



The Implementation and Evaluation of a Sexual Health Program for Hispanic Teens: ¡Cuidate!

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SIGNIFICANCE

- Nurse practitioners provide primary care in school health centers; this includes reproductive care and health promotion
- Although teens comprise 25% of those having sex, they account for 50% of sexually transmitted infections (STIs)
- Hispanic and Black youth account for 87% of new HIV infection
- Hispanic teens have pregnancy rates that are nearly twice the national average; 52% become pregnant at least once before age 20
- Detroit's teen pregnancy rate is the highest in the nation
- Detroit has a high proportion of Hispanic youth



The purpose of this project is to identify and evaluate an intervention for Hispanic teens that promotes healthier sexual behaviors for preventing teen pregnancy and infections

LITERATURE SYNTHESIS

- Comprehensive pregnancy/STI prevention programs are effective for Hispanic adolescents
- Programs incorporate cultural values to enhance positive attitudes, self-efficacy, and intentions towards condom use
- ¡Cuidate! (Take Care of Yourself) is a CDC Diffusion of Effective Behaviors Interventions project, based upon the theory of planned behavior and it has strong evidence of effectiveness
- ¡Cuidate! is a 6 module program that can be delivered in 60 minute segments during the school day

EVIDENCE-BASED PRACTICE:

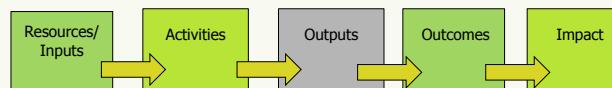
EXTERNAL (RESEARCH) + PRACTICE GENERATED DATA + CLINICAL EXPERTISE + CONSUMER VALUES & PREFERENCES → OUTCOMES

PROJECT OBJECTIVES

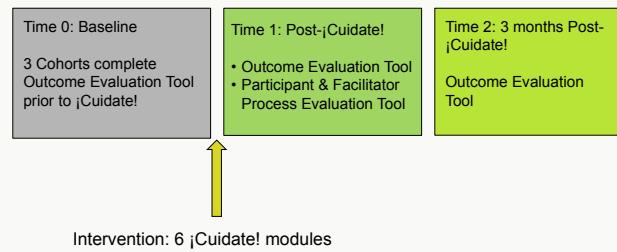
- Three groups of Hispanic female adolescents will complete ¡Cuidate!
- Each cohort has 6-10 members meeting weekly during lunch
- The participants will have an increase in the following areas
 - Sexual health knowledge
 - Positive attitudes towards condom use
 - Self-efficacy with regards to condom use
 - Intentions to use condom
 - Reduction in STIs and unintended pregnancy by project completion
- Those that are sexually active and using some form of contraception will continue to do so post-program

PROJECT DESIGN

- The study design relies on repeated measures
- Outcome tool is designed to measure change in knowledge, attitude, self-efficacy, and behavior
- IRB approval: parent consent/ teen assent
- Purposive recruitment of English-speaking Hispanic teens (ages 13-19)
- Groups recruited from lunch tables
- Evaluation research using Program Logic model



DATA COLLECTION

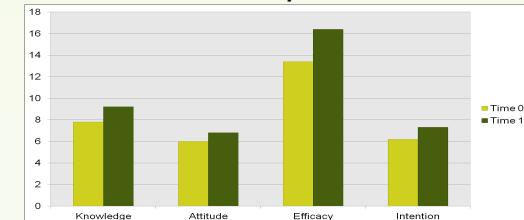


DATA ANALYSIS PLAN

- Multivariate repeated measures ANOVA within subjects, between groups, and the within-subject between group interaction

INDICATOR	TEST
Knowledge	Paired sample t-test
Attitude	Chi-square
Self-Efficacy	ANOVA
Intentions	ANOVA
Behavior	Chi-square
Satisfaction	Percentages

Preliminary Results



Outcome Variables Cohort 1: Time 0 & Time 1

PROGRAM SATISFACTION: Cohort 1

- 16 item, 5 point Likert Scale, which covers the following areas
 - Liking activities, group, facilitator/NP
 - Engagement and comfort with group activities
 - Learning
 - Impressions of facilitator/NP
- Highest ratings (5) in areas of learning and NP characteristics
- Lowest rating (3.7) in area of comfort with talking/participating in group activities

CONCLUSION

- ¡Cuidate! is easily implemented within the pre-existing structure and resources of a high school schedule
- A school health center has resources to facilitate responsible sexual behavior
- Cohort 1 participants have disseminated new learning to community residents
- Replicate ¡Cuidate! in community settings with promotoras
- DNP as a program planner/evaluator in addition to facilitator