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Talking To Your Teens About Pregnancy

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TALKING TO YOUR TEENS ABOUT PREGNANCY

SERGIO MUNOZ, ROTATION 3, 2017

LOCATION: Danbury, CT

MENTORS: Nya Rossi PA, Erica Maillet

THE ISSUE

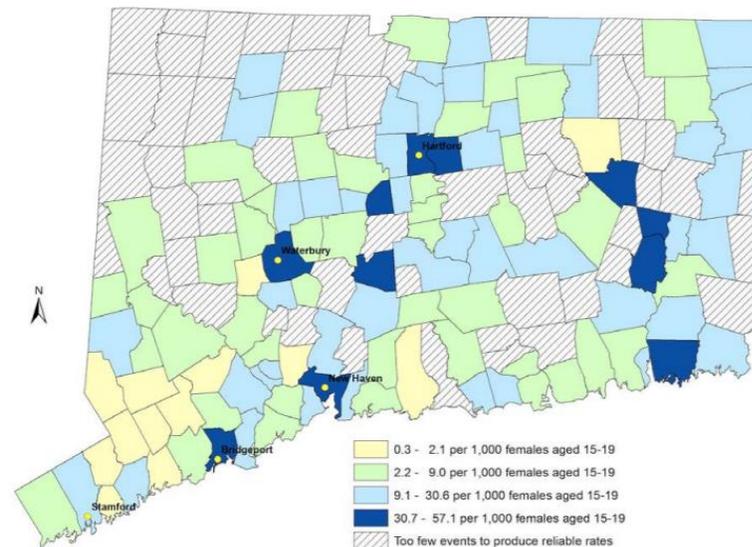
- ▶ Teen mothers are at risk for poorer prenatal care, leading to complications both during pregnancy and delivery. The rate of low birthweight and premature delivery is higher among teen mothers than the average population
- ▶ Teen pregnancy and birth are major contributors to lower educational achievement and income. They are less likely to graduate High school and college, leading to increased rates of poverty among teen mothers

THE ISSUE

- ▶ Teen mothers are also at increased risk of inadequate weight gain, and alcohol/drug abuse, all of which contribute to the higher rate of infant mortality observed among them
- ▶ Finally, infants born to teen mothers are at increased risk of being a teen parent themselves, leading to vicious cycle.

CONSIDERATIONS IN DANBURY

- ▶ According to the CT department of public health, birth to teen mothers in Danbury equaled 9.1-30.6 per 1000 15-19yo females. The second highest category in the state.



THE COST

- ▶ Due to the increased rate of adverse outcomes in children of teen mothers, public sector costs increase
- ▶ The increased costs are due to increased dependence in public healthcare, welfare, higher incarceration rates and welfare
- ▶ In 2008, the public sector costs of teen pregnancy in CT alone totaled **173 million dollars**.

COMMUNITY PERSPECTIVE

- ▶ Thoughts from Erica Maillet: Teen pregnancy is definitely an issue, most teens are not ready to care for an infant. “the biggest issues I can think of are the **money difficulties, family problems, and lack of education** that can come from having a child so early”. “I think its important to discuss issues like birth control, STD education and even birth classes”
- ▶ Having a list of available resources for education/current teen parents would definitely be something useful for both them and even providers

COMMUNITY PERSPECTIVE

- ▶ Thoughts from Nya Rossi PA: I don't have much experience with teen pregnancy directly, but I do know that it is important to discuss things like **contraception, social supports, parenting, and even mood disorders**
- ▶ Preferred method of contraception is IUD or implants, but every method is covered by insurance
- ▶ Having a **list of available resources** for teens would be useful, I am not aware of any of the sources available.

INTERVENTION/METHOD

- ▶ Based on the interviews with members of the community and with the providers in the clinic, it was determined that preventing teen pregnancy in the first place would be a good project, as there are many costs and adverse events associated with it
- ▶ A topic that arose with everyone interviewed centered around talking to teens about pregnancy and prevention, and providing them with a list of resources that they could look to for information

INTERVENTION/METHOD

- ▶ Based on the results of the interview, it became apparent that having parents talk to their teens about topics like adverse outcomes, costs, and contraception would be a useful intervention.
- ▶ I decided to tackle the issue by creating a booklet that could be handed to parents in order to help them inform themselves on 1. issues with teen pregnancy that they can talk to their teens about 2. contraception for sexually active teens, and 3. resources for the parents themselves to help them tackle what can sometimes be a difficult topic to talk to their children about
- ▶ The sources needed to be easy to access and informational regardless of education level

RESULTS/RESPONSE



TALKING TO YOUR TEEN ABOUT PREGNANCY

Table of Contents

- Why it is an issue..... 1
- Prevention: what can you do?..... 2
- Contraception..... 3
- What can you do?..... 4
- Conversations tips..... 5

