

Family Planning Checklist

OB-GYN CARE FOR AFGHANS: A TOOLKIT FOR CLINICIANS

Gender preferences

- An all-female health care team may be preferred. Discuss health care team gender preference with patient and match preference if staffing and workflow allows.
- If unable to match gender preference, inform patient and discuss options to increase patient's comfort.

Interpreter

- Ensure presence of certified medical interpreter who speaks the patient's preferred language, in person or virtually. Dari and Pashto are the most commonly spoken languages in Afghanistan and are not mutually intelligible.
- Huddle with interpreter to inform them of visit topic and plan.

Visit components

- Provide opportunity to discuss care with patient alone, without family present. This may include noting that it is protocol to discuss certain topics with patients one-on-one, asking sensitive questions when visitors leave the room during physical exams, or walking with the patient to the restroom during urine sample collection.
- Review concepts of consent, confidentiality, and limits to confidentiality in U.S. health care.
- Discuss expected costs of care or insurance coverage of services provided during visit if able. If not, provide contact information of billing department and discuss good faith estimate process.
- Assess current familiarity with contraception options available in the United States.
- If not covered in routine family planning care, consider reviewing:
 - Available options and resources
 - Efficacy and reversibility of methods
 - Duration of long-acting contraceptives
 - Common side effects and how they may or may not align with the patient's goals
 - Appropriate methods for using contraceptives to maximize efficacy

After Visit Summary

- Assess language literacy and learning preferences in order to provide appropriate resources in the After Visit Summary. Consider using external patient education materials to supplement internal resources.
- Provide information on how to access interpreters to call clinic in case of questions or concerns after the visit.

Resources

[National Resource Center for Refugees, Immigrants, and Migrants: Motivational Interviewing \(https://nrcrim.org/motivational-interviewing\)](https://nrcrim.org/motivational-interviewing)

[National Resource Center for Refugees, Immigrants, and Migrants: Sexual and Reproductive Health for Afghans \(https://nrcrim.org/afghans/toolkits/sexual-and-reproductive-health-afghans\)](https://nrcrim.org/afghans/toolkits/sexual-and-reproductive-health-afghans)

[Switchboard: Providing Culturally Sensitive Sexual and Reproductive Health Information for Newcomer Youth \(https://www.switchboardta.org/resource/providing-culturally-sensitive-sexual-and-reproductive-health-information-for-newcomer-youth-2/\)](https://www.switchboardta.org/resource/providing-culturally-sensitive-sexual-and-reproductive-health-information-for-newcomer-youth-2/)

[University of California, Irvine: ReproNet Digital Library \(https://repronet.org/digital-library/\)](https://repronet.org/digital-library/)

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