

## One Key Question® Improving Maternal and Child Health

**“Would you like to become pregnant in the next year?”**

One Key Question® (OKQ) is a groundbreaking and simple service to help encourage primary care providers and others to routinely ask women about their reproductive health needs. By asking: “Would you like to become pregnant in the next year?” clinicians and others can more fully support women’s health needs such as preventing an unintended pregnancy or preparing for a healthy pregnancy.

OKQ is designed to *proactively* address the root causes of unintended pregnancies, poor birth outcomes, and disparities in maternal and infant health. OKQ is focused on understanding women’s intentions and providing follow-up care based on her response to the one key question. It is non-judgmental and equally supports women who want to become pregnant and those who do not. OKQ is used in a variety of settings, from home visiting, to primary care, to other innovative locations, such as food assistance programs and dental offices.

Evidence suggests that only 10 percent of women of childbearing age are actively seeking to become pregnant in the next year. Of the other 90 percent, almost one-third are not using any form of contraception. OKQ helps make women and families healthier, and ensures that more pregnancies are planned and healthy.

Power to Decide has exclusive rights to all OKQ activities, trainings, agreements, and licenses outside of the state of Oregon. We are partnering with The Oregon Foundation for Reproductive Health—the originator of OKQ—who will handle OKQ efforts in Oregon. Please contact Bill Albert at [balbert@powertodecide.org](mailto:balbert@powertodecide.org) for more information.

Many locations nationwide are already using the OKQ program and Power to Decide hopes to expand on this number in the future. OKQ has been endorsed by more than 30 prominent national organizations, including the American Public Health Association, the American College of Obstetricians and Gynecologists (Committee opinion), and the National Association of Nurse Practitioners in Women’s Health.

Preconception care optimizes the chances for a healthy pregnancy. Many factors that affect fetal development and the health of the mother can only be modified before a pregnancy begins

# One Key Question® Training and Consulting

Beginning in 2018, OKQ training and consulting will be offered in two essential packages:

## Training and Certification

Power to Decide (and The Oregon Foundation for Reproductive Health in Oregon) will provide a one day, in-person certification training and consultation package for clinics, community-based organizations, public health departments, and other organizations well-suited for OKQ implementation. Each training can accommodate up to 50 people per training and costs are determined based on the number of individuals. This package includes:

- One or two trainers (depending on the number of individuals being trained)
- Materials (implementation manual, patient materials, Personal Practice Plan workbook, etc.)
- Five hours of consulting (prior to and following training)
- Post training webinar
- Provider OKQ Certification (two years for the price of one)
- Access to a OKQ Provider Portal (only available to certified providers)

## Systems Integration

Power to Decide will work with systems—health care, hospital, public health, insurance, etc.—to integrate OKQ at the system and clinic (or site) level. Power to Decide will provide technical assistance and training throughout this year-long process to assist sites through a six-step quality improvement process to assess use of best practices, develop an action plan, measure and evaluate outcomes, and celebrate success. This package includes the Training and Certification (see above) package to ensure all providers are certified. In addition, sites will become OKQ Certified. This more expansive model includes:

- Training and Certification Package (see above)
- Yearlong technical assistance and training
- Access to the Systems Integration Online Portal
- System OKQ Certification

## Costs

The cost of training and certification are based on the number of individuals being trained.

- Contact Bill Albert at [balbert@powertodecide.org](mailto:balbert@powertodecide.org) for more information.
- Contact Hannah Rosenau at [hannah@orfh.org](mailto:hannah@orfh.org) for more information **in Oregon.**