

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

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Background

- Unintended pregnancy and exposure to sexually transmitted infections (STIs) are significant health problems that disproportionately affect Latinx youth.
- Many Latinx parents struggle with discussing reproductive health topics with their youth.
- Programs' failure to include parental reinforcement of important prevention messages, poor attendance and language barriers contribute to the ongoing challenge of Latinx families.
- Empowering Latinx parents with the comfort necessary to improve early parental communication of these topics is crucial for the reduction of Latinx adolescent reproductive health disparities.
- Research supports:
 - The protective effect of parent-child communication against risky sexual behavior.
 - Improving access to education for Latinx parents.
 - Innovative, short interval approaches to education.
 - Pediatrician recommendations for early and frequent reproductive health conversations.

Purpose and Aims

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).

Aims

1. Assess Latinx parents' self-reported baseline comfort with reproductive health topics.
2. Assess Latinx parents' perceived influence on reproductive health risk behavior of their youth.
3. Increase Latinx parents' self-reported comfort with discussing reproductive health topics with their youth.
4. Increase the frequency of Latinx parent-child communication of reproductive health topics after an educational intervention.

Methods

Design: A single group, pre-post test QI educational intervention
Setting: A pediatric clinic housed within an urban academic medical center located in the Northeast Atlantic Region
Intervention: *Salud y Exito* (Health & Success), a positive parenting practice take-home model that utilizes a series of 3-5-minute dramatic audio stories clustered around changing bodies, relationships and social influences
Data Collection: Outcomes were measured pre and 12 weeks post intervention using a Survey for Parent or Guardian questionnaire.
Evaluation: Descriptive statistics reporting median and interquartile range were used to evaluate all aims. Wilcoxon-signed rank test was completed for Aims 3 & 4

Results

Sample Characteristics: A convenience sample of 24 Latinx primary caregivers of adolescents age 11-14 with scheduled well-child office visits. Post-test completion was 50% (n=12).

- 42% age 31-35/ 83% female/ 75% married or cohabitating
- 54% less than HS education including 41% 8th grade or less
- 67% living in the city at least 10 years
- 5 countries of origin represented

Child's Age by Sex, n(%)			
Age	Male	Female	Total
11	5 (20.8)	3 (12.5)	8 (33.3)
12	4 (16.7)	1 (4.2)	5 (20.8)
13	3 (12.5)	3 (12.5)	6 (25.0)
14	3 (12.5)	2 (8.3)	5 (20.8)
Total	15 (62.5%)	9 (37.5%)	24 (100 %)

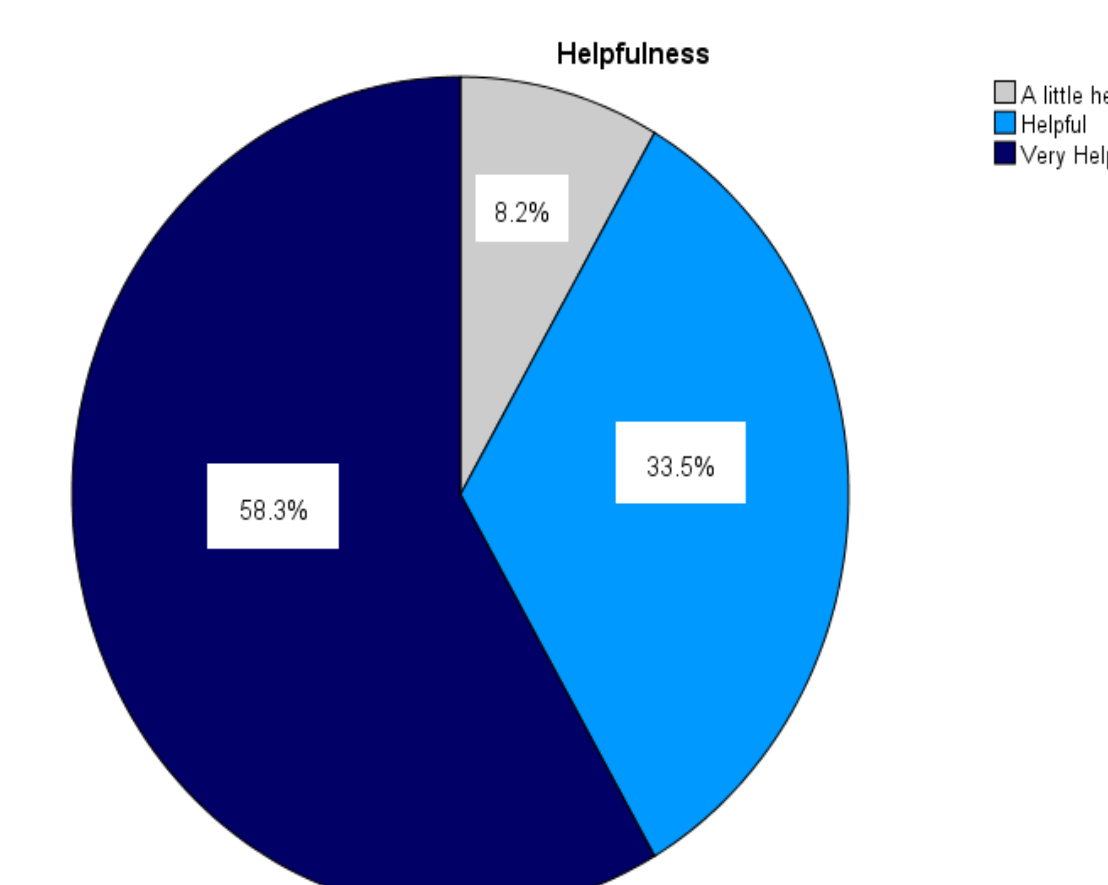
Aim 1: 100% of the pretest respondents (n=24) agreed that information should be given to teens about how to protect themselves from unplanned pregnancy and sexually transmitted infections. No participants believed that this information encourages sexual behavior. General discomfort with reproductive health topics was high, median 18.5 (IQR 5.5) with a possible max value 24,.

Aim 2: Parental perceived influence on reproductive health behaviors of their youth was high, median 62, (IQR 10) with a max possible value of 68.

Aims 3 & 4: While no statistical significance was found, the findings were clinically relevant for PCC.

Latinx Parents' Comfort with Discussion (PDC) and Parent-Child Communication (PCC)				
	Pre-test (N=24)	Post-test (N=12)	Pre-post difference (N=12)	p value
PDC, median (IQR)	22 (6)	22 (7)	0 (-2)	0.62
PCC, median (IQR)	21.5 (10)	24.5 (5)	3.5 (11)	0.06

Usage: 91.8% of the post-test respondents (n=12) reported the interventional tool to be helpful/very helpful



Conclusion

- The innovative combination of *Salud y Exito* educational intervention with an office visit based delivery modality shows promise as an effective strategy for enhancing Latinx parent-child communication while meeting the language, literacy and convenience needs for this community of learners.
- Latinx parents support the importance of reproductive health information and are interested in getting educated about how to have these crucial conversations with their youth.
- Utilizing scheduled pediatric office visit time to introduce a parent-based educational tool showed the potential for a significant impact on outreach capability, reaching more caregivers in 3 months when compared to the average reported attendance from the prior years' group model format.
- This project's educational initiative allows for intervening at an early age.
- Usefulness of the audio stories ranked high among users from diverse educational and acculturation backgrounds.

Limitations

- Small sample size
- Participant literacy impacted delivery of the evaluation questionnaire
- Potential for social desirability bias
- Utilization of a modified version of *Salud y Exito* educational tool

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