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Improving Sexual Health Knowledge in College Students

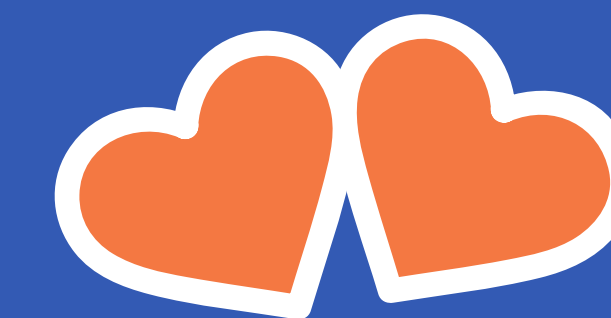
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Background

- Since 2014, the rates of chlamydia, gonorrhea, and syphilis have increased in the United States and young people, ages fifteen to twenty-four, gay and bisexual men, and pregnant women are some of the most vulnerable groups for these sexually transmitted infections (CDC, 2014, 2018)
- Only 51.4% of college students have a moderate level of STI knowledge (Adebayo, Anderson, & Wardecker, 2020).

Aims

- Implement a sexual health product ordering system and initiate an education platform to (1) improve sexual health knowledge by 25% by December 2021 and (2) provide evidence of student satisfaction with the ordering service and educational platform.



Methods

- A novel sexual health product online ordering platform was distributed.
- Students ordered male or female condoms, lubrication, and dental dams.
- Education was provided via a slide deck and additional related websites focusing on sexually transmitted infections, recommended sexual health screenings, and pertinent sexual health education.
- The Sexually Transmitted Disease Knowledge Questionnaire (STD-KQ) was utilized to evaluate sexual health knowledge prior to and after receiving the requested products and education material (Jaworski & Carey, 2007).

Limitations

- 1) Difficulty obtaining post- intervention follow up responses.
- 2) The STD-KQ was developed in 2007 and does not use up to date and inclusive language.
- 3) It's difficult to analyze the generalizability of the results.

References

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- Jaworski, B.C. & Carey, M.P. (2007). Development and psychometric evaluation of a self-administered questionnaire to measure knowledge of sexually transmitted diseases. *AIDS Behavior*, 11(4): 557-574. Doi: 10.1007/s10461-006-9168-5

