

## **ONE KEY QUESTION<sup>SM</sup> Initiative:**

### **Integrating Best Practices for Reproductive Health into Primary Care for Oregon Women**

The Oregon Foundation for Reproductive Health is proposing that reproductive-age women be routinely asked by their primary care clinician the **ONE KEY QUESTION<sup>SM</sup> (OKQ) “Do you want to become pregnant in the next year?”** If the woman answers “yes”, she can be offered preconception care and folic acid. If she answers “no” or “unsure,” she can be assessed as to whether she is using contraception and is satisfied with her method and her primary care provider may offer options as needed and suggest Emergency Contraception.

We conducted the first pilot study of OKQ at Oregon Health & Science University’s Richmond Family Medicine Clinic involving over 150 women. This pilot’s primary goal was to identify whether asking this question improves women’s health by increasing access to contraception and preconception care as measured by a comparison of the number of prescriptions written for folic acid and contraception. As our first pilot, it also tested feasibility relative to how the women felt being asked OKQ and how clinicians felt about asking it.

We are currently conducting a comprehensive quantitative and qualitative analysis of the pilot results. By asking OKQ and tracking the responses, we can quantify the number of women who, as a result of this question being asked, received preconception counseling and contraceptive care. Additionally we can assess improved health outcomes by measuring how many women received early prenatal care, and recommendations of folic acid or contraception, including emergency contraception. Our initial qualitative results demonstrated that 99% of the women liked being asked about their pregnancy intention. 95% of clinicians reported it was a useful question to ask women during a visit and 100% agreed that asking OKQ did not disrupt patient flow or slow down the clinic.

**The OKQ Initiative is also endorsed by:** Nurse Practitioners of Oregon, Oregon Nurses Association, Oregon Medical Association, Oregon Academy of Family Physicians, Oregon Section of American Congress of Obstetricians and Gynecologists, Oregon Primary Care Association, Office of Rural Health, Oregon Public Health Association, Oregon Public Health Institute and Northwest Portland Area Indian Health Board.