

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Improving Adolescent Sexual Health Through an Educational Toolkit for Providers

Anna M. Martin (Royek), RN, BSN

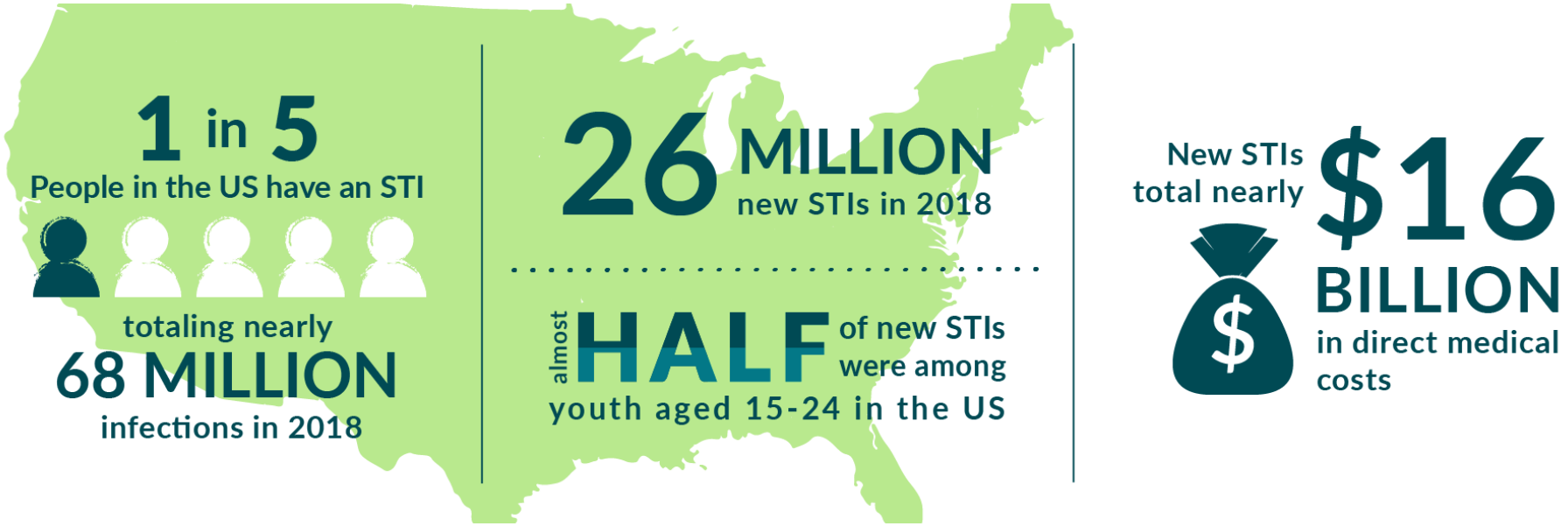
Community Member: Ms. Hannah E. Warren, MPH

Project Chair: Dr. Tracy L. Brewer, DNP, RNC-OB, CLC, EBP-C

Background

- Young people (15-19) account for more than half of newly acquired sexually transmitted infections (STI)[2]
- Adolescents naturally engage in risky behaviors [2]
- Providers, on average, only spend 36 seconds discussing the topic[1]
- 33% of adolescents have health visits with no mention of sexual health[1]

([1]Alexander et al., 2014; [2]Center for Disease Control and Prevention [CDC], 2018)



Center for Disease Control and Prevention. (2021, February 18). *Sexually transmitted infections prevalence, incidence, and cost estimates in the United States*. https://www.cdc.gov/std/statistics/prevalence-incidence-cost-2020.htm

The Clinical Problem

Educational resources for communication between providers and adolescents on sexual health were non-existent at ANTHC

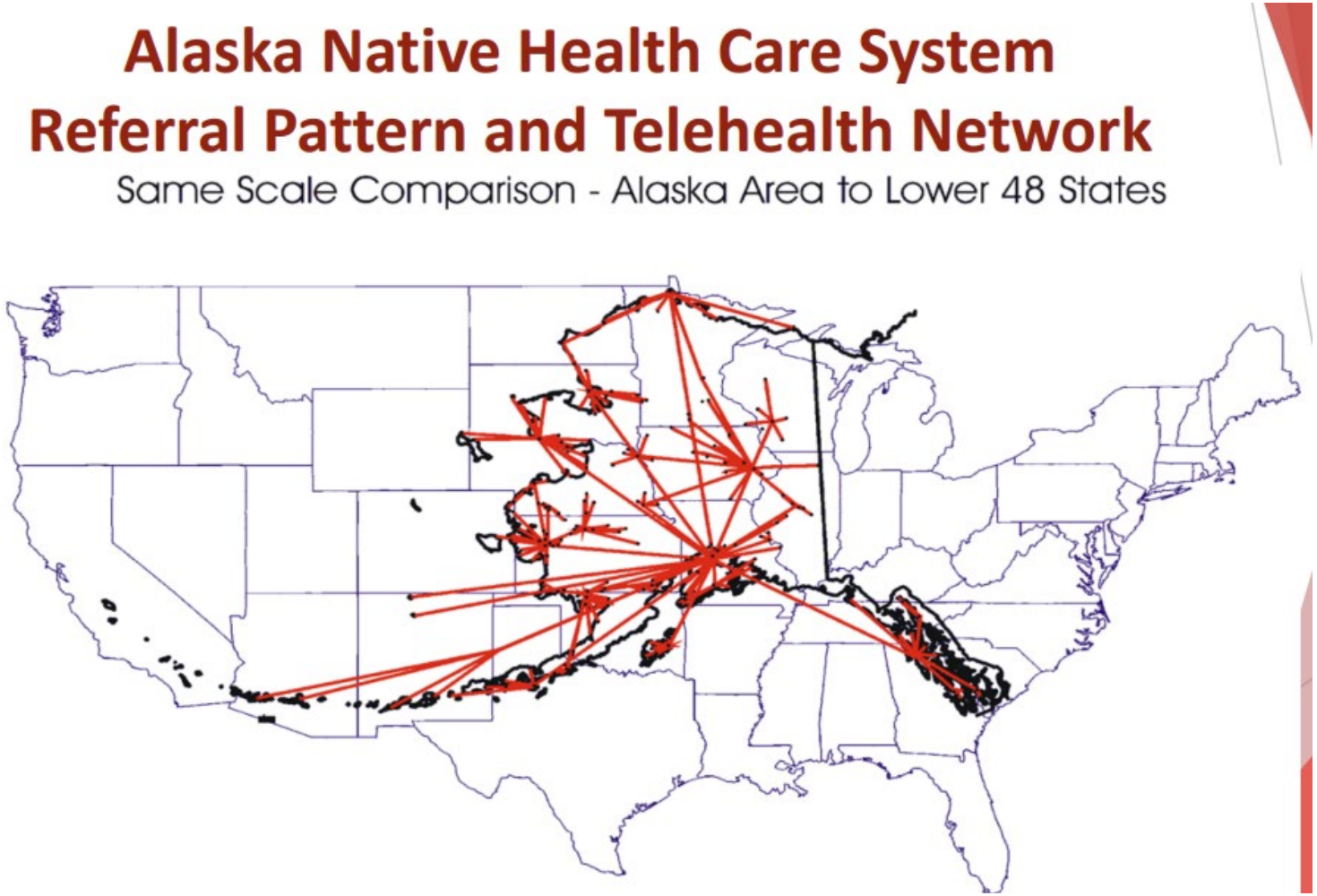
Alaska Natives experience 3.7 times higher rates of chlamydia and 3.3 times higher rates of gonorrhea[2]

46.5 – 56.6% of AN/AI students have engaged in sexual intercourse[1]

Access to care and dissemination of resources in Alaska can be complex

Family views are positive towards new life[3]

