

Choosing Your PICNIC Question

PICNIC will be asked by a...

scheduler

If you are primarily scheduling...

postpartum visits

Ask,

Would you like to talk about birth control as part of your visit?

adult office visits

Ask,

Would you like to talk about birth control or getting pregnant as part of your visit?

written question on an intake form or a pre-visit screener

RN, MA, or clinician

If patients are primarily in your clinic for...

postpartum visits

Ask on the form/screener,

Would you like to talk about birth control during your visit?

adult office visits

Ask on the form/screener,

*Would you like to talk about [] Not getting pregnant/birth control?
[] Interest in getting pregnant in the future?*

assesses both pregnancy and contraceptive needs: go to **C1**

assesses pregnancy intention, and will require follow-up to see if contraception is desired: go to **C2**

assesses contraceptive needs: go to **C3**

is more appropriate for adolescents: go to **C4**

is more appropriate for pregnant/postpartum patients: go to **C5**

Choosing Your PICNIC Question

Section C1

Ask either Question A or B

Question A
(The Institute of Family Health)

Would you like your provider to help you with birth control or pregnancy planning today?

Section C2

Ask Question C

Question C
(One Key Question)²

Would you like to become pregnant in the next year?

Section C3³

Ask Question D

Question D
(Contraceptive needs screener)

Do you want something to prevent pregnancy today?

Section C4

Ask Question E

Question E⁴

Have you ever had any type of sex (oral, vaginal, anal)?

If yes: When was the last time you had sex? When was the last time you had unprotected sex? Can sex with your partner lead to pregnancy? Are you currently trying to become pregnant?

If no: Are you doing anything to prevent pregnancy?

If yes: Would you like to talk about ways to be healthy going into a pregnancy? Do you share information about using birth control with any trusted adults?

Section C5

Ask Question F or standard PICNIC question

Question F
For postpartum patients soon after giving birth

A person can get pregnant again as soon as one month after giving birth. Hearing that, would you like to talk about birth control today?

Question B
(PATH Question Framework)¹

Pregnancy Attitudes: *Do you think you might like to have [more] children at some point?*

Timing: *When do you think that might be?*

How important: *How important to you is it to prevent pregnancy [until then]?*

²requires licensing for use

³appropriate particularly in settings where preconception counseling is not an area of expertise or preconception counseling is not generally relevant to the patient population

Standard PICNIC Question
For postpartum patients one year or more after giving birth

It is recommended to use a standard PICNIC questions (Questions A-D)

¹only for clinician or trained FP counselor

⁴For adolescents, PICNIC should not be conducted as a stand-alone question set, but rather in the context of a conversation about sexual history, including discussing attraction, relationships, and behaviors.