

# **Improving Latinx Parents' Efficacy to Engage in Reproductive Health Discussions with their Youth**

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## **Abstract**

**Purpose:** This quality improvement project was conducted to increase Latinx parents' comfort with discussing reproductive health topics which includes dating and relationships, delay of sexual initiation, pregnancy, and peer influences, to improve parent-child communication (PCC).

**Methods:** This was a quality improvement project using a single group pre/post test design. The project site was a pediatric clinic housed within an urban academic medical center located in the Northeast Atlantic Region. Latinx parents of registered youth age 11-14 with scheduled well child visits were introduced to *Salud y Exito* (Health & Success), positive parenting practice CDs that utilize a series of 3-5-minute dramatic audio stories clustered around changing bodies, relationships, and social influences. Outcomes were measured pre and 12 weeks post intervention using a Survey for Parent or Guardian questionnaire.

**Results:** Parent participants (n=24) were enrolled with 50% post-test completion (n=12). Although not statistically significant ( $p=.06$ ), participants reported an increase in the frequency of parent-child communication of reproductive health topics which was clinically relevant. No reported increase in comfort with discussions of these topics was found. Pre-test respondents (n=24) unanimously agreed that information should be given to teens about how to protect themselves from unplanned pregnancy and sexually transmitted infections. Of the post-test respondents (n=12), 91.8% reported the interventional tool to be helpful/very helpful.

**Conclusion:** This project supports an alternate strategy for introducing an educational intervention to Latinx parents with clinically significant results for increasing parent-child communication of reproductive health topics with their youth.