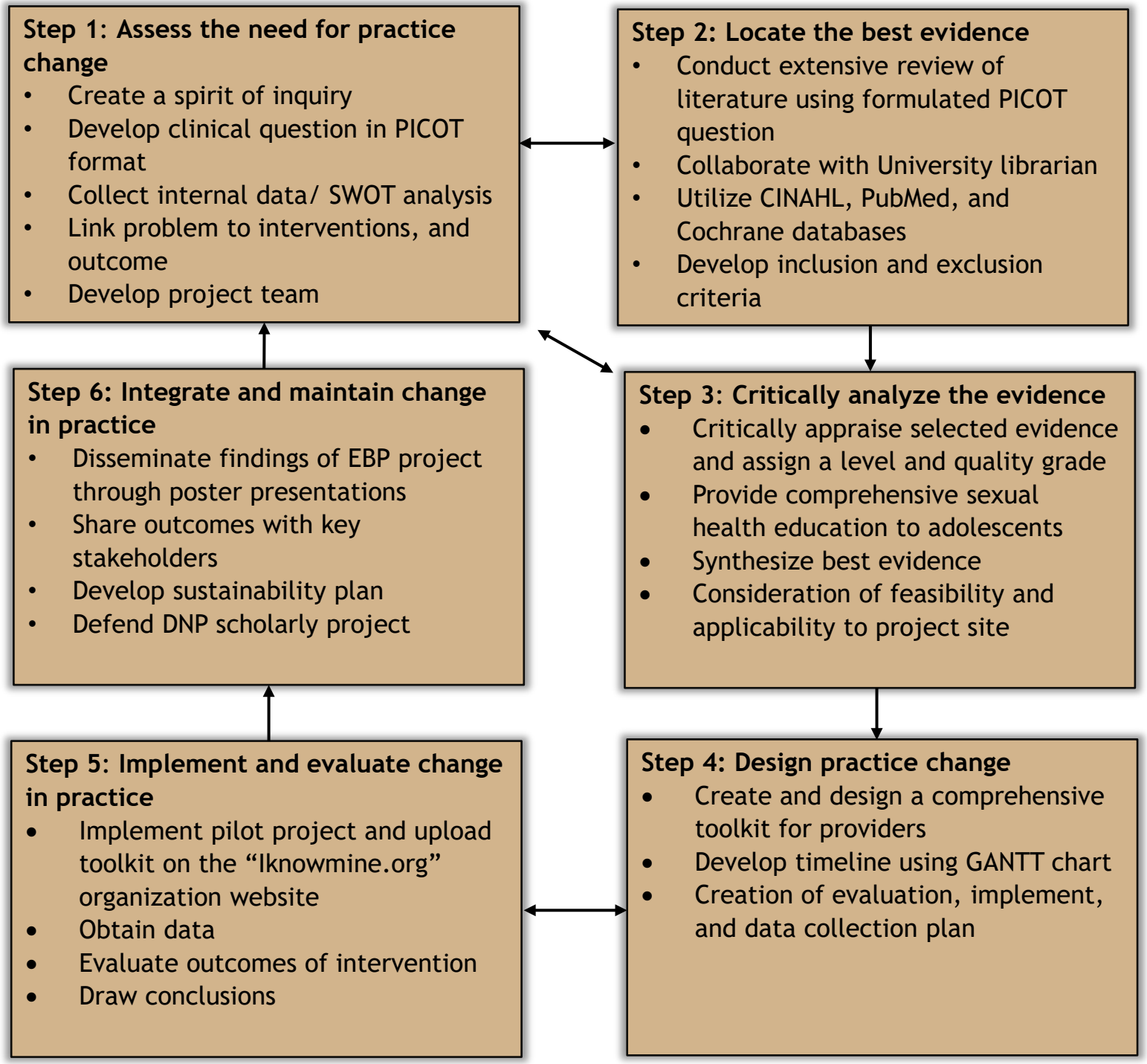
([1]Alaska Native Epidemiology Center, 2016; [2]CDC, 2020; [3]Sacca et al., 2021)



Unok, A. (2016). *Alaska Tribal Health System*. chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://alaskamentalhealthtrust.org/wp-content/uploads/2019/09/HandOut-AlaskaTribalHealthSystemOverview-by-ANHB-and-ANTHC-BH.pdf

Guiding Framework and Purpose

LARRABEE'S MODEL FOR EVIDENCE-BASED PRACTICE CHANGE



PICOT QUESTION

"In adolescents (P), how does comprehensive sexual health education (I) in schools compared to no education (C) affect sexual health self efficacy (O)?"



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD

Indian Leadership for Indian Health

Project Purpose and Aim

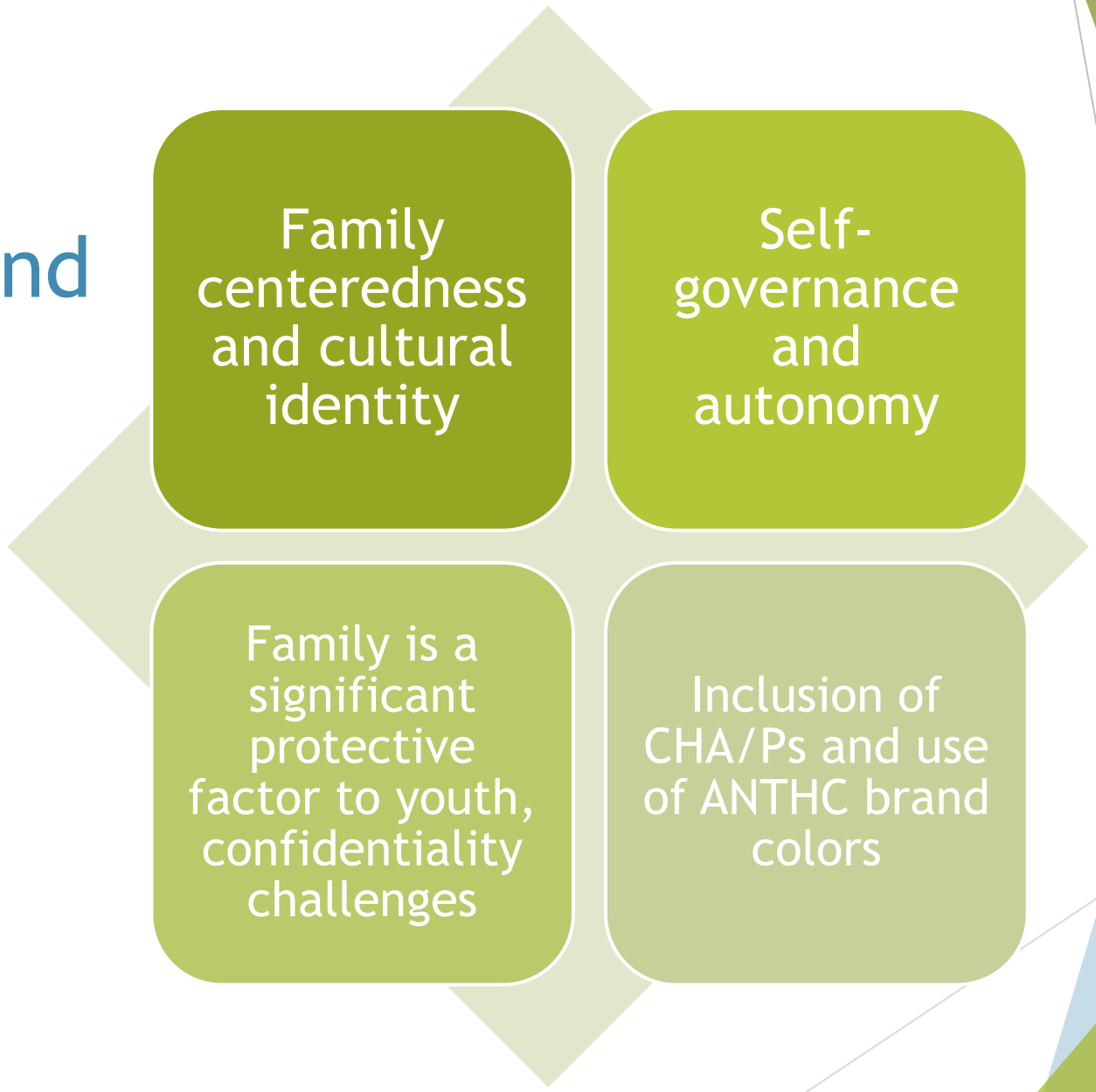
Purpose

- Implement a comprehensive, educational toolkit including various evidence-based sexual health topics for rural health care providers to improve communication in addressing adolescent sexual health

Aim

- Improve rural healthcare providers' access to educational material and evidence-based practice guidelines addressing adolescent sexual health

