Neural tube defect occurs when the neural tube does not form and completely closes in embryonic development. NTDs can include anencephaly, spina bifida, encephalocele, and more. About 3,000 cases annually in the US. 400-800 mcg daily of folic acid can prevent NTDs.

METHODS
• Exclusion Criteria:
  o Patients assigned female at birth with no documented menstruation
  o Patients with documented hysterectomy
  o Patients at SIHF Alton Clinic seen by non-residency providers
  o Patients pregnant at the beginning of the study or during the duration of the study
  o Patients visiting the clinic outside the dates of July 7, 2023 and March 18, 2024
• Intervention: patient education and informative handout
• Calculating baseline % and post-intervention % of patients on folic acid supplementation

RESULTS
• 2/217 patients started prenatal vitamin post-intervention
• 8/217 (3.69%) patients were taking medications with neural tube defect risks
• 34/251 (13.5%) patients excluded due to hysterectomy, tubal ligation and male assigned birth

CONCLUSION
• Proper education helped patients get onboard to start or consider starting a prenatal vitamin.
• Continuation of this project is warranted to discover the true impact of implementing prenatal vitamins in child-bearing age women.

References
• Bibbins-Domingo K; Grossman DC; Curry SJ; Davidson KW; Epling JW; Garcia FA; Kemper AR; Krist AH; Kurth AE; Landefeld CS; Mangione CM; Phillips WR; Phipps MG; Pignone MP; Silverstein M; Tseng CW; Folic acid supplementation for the prevention of neural tube defects: US Preventive Services Task Force Recommendation statement. JAMA. 2017;317(2):183-189. https://pubmed.ncbi.nlm.nih.gov/28097362/.