how well they work and find one that is right for you (see information on back)
- + See below for local clinics that provide syphilis treatment and birth control options

For syphilis treatment and birth control services in your county, please visit:



For a complete list of clinics near you that offer syphilis testing and treatment, visit [gettested.cdc.gov](http://gettested.cdc.gov).

For a complete list of clinics near you that offer birth control and pregnancy planning services, visit [essentialaccess.org/programs-and-services/clinic-map](http://essentialaccess.org/programs-and-services/clinic-map).

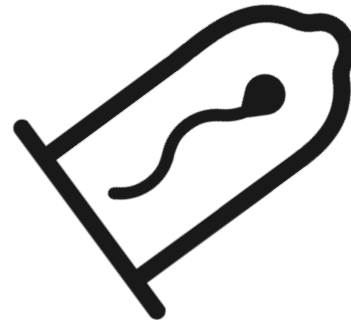
Congenital Syphilis  
in CA – the FACTS!

Preconception Care  
Interaction  
(based on preg intention)

Integrated Referrals  
(Syphilis Tx + FP)

# Additional Client Referrals

- Transportation services to get to the clinic
- Where to get free condoms
- Other social services as needed



# Find Free Condoms - Online

[teensource.org/condoms/free/pick-up-map](https://teensource.org/condoms/free/pick-up-map)

SEX + HEALTH + YOU  
teensource.org

FIND A CLINIC BIRTH CONTROL STDs RELATIONSHIPS BLOGS KNOW YOUR RIGHTS

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Martinez Vine Hill Pacheco Concord Clayton Stewartville  
Black Diamond Mines Regional...  
Pleasant Hill Contra Costa Centre Walnut Creek Marsh Creek  
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**FIND FREE CONDOMS**

94513

20 MILES

**SEARCH**

Like getting free condoms? Help us keep CAP going! Enter your email address and we will send you a short, confidential survey about your experience using the CAP map.