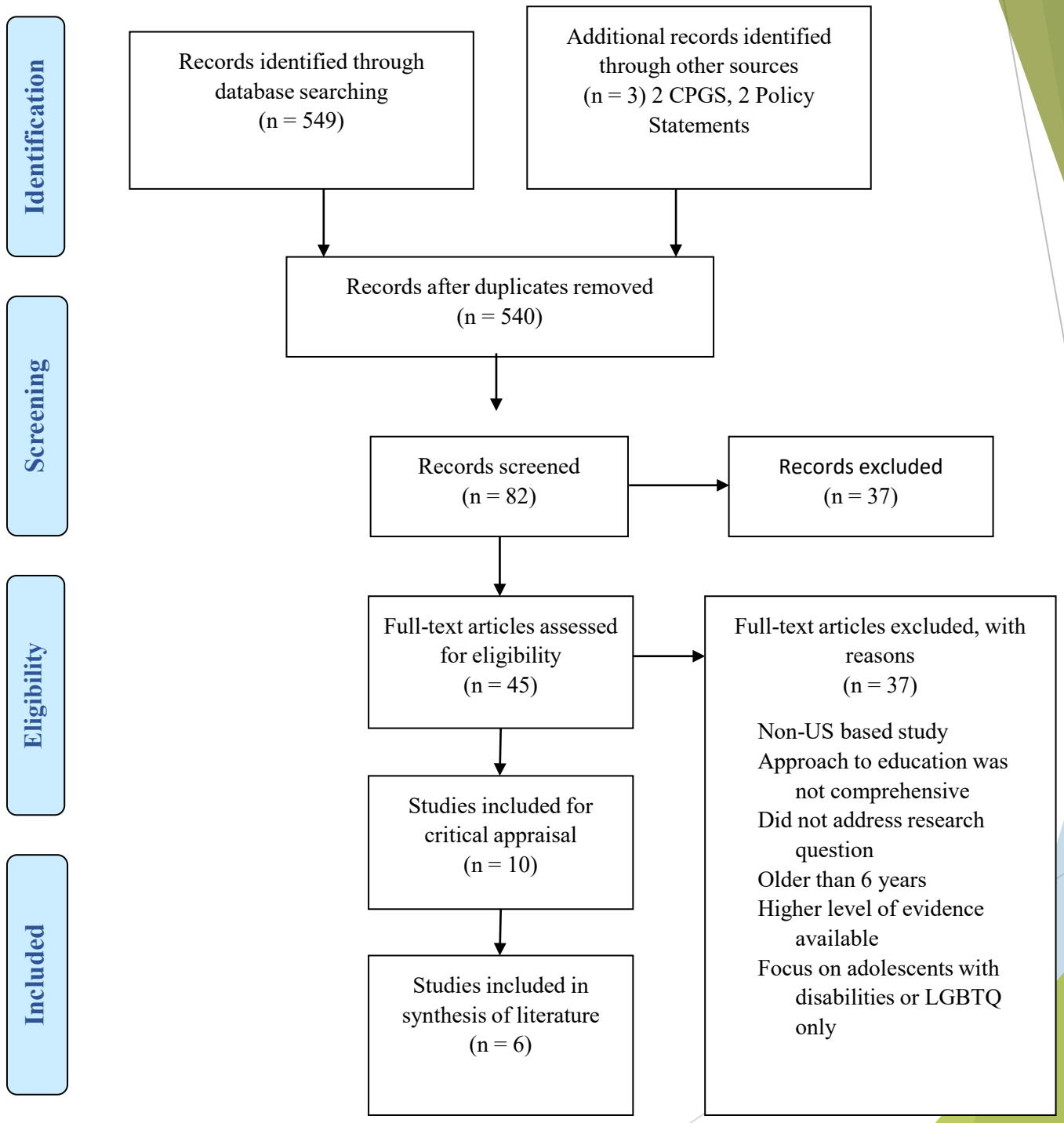
Patient and Family Preferences and Values





Evidence

Literature Search



Non-Research Evidence

- **Integrative Review** – AI/AN youth experience increased stressors which magnify sexual risk; supports targeting youth at an earlier age; the prominence of sexual risk precursors is prevalent in AI/AN youth and targeted prevention is needed[3]
- **National Academies of Sciences, Engineering, and Medicine (NASEM)** – sexual health paradigm that improves services for priority population such as adolescents, expand resources to underserved populations; innovative interventions to facilitate practice change[2]
- **AAP Policy Statement Recommendations -** Partner with local tribes to create protective factors for youth, focus on cultural preservation and approaching sexuality should occur in office setting with Pediatrician involvement[1]

([1]Bell et al., 2021; [2]NASEM, 2021; [3]Tuitt et al., 2020)

Critical Appraisal of Evidence

- John's Hopkins Nursing Evidence Based Practice (JHNEBP) Research Evidence Appraisal Tool
- JHNEBP Non-Research Evidence Appraisal Tool
- JHNEBP Level and Quality Guide
- JHNEBP Synthesis Process and Recommendation Tool

Synthesis of Research Evidence

- Interactive programs
- Primary prevention programs
- Self-efficacy
- Comprehensive interventions
- Improves knowledge, intentions, and communication
- Providers have a profound impact on adolescent's decisions
- Toolkits are effective in dissemination of EBP and knowledge

Recommendations

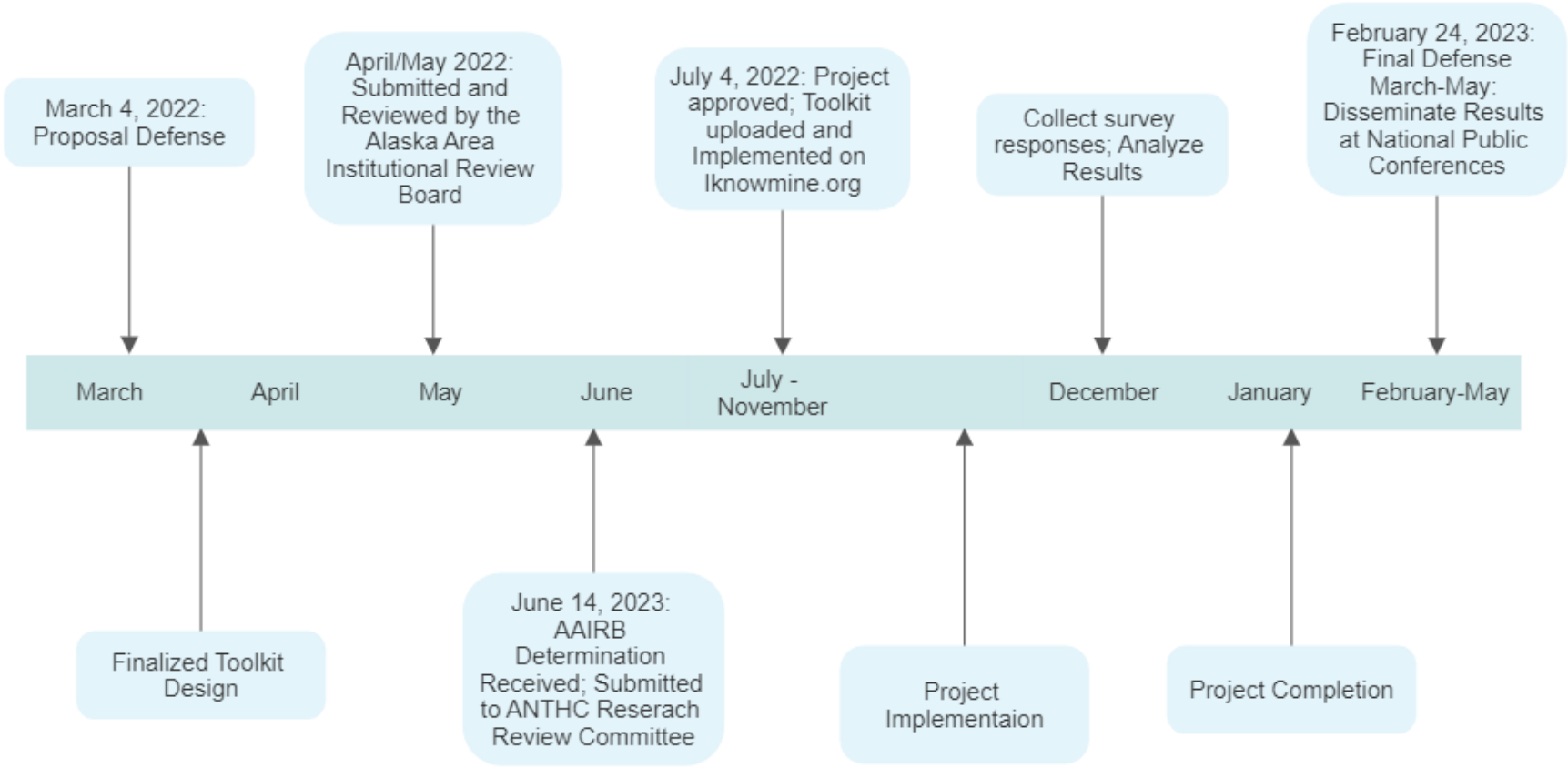
Implementation of a community-based comprehensive sexual health toolkit for providers to improve delivery of adolescent sexual health care

A toolkit that guides providers in sexual health prevention including history taking, confidentiality, increasing and improving communication, STI screening and prevention, and tips for parent involvement

The toolkit includes culturally sensitive sexual health information that is brief, available online, downloadable, and in hard copy for easy access and dissemination

Implementation

Implementation Timeline



Implementation

Setting

- Alaska Native Tribal Health Consortium
  - iknowmine.org
- HIV/STD Prevention Program
  - 58 THOs, 160 CHA

Participants

- Healthcare providers who live in Alaska
- Healthcare providers who care for Alaska Native adolescents



Adolescent Sexual Health Toolkit

A Provider's Guide to Discussing Sexual Health with Adolescents

"We are responsible for each other and ourselves."