Discussion & Interpretation

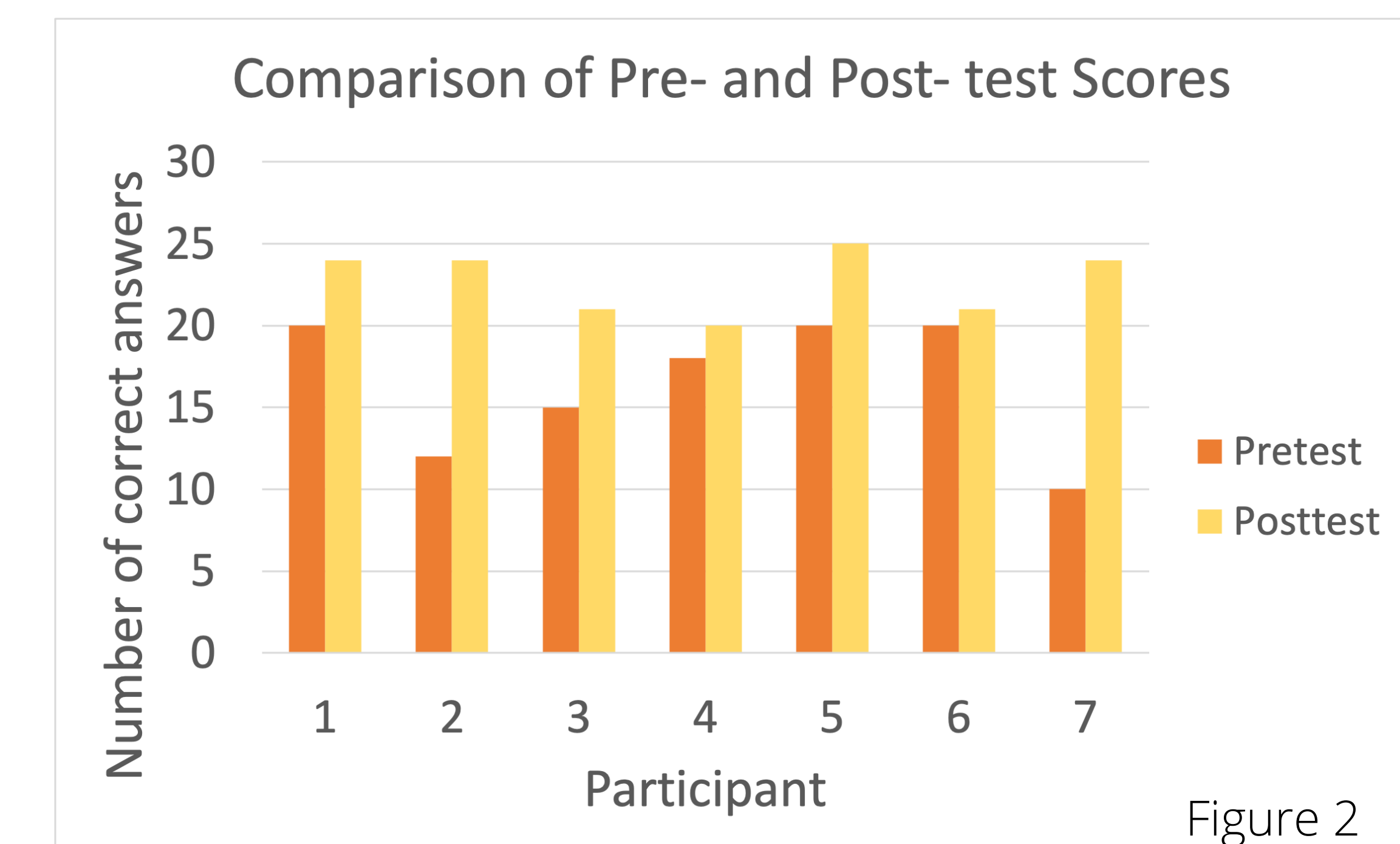
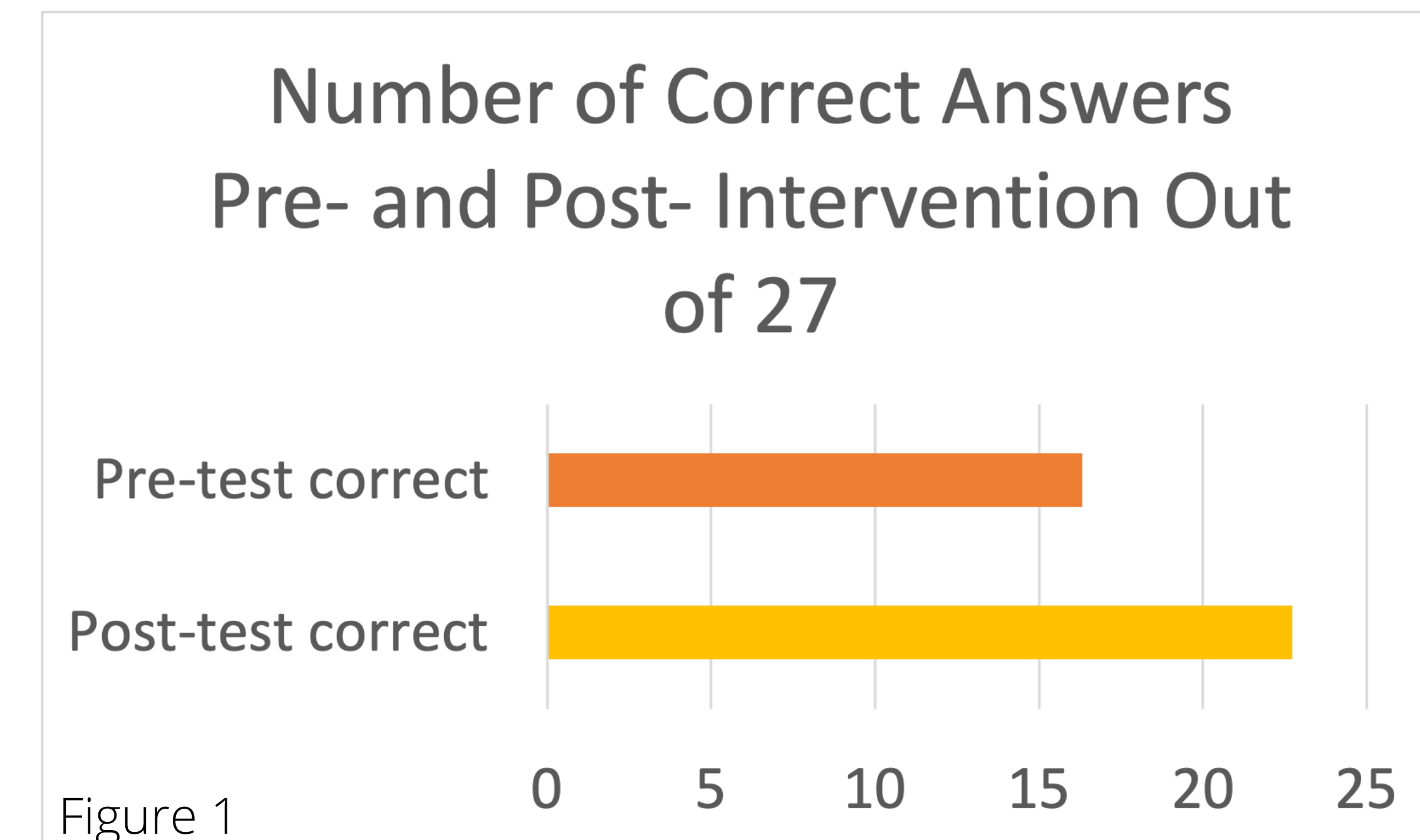
- Providing sexual health education to college aged students increased their sexual health knowledge.
- The aim of this quality improvement project was to increase sexual health knowledge by 25%, which was met in excess.
- Students reported satisfaction with the ordering service and educational platform.
- Strengths of this project include increased access to sexual health products, clear aims, and the ability to reproduce on a large scale.
- Initial questionnaire scores were low for college aged students suggesting a need for additional sexual health education in a collegiate environment.
- Providing a sexual health education platform may have a profound impact on sexual health into the future.