Resources

CT DHS Directory: Single mother assistance

 Offer several resources for single parents, such as child care, food assistance, or after-school care, etc.
http://www.ct.gov/dhs/dhs/0,3200,3242_3243_3244_3245_3246_3247_3248_3249_3250_3251_3252_3253_3254_3255_3256_3257_3258_3259_3260_3261_3262_3263_3264_3265_3266_3267_3268_3269_3270_3271_3272_3273_3274_3275_3276_3277_3278_3279_3280_3281_3282_3283_3284_3285_3286_3287_3288_3289_3290_3291_3292_3293_3294_3295_3296_3297_3298_3299_3300_3301_3302_3303_3304_3305_3306_3307_3308_3309_3310_3311_3312_3313_3314_3315_3316_3317_3318_3319_3320_3321_3322_3323_3324_3325_3326_3327_3328_3329_3330_3331_3332_3333_3334_3335_3336_3337_3338_3339_3340_3341_3342_3343_3344_3345_3346_3347_3348_3349_3350_3351_3352_3353_3354_3355_3356_3357_3358_3359_3360_3361_3362_3363_3364_3365_3366_3367_3368_3369_3370_3371_3372_3373_3374_3375_3376_3377_3378_3379_3380_3381_3382_3383_3384_3385_3386_3387_3388_3389_3390_3391_3392_3393_3394_3395_3396_3397_3398_3399_3400_3401_3402_3403_3404_3405_3406_3407_3408_3409_3410_3411_3412_3413_3414_3415_3416_3417_3418_3419_3420_3421_3422_3423_3424_3425_3426_3427_3428_3429_3430_3431_3432_3433_3434_3435_3436_3437_3438_3439_3440_3441_3442_3443_3444_3445_3446_3447_3448_3449_3450_3451_3452_3453_3454_3455_3456_3457_3458_3459_3460_3461_3462_3463_3464_3465_3466_3467_3468_3469_3470_3471_3472_3473_3474_3475_3476_3477_3478_3479_3480_3481_3482_3483_3484_3485_3486_3487_3488_3489_3490_3491_3492_3493_3494_3495_3496_3497_3498_3499_3500_3501_3502_3503_3504_3505_3506_3507_3508_3509_3510_3511_3512_3513_3514_3515_3516_3517_3518_3519_3520_3521_3522_3523_3524_3525_3526_3527_3528_3529_3530_3531_3532_3533_3534_3535_3536_3537_3538_3539_3540_3541_3542_3543_3544_3545_3546_3547_3548_3549_3550_3551_3552_3553_3554_3555_3556_3557_3558_3559_3560_3561_3562_3563_3564_3565_3566_3567_3568_3569_3570_3571_3572_3573_3574_3575_3576_3577_3578_3579_3580_3581_3582_3583_3584_3585_3586_3587_3588_3589_3590_3591_3592_3593_3594_3595_3596_3597_3598_3599_3600_3601_3602_3603_3604_3605_3606_3607_3608_3609_3610_3611_3612_3613_3614_3615_3616_3617_3618_3619_3620_3621_3622_3623_3624_3625_3626_3627_3628_3629_3630_3631_3632_3633_3634_3635_3636_3637_3638_3639_3640_3641_3642_3643_3644_3645_3646_3647_3648_3649_3650_3651_3652_3653_3654_3655_3656_3657_3658_3659_3660_3661_3662_3663_3664_3665_3666_3667_3668_3669_3670_3671_3672_3673_3674_3675_3676_3677_3678_3679_3680_3681_3682_3683_3684_3685_3686_3687_3688_3689_3690_3691_3692_3693_3694_3695_3696_3697_3698_3699_3700_3701_3702_3703_3704_3705_3706_3707_3708_3709_3710_3711_3712_3713_3714_3715_3716_3717_3718_3719_3720_3721_3722_3723_3724_3725_3726_3727_3728_3729_3730_3731_3732_3733_3734_3735_3736_3737_3738_3739_3740_3741_3742_3743_3744_3745_3746_3747_3748_3749_3750_3751_3752_3753_3754_3755_3756_3757_3758_3759_3760_3761_3762_3763_3764_3765_3766_3767_3768_3769_3770_3771_3772_3773_3774_3775_3776_3777_3778_3779_3780_3781_3782_3783_3784_3785_3786_3787_3788_3789_3790_3791_3792_3793_3794_3795_3796_3797_3798_3799_3800_3801_3802_3803_3804_3805_3806_3807_3808_3809_3810_3811_3812_3813_3814_3815_3816_3817_3818_3819_3820_3821_3822_3823_3824_3825_3826_3827_3828_3829_3830_3831_3832_3833_3834_3835_3836_3837_3838_3839_3840_3841_3842_3843_3844_3845_3846_3847_3848_3849_3850_3851_3852_3853_3854_3855_3856_3857_3858_3859_3860_3861_3862_3863_3864_3865_3866_3867_3868_3869_3870_3871_3872_3873_3874_3875_3876_3877_3878_3879_3880_3881_3882_3883_3884_3885_3886_3887_3888_3889_3890_3891_3892_3893_3894_3895_3896_3897_3898_3899_3900_3901_3902_3903_3904_3905_3906_3907_3908_3909_3910_3911_3912_3913_3914_3915_3916_3917_3918_3919_3920_3921_3922_3923_3924_3925_3926_3927_3928_3929_3930_3931_3932_3933_3934_3935_3936_3937_3938_3939_3940_3941_3942_3943_3944_3945_3946_3947_3948_3949_3950_3951_3952_3953_3954_3955_3956_3957_3958_3959_3960_3961_3962_3963_3964_3965_3966_3967_3968_3969_3970_3971_3972_3973_3974_3975_3976_3977_3978_3979_3980_3981_3982_3983_3984_3985_3986_3987_3988_3989_3990_3991_3992_3993_3994_3995_3996_3997_3998_3999_4000