Kodiak Alutiiq/Sugpiaq Traditional Value

Welcome to the Toolkit

Find resources, tips and guides including:

- Alaska Native and American Indian Acknowledgement
- Cultural Humility
- Cultural Considerations
- Creating a Confidential, Youth-Friendly Environment
- Mandated Reporting
- Collecting Sexual Health History
- Answering Questions from Adolescents
- What About Parents? - Practical Actions
- Talking Points for Discussing Confidentiality
- Approaching STI Prevention: A Case Scenario
- Additional Resources

This toolkit is part of an evidence-based practice improvement project. After careful review and consideration of or actual use in your practice, we invite you to complete an ~15 minute survey to aid in future improvements of the information embedded. We recommend 2-4 weeks of toolkit use prior to survey completion. Your participation and feedback would be greatly appreciated

What is this document?

This document is a resource for health care providers that see, monitor and counsel Alaska Native adolescents in clinical practice. It offers up-to-date and evidence-based information, specifically regarding the importance of discussing sexual health needs with adolescents.

This toolkit is a review of sexual health topics, initiating conversation, making recommendations and tips for discussion with adolescents. A literature review, key informant conversations and professional experts were consulted during the development.

Why is it important?

Providing adolescents with accurate and evidence-based information is an effective approach to sexually transmitted infection (STI) prevention and ensuring healthy relationships and sexual health decisions.

Who am I talking to?

Alaska Native adolescents of all genders ages 10-17, ideally prior to the onset of sexual activity or at the beginning of puberty.

Why are these conversations important?

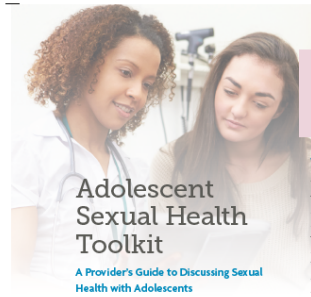
If the goal is to influence behavior and lifestyle choices, it is important to share information in a way that your audience considers to be effective. Additionally, health care providers have a substantial impact on creating an inclusive, medically accurate, safe space for adolescents to turn to when they have questions or concerns about sexual health. The space providers create can influence lifestyle decisions – whether adolescents pursue wellness or engage in risky behaviors.

Toolkit

- Comprehensive, educational toolkit on Sexual Health Topics and promoting Communication
- Topics Include:
  - Cultural Humility
  - AI/AN Cultural Considerations
  - Confidential, Youth Friendly Environment
  - Being an Askable Adult
  - Taking a Sexual Health History
  - Answering questions from adolescents
  - How to approach parents
  - STI Prevention/Screening/Testing
- Asynchronous zoom training recording available

Data Collection and Evaluation Plan

- Monthly collection of web analytics of toolkit usage
  - In order to understand access and accessibility
    - # of iknowmine.org website views
    - # of toolkit page views
    - # of toolkits ordered (physical copies)
    - # of toolkits downloaded
- Evaluation of Adolescent Sexual Health Toolkit
  - Survey collected and stored via Qualtrics
    - 34-item
    - Reviewed by 3 organizational content experts



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iknow mine .org

qualtrics XM

Data Analysis

- Survey response data exported from Qualtrics to SPSS at the end of 4th month
- Descriptive statistics for demographic variables
- Counts, frequencies, and percentiles for categorical data
- Means and standard deviations for numerical values/scales
- Open-ended responses in narrative format as direct quotes
- Paired Sample t Tests

Ethical Considerations

- Institutional Review Board (IRB) determination sought through University of Tennessee, Knoxville
- Alaska Area Institutional Review Board Determination (AAIRB)
- ANTHC Non-Research Review Committee