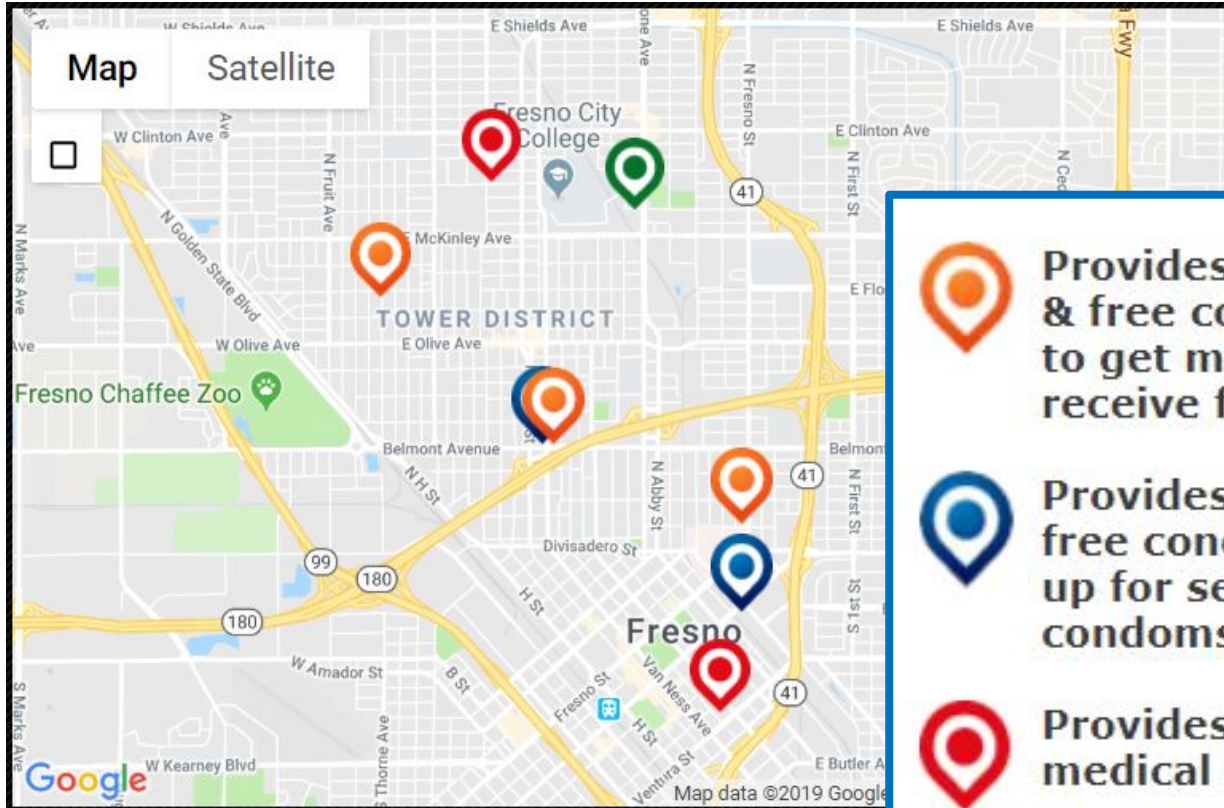
Your Email

**SUBMIT**



# Find Free Condoms in Fresno

[teensource.org/condoms/free/pick-up-map](https://teensource.org/condoms/free/pick-up-map)



**Provides both medical services\* & free condoms - do NOT need to get medical services to receive free condoms**



**Provides medical services\* & free condoms - DO need to sign up for services to receive condoms**



**Provides free condoms but no medical services\***



**School-based health centers**  
(you may need to be a student at the school to get free condoms)

# Resources + Tools

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# HOW WELL DOES BIRTH CONTROL WORK?



Really, really well



The Implant

Works, hassle-free, for up to...

4 years



Hormonal IUDs

3-6 years



Non-hormonal IUD

12 years



Sterilization,  
for men and women

Forever

What is your chance  
of getting pregnant?



Pretty well



The Pill

For it to work best, use it...

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot

Every 3 months



Not as well



Withdrawal

For each of these methods to work, you or your partner have to use it every single time you have sex.



Fertility Awareness

Use a condom with any other method for STI protection.



Internal Condom



Condom



FYI, without birth control,  
over 90 in 100 young women  
get pregnant in a year.

**BEDSIDER**  
Bedsider.org



Bixby Center  
for Global  
Reproductive  
Health



This work by the UCSF School of Medicine Bixby Center and Bedsider is licensed as a Creative Commons Attribution - NonCommercial - NoDeriv 3.0 Unported License. Updated January 2016.

Free: <http://beyondthepill.ucsf.edu/tools-materials>



WHERE TO GET IT / [health center locations](#)

Not sure what to do when you call a health center?

100 results for  
current map location

[Are we missing a health center? Let us know »](#)

[write your review on yelp](#)

**Hanford Community Medical Center**

450 Greenfield Ave.

Hanford, CA, 93230

(559) 582-4361

[write your review on yelp](#)

**Contra Costa Health Services -**

Mobile Clinic Site

Multiple Sites East Centr

Martinez, CA, 94553

(925) 313-6166

[write your review on yelp](#)