Conclusion

- Providing students with sexual health education may lead to increased knowledge and better health outcomes.
- This project can easily be re-created and continued on a larger scale to continue to identify the effect an educational platform has on sexual health knowledge
- This platform can be shared with other colleges and universities to reach more students
- Similar projects can be implemented to educate college-age students about long-term health outcomes.
- This QI project demonstrates an example of how early sexual health education offers an important step to improve sexual and overall health and prevent severe disease.

Analysis and Results

- 1232 students received an email outlining the project and instructions for participation.
- 31 students responded to the initial questionnaire and had an average score of 60.85% (Figure 1).
- 7 students completed both the initial questionnaire and post- education platform questionnaire (Figure 2).
- The average score of the post education platform questionnaire was 84.13% (Figure 1).
- This demonstrates a 38.26% increase in questionnaire scores.



Qualitative Student Responses

- "The goal was to spread STI knowledge, and I came out more knowledgeable."
- "I felt satisfied learning about the STIs. I was not fully aware how many had cures but lacked a true prevention method like vaccines."
- "I didn't know a lot about diseases themselves before."
- "I was surprised to learn that HIV couldn't be prevented by lambskin (natural) condoms but could be prevented with latex condoms."

SATISFACTION

- 2 students reported they were "very satisfied"
- 4 students reported they were "satisfied"
- 1 reported they were "not satisfied"