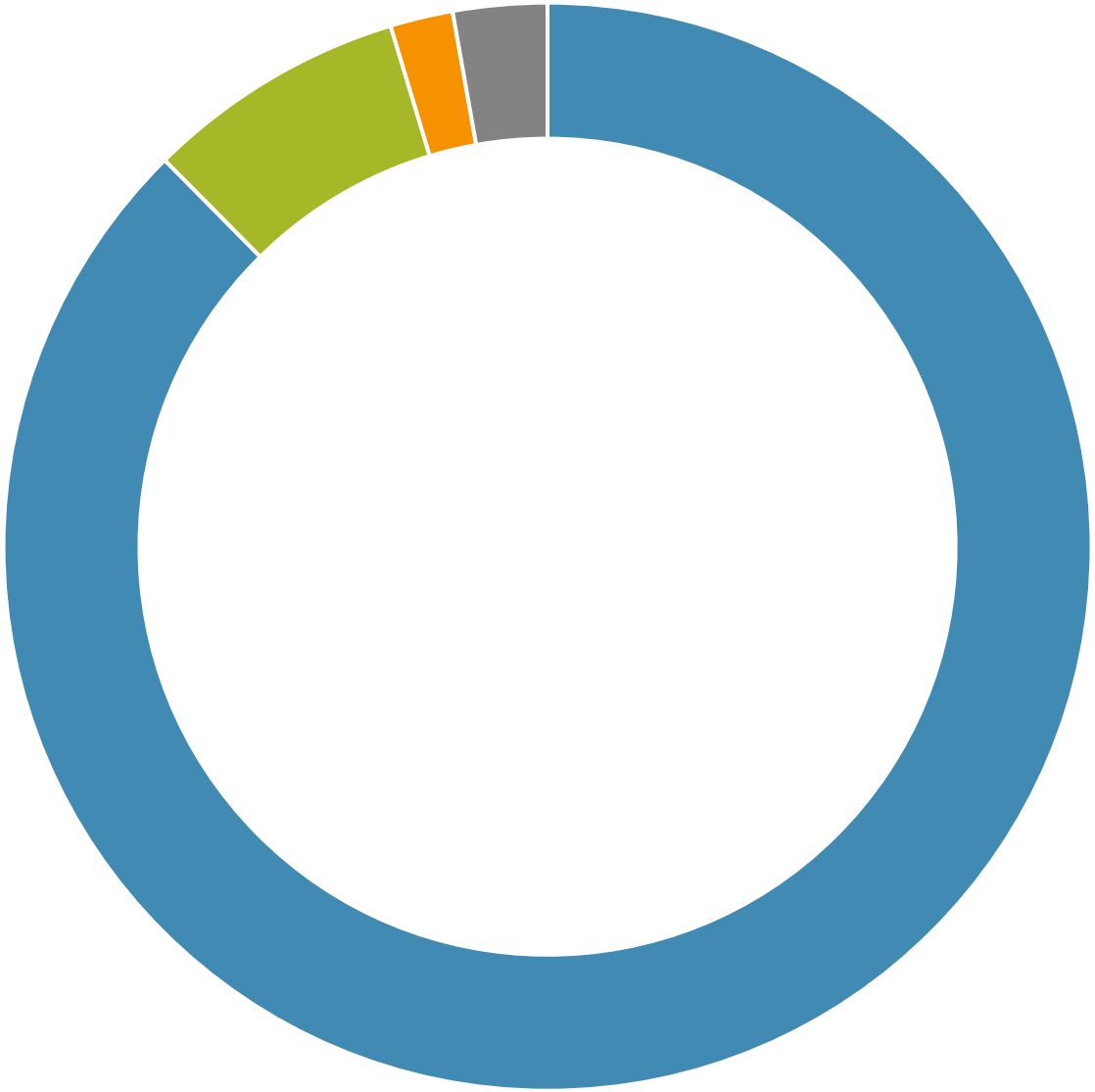
FINDINGS

Iknowmine.org Website Analytic



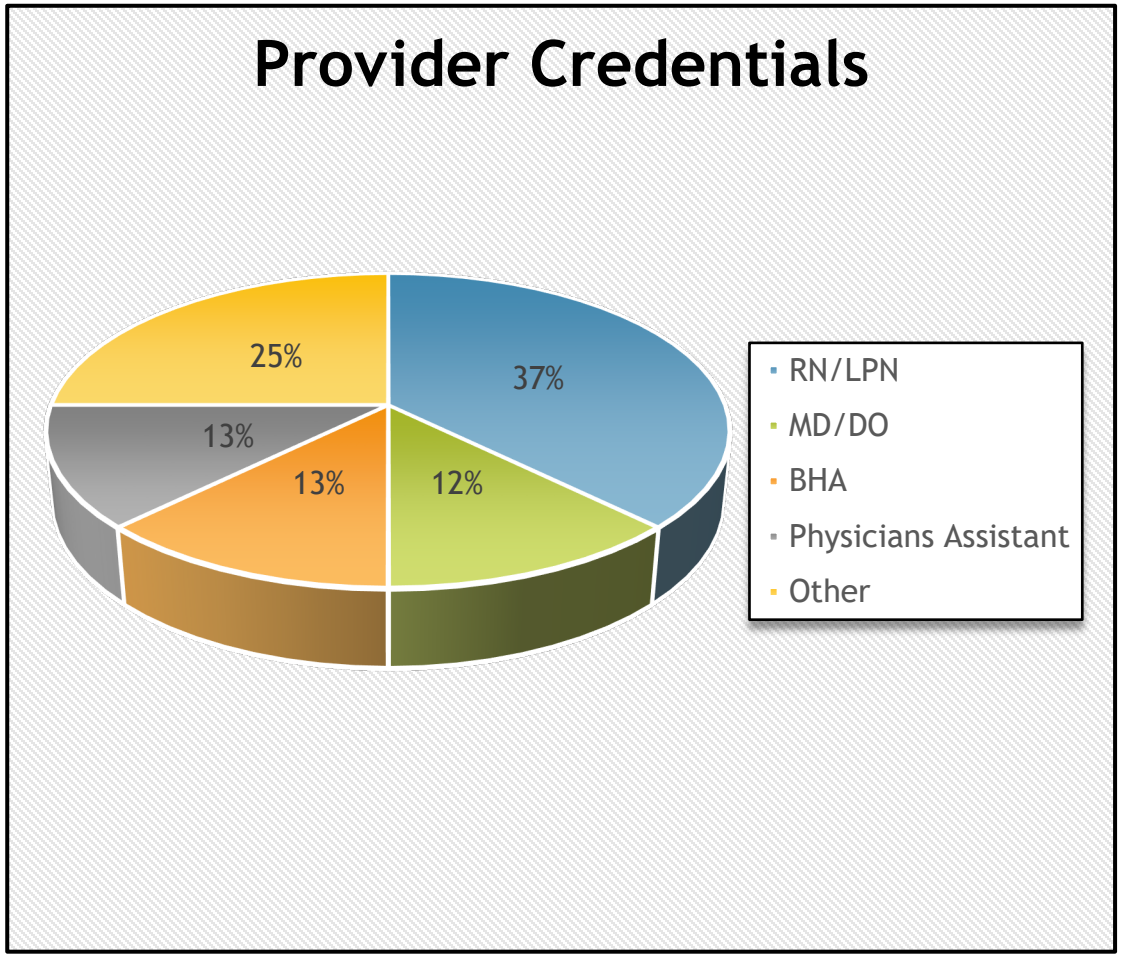
23,495 Website Views

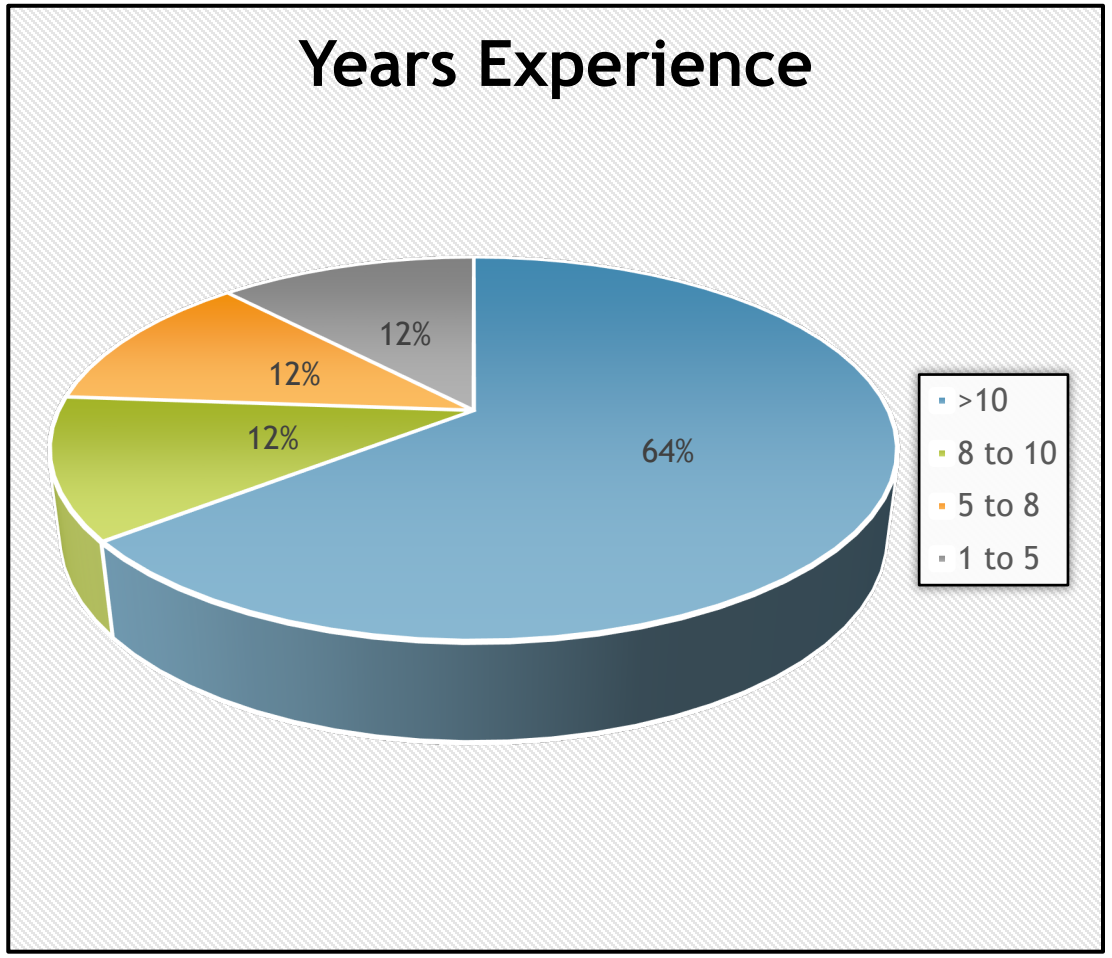
Website Analytics



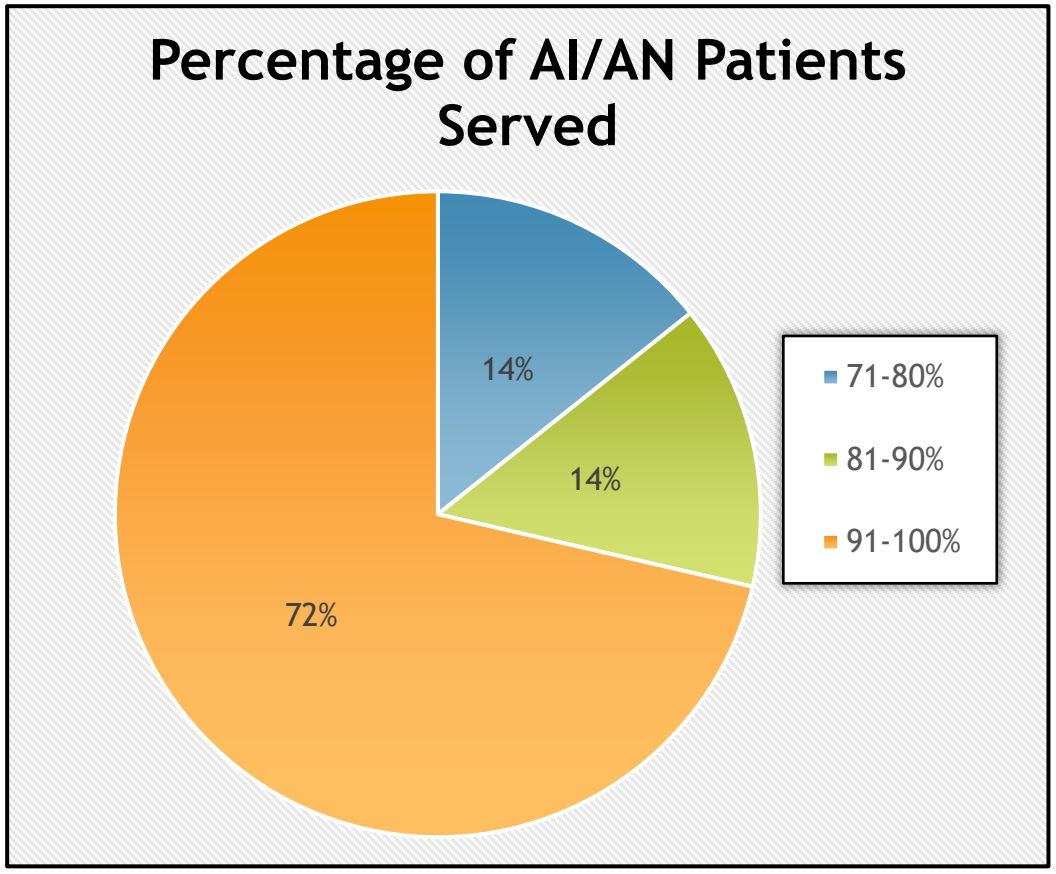
- 282 ASHT Webpage Views
- 25 Toolkits Ordered
- 6 Toolkit Downloads
- 9 Survey Responses