Stay teen

For teens in a world of advice and tips on education, safe sex and healthy relationships. Offered as a monthly advisory column with guest and opinion.

CDC: Parent and guardian resources

Offer several links to guide caregivers on how to talk to their teen about pregnancy, the importance of parental advice.



Contraception

The American Academy of Pediatrics recommends beginning reversible contraceptive such as IUDs and contraceptive implants as the routine of delivery against teen pregnancy.

INFO:

An Intrauterine Device (IUD) is a T-shaped plastic device inserted into the uterus by a health care professional. Available in different types. They prevent pregnancy by inhibiting fertilization of the egg. Can last for 6 to many years depending on the kind.

INFO:

Implants is a hormone implant. A hormone-releasing plastic coil about the size of a matchstick. Gets inserted into your arm through the use of a needle. Can be kept for up to 3 years.

We need to remember to take a pill every day with the above methods! There are many more available methods of contraceptive and information regarding them can be found online from your country resources. <http://www.pediatrics.com/hotcountry/>



Why it is an issue

Expectant teen mothers are at higher risk for poorer prenatal care and health habits around the time the baby is born.

There is an increased chance of low birth weights and premature delivery.

Compared with their peers, teen parents are less likely to graduate from high school or college.

Compared with their peers, teen parents are less likely to be fully employed as adults. There is also a risk of having their children become teen parents.

Studies have shown that Teen parents are at greater risk for depression.

What can you do?

Research shows that talking to your teen about sex, relationships, birth control and pregnancy has a lot of positive impacts! Some of them include:

- starting to have sex at a later age
- use condoms and birth control more often if they do engage in sexual activity
- have better sexual communication romantic relationships

Talking to your teen about pregnancy can be a difficult topic but it doesn't have to be! There are plenty of resources online to educate yourself.



Conversation tips

Keep calm. If you react with anger to a question your teen asks you, they are less likely to come to you in the future. Understand them. It can be difficult being a teen. Teens can have a difficult time dealing with school pressure, and have many responsibilities at home and at school. Let them know that you can relate.

Don't have one sided conversations. Let your teen communicate with you without talking at them.

Educate them on the topic of contraception. There are many different contraceptives available, it can get confusing even for parents! Your primary care provider is a great resource for them to.

There are many more tips online! Educating yourself is just as important as educating your teen.



RESULTS/RESPONSE

- ▶ From assigned MD preceptor: Having a page dedicated to educating parents on **HOW** they can approach talking to their teens about this topic is very useful. This is often a topic that is overlooked
- ▶ From Erica Maillet (resident of Danbury and MA in the area): Its very useful to have a compiled list of several resources. Its educational and a quick read, making it more likely that people will read.

EVALUATION OF EFFECTIVENESS/LIMITATIONS

- ▶ A proposed way to measure the effectiveness of the handout, would be to create a validated survey about the effectiveness of the educational materials.
- ▶ The booklet could be handed out in waiting rooms or as patients leave the visit. A preferably short survey (to increase responses) could be included in paper work handed to the patients at the next appointment.
- ▶ Another method would be for the provider, nurse, or medical assistant who rooms the patient to ask some of the questions and record the response. This would allow for some qualitative responses on the effectiveness.

EVALUATION OF EFFECTIVENESS/LIMITATIONS

- ▶ Some of the limitations of this project include the lack of perspective about the intervention from at risk teens, or teens parents. Would have been a valuable resource to know what has or has not worked with them when it comes to education
- ▶ Another limitation would be the list of resources being purely online sources. This could discriminate against families who might not have internet access, or access to a computer or web enabled device.
- ▶ Another limitation would be the lack of materials in languages other than English. Important to the Danbury area in particular due to its large Brazilian population

RECOMMENDATIONS FOR FUTURE PROJECTS

- ▶ Getting a larger number of providers from the WCH network to provide their input on a resource (such as this booklet) they would be willing to offer at their practices. This would enable the use of the same assessment survey to gauge the effectiveness of the resource being provided
- ▶ With the increasing use of web enabled devices, a digital resource that compiles the information and that can be sent via email or text to patients would be very useful

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