**Valley Health Center - Moorpark**

2400 Moorpark Ave

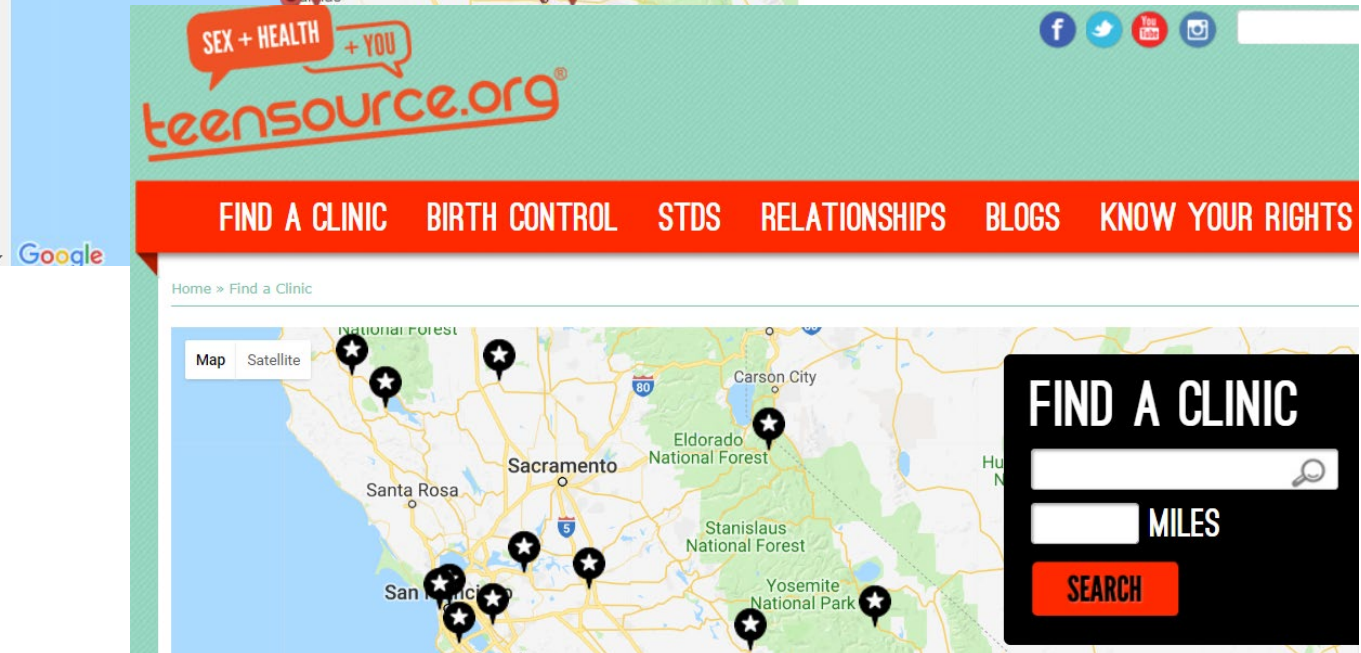
San Jose, CA, 95128

(408) 885-7049

[write your review on yelp](#)

**Health and Life, Sacramento**

Community Clinic



# Birth Control Clinic Finders



# Public Education Materials

## Syphilis in California Babies is on the Rise

Syphilis is an infection spread by sexual contact. Congenital syphilis occurs when syphilis is passed on to infants during pregnancy or at delivery. It can be life-threatening.

The number of infants with **congenital syphilis** increased for the **5th year** in a row.

71 of those infants resulted in **stillbirths**, with **30 stillbirths** alone.

2012 — 2017  
33 cases — 283 cases\*

**Syphilis in babies is PREVENTABLE.**

Testing & treatment are key to preventing syphilis.

Talk to your doctor about prevention & sex partners.

## California women, syphilis is on the rise

# GET TESTED

### Prevent congenital syphilis

All pregnant women should get tested for syphilis at their first prenatal care visit.

Women at increased risk\* for syphilis need to be tested again during the third trimester and at delivery.

**First visit:** all pregnant women  
**28 weeks:** women at increased risk  
**Delivery:** women at increased risk

\*Many regions in southern California and the San Joaquin valley currently recommend screening in the third trimester and at delivery for all pregnant women. However, some pregnant women living outside of these areas may also benefit from multiple tests during pregnancy. Please ask your doctor if you should be tested for syphilis again in the third trimester and at delivery.

California Department of Public Health  
STD Control Branch  
www.std.ca.gov

Adapted with permission from the Minnesota Department of Health

## Protect Your Baby from SYPHILIS

### Know The Dangers...

Your baby could be

- Blind
- Deaf
- Premature

Prevent

- Death
- Meningitis
- Anemia
- Low birth weight

### Protect Your Family...

- Use condoms
- Talk to your doctor
- Get tested
- Get treated

California Department of Public Health  
www.std.ca.gov

# Resources

**CA Department of Public Health website:** [std.ca.gov](http://std.ca.gov)

Data, and resources for health care providers, local health jurisdictions, and the public

**Disease Intervention Services Training Center:** [distc.org](http://distc.org)

Disease intervention specialist training

**CA Prevention Training Center:** [californiaptc.com/](http://californiaptc.com/)

Trainings, capacity building and clinical consultation

**Centers for Disease Control & Prevention:** [cdc.gov/std](http://cdc.gov/std)

Fact sheets, treatment guidelines, and national data

**Essential Access Health:** [essentialaccesstraining.org](http://essentialaccesstraining.org)

Online + In-Person SRH trainings for providers

# Thank You!

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Crystal Cedillo

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