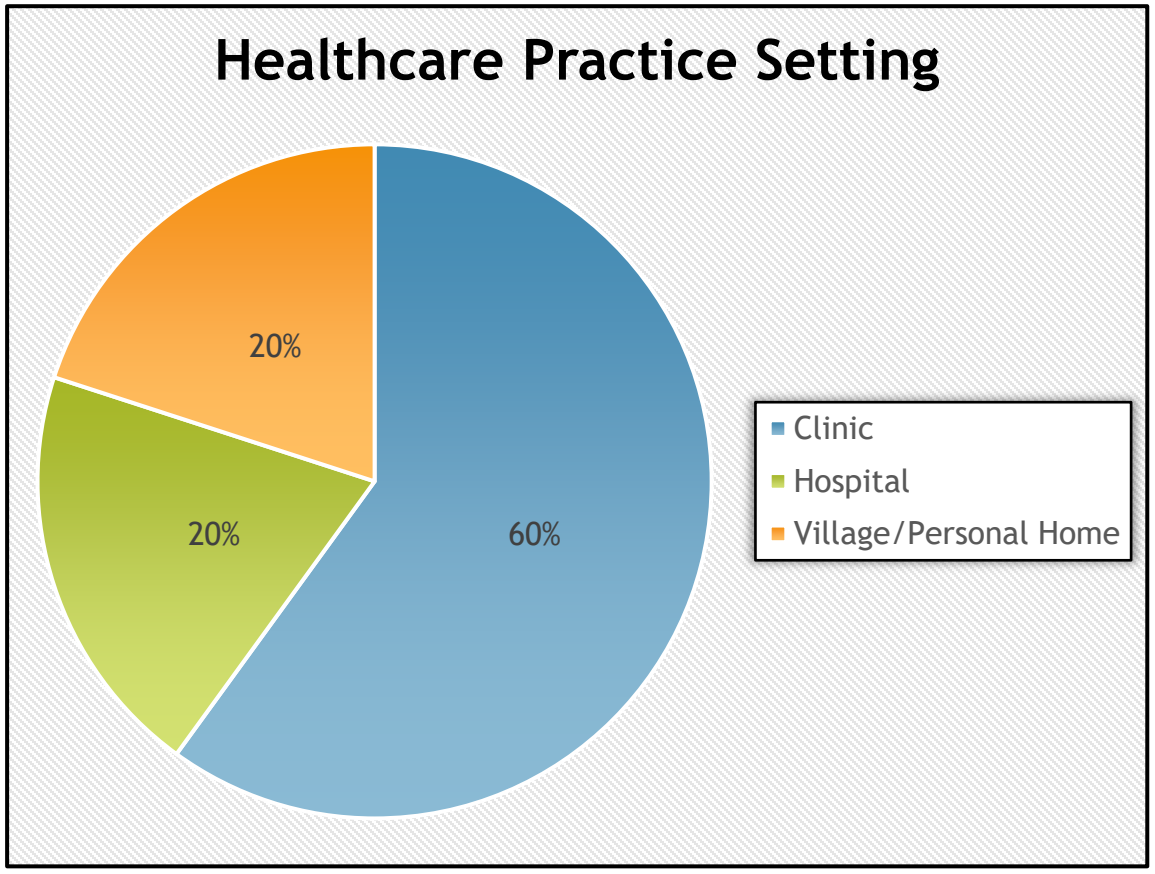
Participant Demographics





Participant Demographics





Participant Specialties

- 1 Pediatrics
- 2 Family Medicine
- 2 Public Health
- 2 Surgical Services/PACU RN
- 1 BHA – Behavioral Health Aid
- 1 Substance Abuse Clinic







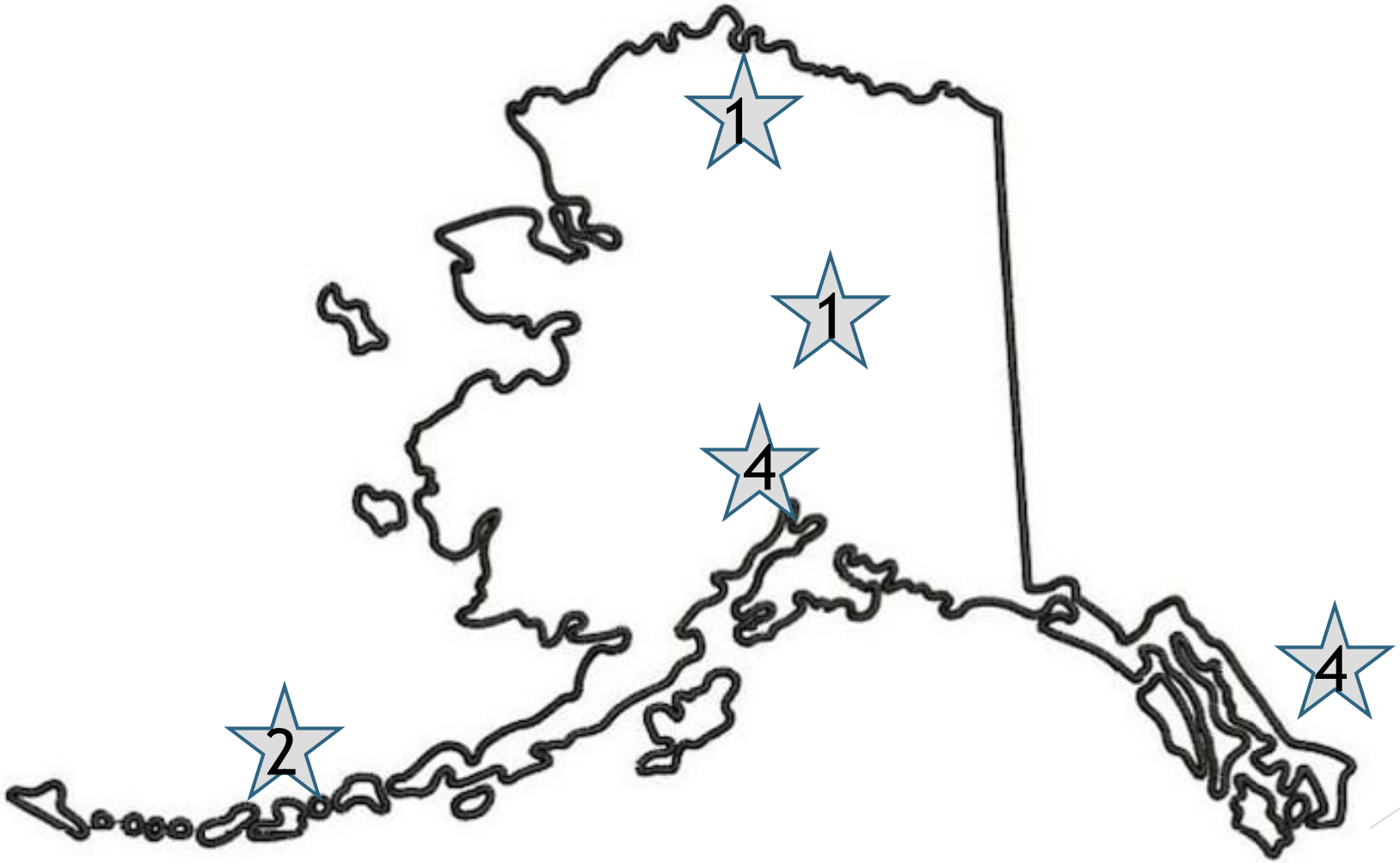


Behavioral Health Aide





Geographic Practice Areas



Beneficial Toolkit Topics

Most Beneficial Toolkit Topics	N	Mean	Standard Deviation
Answering questions from adolescents	7	4.43	0.98
Creating a confidential environment/tips to foster youth-friendly environment	7	4.43	0.98
Being an askable adult	7	4.29	1.25
STI/HPV Prevention/Testing/Case	7	4.29	0.76
Additional Resources	7	4.29	0.95

Provider Likelihood to Initiate Conversations

Descriptive Statistics	N	Mean	Standard Deviation
How likely were you to initiate a sexual health discussion with an adolescent **before** the toolkit?	7	4.57	0.79
How likely were you to initiate a sexual health discussion with an adolescent **after** the toolkit?	7	4.86	0.38

Paired Sample T Test (Sig. 2 tailed)
$p = 0.17$

Healthcare Provider Confidence Level

Descriptive Statistics	N	Mean	Standard Deviation
How confident were you talking with youth about sexual health **before** the toolkit?	7	2.86	1.069
How confident were you talking with youth about sexual health **after** the toolkit?	7	3.86	0.690

