



Understanding Infant Adoption 7 Handout

Introducing Pregnancy Options in Fifteen Minutes or Less

This script is directed to the healthcare professional who meets with the patient to provide her with her positive pregnancy test results. It further assumes that the healthcare professional has had no contact with the patient previously and will not be providing follow-up care. It assumes that the healthcare professional will discuss the need for and make referrals for healthcare as necessary. The script's purpose is to provide guidance to the healthcare professional in raising the issue of choices with the patient.

All options should be presented in a non-coercive, non-judgmental manner so that the patient knows she has choices, she is free to make whatever choice she wishes without judgment, she makes the choice of what she wishes to do about her pregnancy, and she controls the referral contact.

This script is designed to take fifteen minutes or less. The healthcare professional's recommended statements or questions are in quotation marks. Directions for the healthcare professional are in italics.

Pregnancy Options Discussion Script

1. Greet the patient

Scenario 1: Healthcare professional greets patient in the client waiting area.

"Hello, Ms. Smith, my name is Sally Healthcare. Please come with me." *You may want to engage in small talk on the way to the interviewing room. Once in the interviewing or examination room say, "I will be talking with you about your pregnancy test results."*

Scenario 2: Someone else brings the patient to the interviewing/examination room and you enter the room after the patient.

"Hello Ms. Smith, I am Sally Healthcare. I will be talking with you about your pregnancy test results."

2. Tell the patient the test result is positive

Most patients are anxious to know the results, so tell them right away by saying, "The pregnancy test is positive." Observe her behavior, listen, and respond appropriately. If you cannot tell how the news affected her, ask questions such as:

- “What are you thinking or feeling?”
- “How do you feel about the test results?”
- “What do you think the child’s father will do or say when you tell him?”
- “What impact do you think having this child will have on your future plans?”

3. Present options

Pregnancy options are going to vary depending on state law. All options legally available should be presented to your patient.

Say: “There are options to respond to a pregnancy.”

[List all options legally available in your state.]

“What information would you like about any of these options?”

Listen and respond appropriately.

4. Identify referral options

If the patient states she is clear on what she wants to do and does not want any referrals, you can end the discussion by saying: “I respect your decision. However, we welcome you to call for a referral if you change your mind. You can call (phone number) to get the name of an agency that can provide you with additional information and services on whatever option you choose or to help you with your choice.”

Potential Patient Resources

- American College of Obstetricians and Gynecologists: [Pregnancy Choices](#)
- Child Welfare Information Gateway: [Adoption: Considering Your Options and Making a Plan](#)

About the Adoption-Sensitive Clinical Care Project

It is critical that expectant parents who may wish to place a child for adoption have access to appropriately trained staff and comprehensive supports throughout the adoption process. The federally-funded Adoption-Sensitive Clinical Care Project and the Understanding Infant Adoption curriculum are being administered by [National Council For Adoption \(NCFA\)](#), [The Adoption & Foster Care Clinic](#), [Spaulding for Children](#), and [University of Washington School of Social Work](#) for the project period 2024-2026.

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