

# Walk & Talk: Healthy Pregnancies

The walk from the waiting room to the exam room is an opportunity for medical assistants to informally check-in with their patients and offer gentle reminders. The following script can be used during this “walk and talk” time.

**Background:** Part of promoting healthy pregnancies includes not drinking any alcohol. Many pregnant people receive conflicting messages around alcohol consumption during pregnancy, but it is important for all members of the healthcare team to reiterate that there is no known safe amount, no safe time, and no safe type of alcohol to drink while pregnant. Fetal alcohol spectrum disorders (FASDs) are a group of conditions (physical, intellectual, and behavioral) that can result from being exposed to alcohol in utero and can last a lifetime. FASDs are preventable if a developing baby is not exposed to alcohol during pregnancy.

Another part of a healthy pregnancy is providing patients with information about vaccines to prevent illness. Currently, the Centers for Disease Control and Prevention (CDC) and the American College of Obstetricians and Gynecologists (ACOG) suggest that pregnant people have access to the COVID-19 vaccine. Preliminary findings are reassuring that the vaccine is safe and beneficial for pregnant people. For those who are planning or trying to get pregnant, there is no evidence that the COVID-19 vaccine causes infertility.

**Medical assistant:** \*calls patient from waiting room\*

**Patient:** \*walks back to the hallway\*

**Medical assistant:** \* Hi! How are you?\*

**Patient:** “Fine, thanks. You?”

**Medical assistant:** “Good! We are sharing this postcard with all of our patients to promote healthy pregnancies. One thing you will see is to not drink any alcohol if you are pregnant or may be pregnant. Alcohol can have lifelong harmful effects to a developing baby so we are reminding patients that there is no known safe amount, no safe time, and no safe type of alcohol to drink while pregnant. We also want all of our patients to have access to the COVID-19 vaccine. If you have any questions about this, the doctor will be happy to discuss them with you.” \*hands postcard with graphic to patient\*

**Patient:** “Oh, okay. Thanks.”

**Medical assistant:** “You’re welcome! The health of you and your baby is so important to us.”

**Patient:** “Thanks! I’ll share it with my friend who is also pregnant!”



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