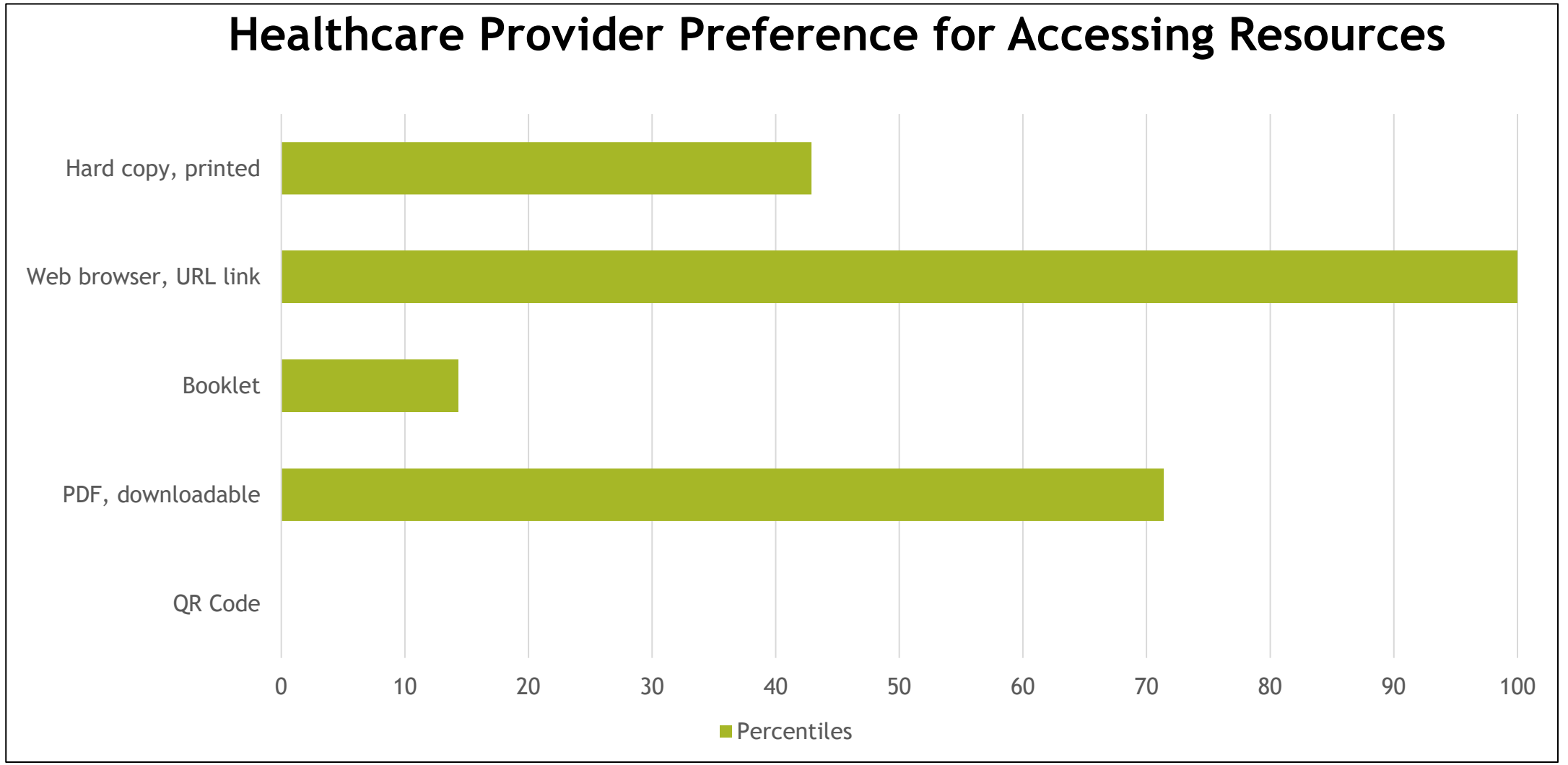
Paired Sample T Test (Sig. 2 tailed)
p = .004

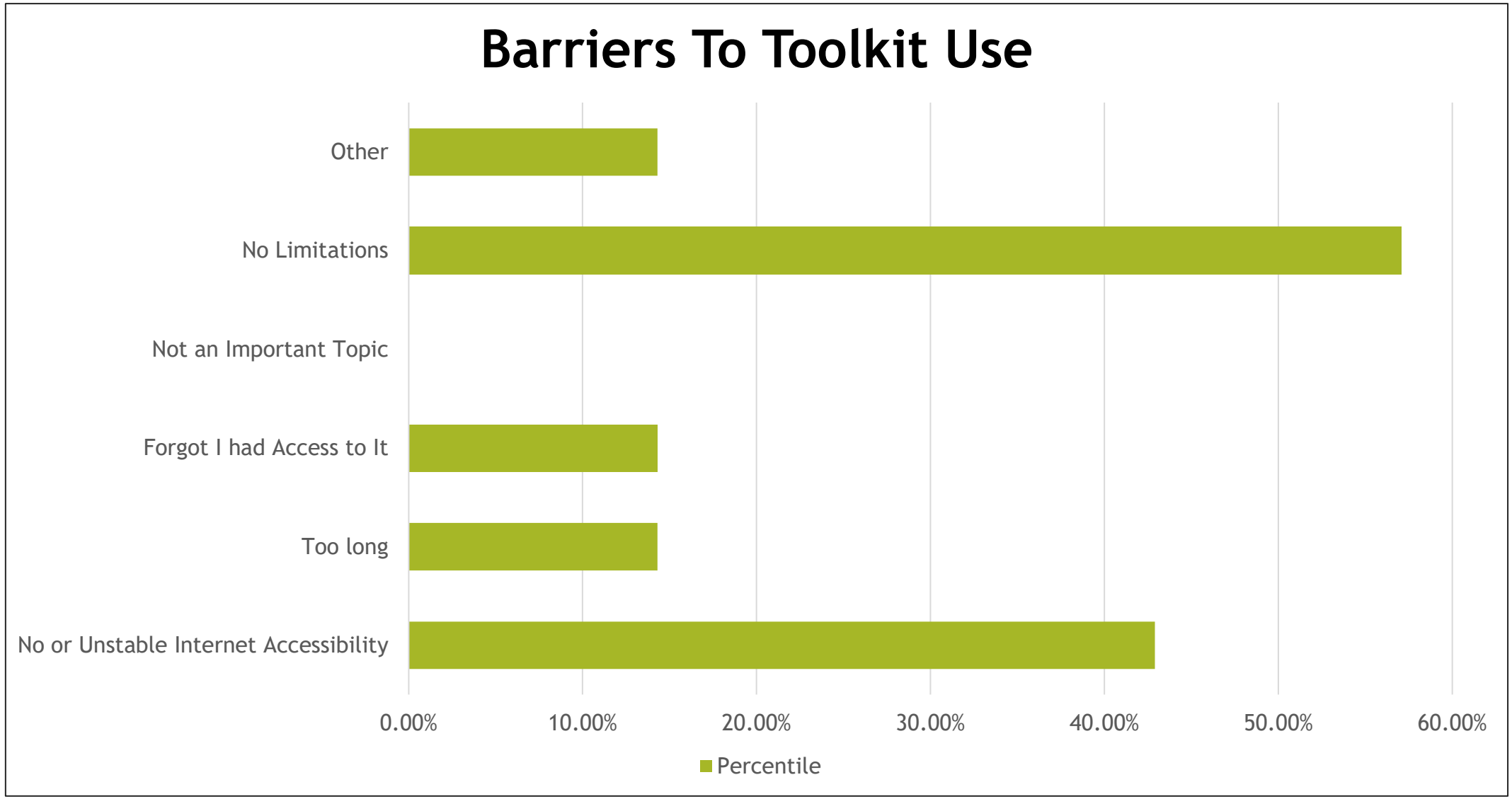
Utility of Toolkit Information (*N* = 7)

- Healthcare providers were *extremely likely* to have a conversation with an adolescent 13-15 years old (*M* = 5.00, *SD* = .00)
- Healthcare providers *somewhat to strongly agree* that the toolkit:
  - Taught them something new (*M* = 4.43, *SD* = 1.51)
  - Is easily accessible (*M* = 4.43, *SD* = 1.51)
  - Aided in sexual health care delivery (*M* = 4.43, *SD* = 1.51)

Toolkit Aesthetics

- Healthcare providers were *very to extremely satisfied* with the:
  - Consolidated format ($M = 4.86$, $SD = 0.38$)
  - Overall appearance of the toolkit ($M = 4.71$, $SD = 0.49$)


Healthcare Provider Preference for Accessing Resources
Hard copy, printed
Web browser, URL link
Booklet
PDF, downloadable
QR Code
0
10
20
30
40
50
60
70
80
90
100
Percentiles

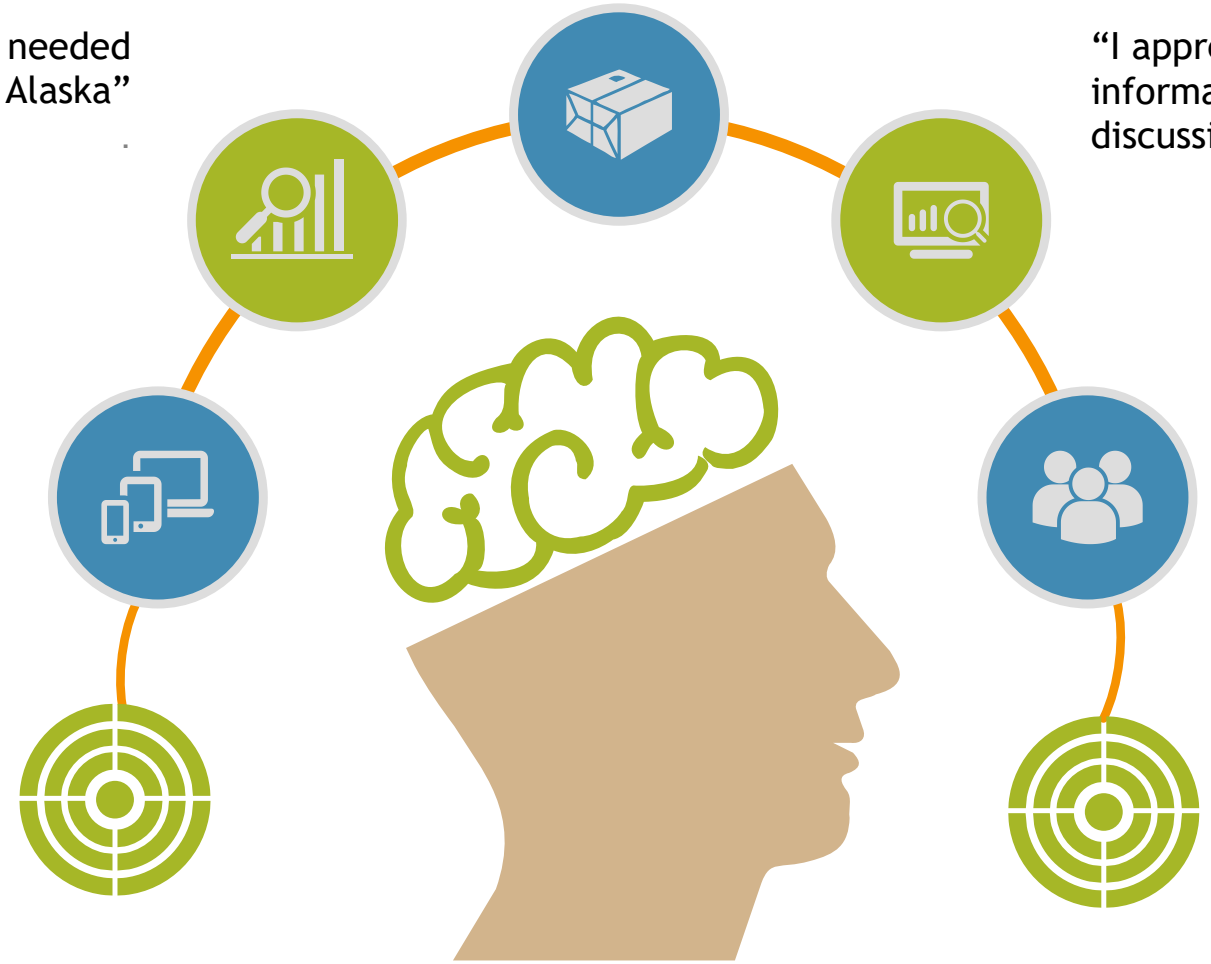

Barriers To Toolkit Use
Other
No Limitations
Not an Important Topic
Forgot I had Access to It
Too long
No or Unstable Internet Accessibility
0.00%
10.00%
20.00%
30.00%
40.00%
50.00%
60.00%
Percentile

Healthcare Provider Comments

"I was shocked by how small it was and expected a lot more. However, following reviewing the information found it is extremely useful and was happy for the concise format"

"This is so very needed in rural Alaska"

"I appreciate the information and discussion guides."



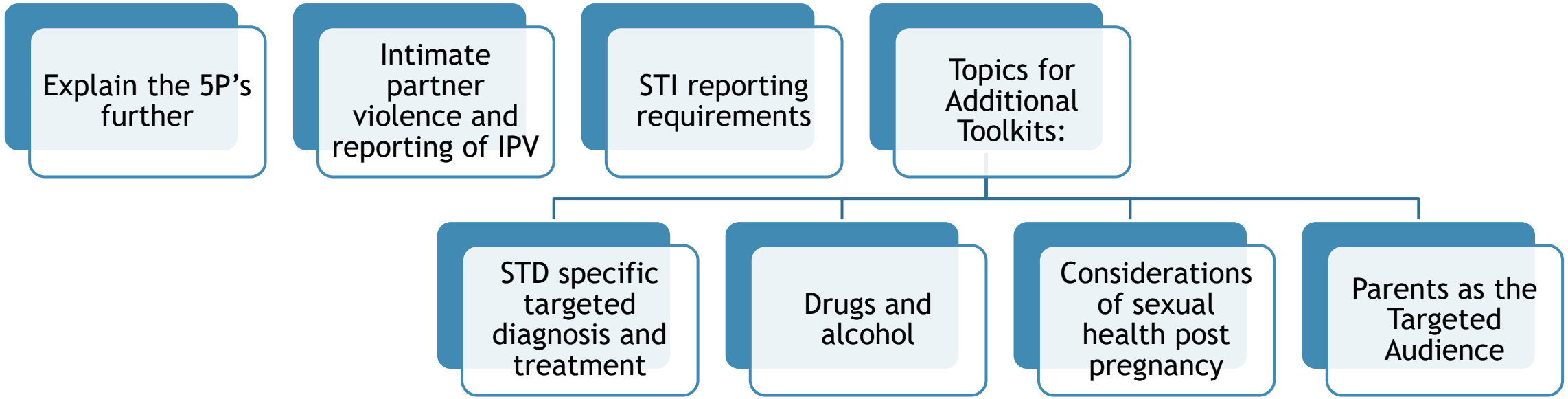
"I liked the importance it gave to considering the cultural background when having a discussion with a youth and parent"

"I liked the fact that there is a toolkit. I think until I reference and use the resources more, I am not sure what I like the most or least"

"Lots of good info, nice design, clear, concise"

"The toolkit is to the point and visually appealing"

Next Steps:
Recommendations from Healthcare Providers

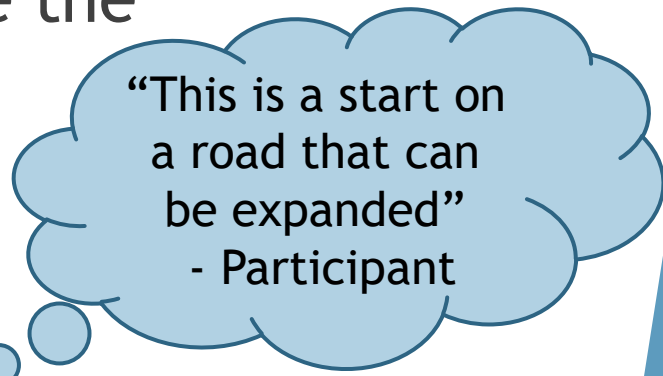


Implications for Practice

- The Adolescent Sexual Health toolkit available on iknowmine.org is an easily accessible toolkit that aids in healthcare provider communication
- Increases a provider's confidence initiating sexual health discussion
- Providers appreciate consolidated, easily accessible resources, and keeping those resources up to date is important

Sustainability of Toolkit

- The toolkit is maintained online through ANTHC HIV/STD Prevention Program and Marketing Department
- HIV/STD Prevention Program Manager will update the toolkit based on participant comments
  - Adolescent Sexual Health Toolkit 2.0
  - Review annually for required updates
- Continue toolkit availability on Iknowmine.org
- Seek out additional avenues for advertisment
- DNP student remains available for questions/concerns



Dissemination

ANTHC Wellness and Prevention Department Meeting

January 19, 2023

10th International Meeting on Indigenous Child Health – Poster Presenter

March 24-26, Tulsa, OK

Annual Conference on Adolescent Health - Adolescent Health Initiative – Poster Presentation

May 11-12, 2023

Manuscript Submission

Comprehensive Child and Adolescent Nursing

Or UTK TRACE

A comprehensive list of references are available upon request



Adolescent Sexual Health Toolkit Webpage

Thank you!
Questions?

