

Llsandra Ochoa, Chicago Medical School, Class of 2022

ABSTRACT

Introduction

The United States has higher teen pregnancy rates than other Western industrialized nations. (1) When it comes to race and ethnicity, Latinx tend to have some of the highest rates of teenage pregnancies in the nation. Lower education levels and socioeconomic conditions are some of the contributing factors to this disparity; thus, it is important for us to educate the adolescents that come from the affected communities.

Methods

Workshops were delivered through an interactive PowerPoint presentation. The workshops focused on different methods of birth control, STDs, adverse health outcomes of STDs, the importance of HPV vaccine and finally reasons why minority students should join the field of healthcare. Pre and post-workshop surveys were conducted in order to determine how much the students learned, as well as their interest in a career in healthcare.

Results

Overall the students' knowledge about birth control, STDs and their health outcomes increased as accessed with the post-workshop survey. Their desire to pursue a career in healthcare also increased as seen in an increase from 37.5% to 62.5% in those who responded yes, as well as an increase from 12.5% to 25% in those who responded maybe.

Conclusion

When comparing the pre to the post-workshop surveys, the students were able to name more birth control options, more long-term consequences of STDs, and more ways to tell if someone has an STD. Their knowledge about the HPV vaccine Gardasil increased. Lastly, at the end of the workshops, more students were interested in pursuing careers in healthcare!

BACKGROUND

Despite a decline in teen birth rate from 31.9 to 28.9 per 1,000 females in the Latinx population, the overall rate is higher than the national average which as of 2017 is at 18.8. A Health Needs Assessment conducted in Lake County also found that Latinx adolescents are more likely to experience a pregnancy as a teenagers (47.0 per 1,000 per year). They attributed it to a lack of health education and health awareness among youth and adults. Therefore, it is important for us to inform and provide interventions to the most vulnerable populations. Round Lake School District is part of one of the five zip codes in Lake County with the highest percentage of teen pregnancies in Lake County and it also has a high Latinx population; this is why I decided to work with this community.

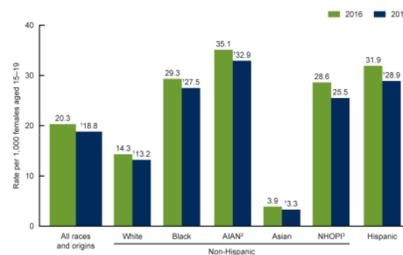


Figure 1. Birth rates for females aged 15-19, by race and Hispanic origin of mother: United States, 2016 and 2017

OBJECTIVES

- Increase students knowledge about different types of birth control
- Increase students knowledge about STDs
- Increase students knowledge about STD health outcomes
- Increase knowledge about the HPV vaccine Gardasil
- Increase a desire for a career in healthcare

METHODS

- Participants

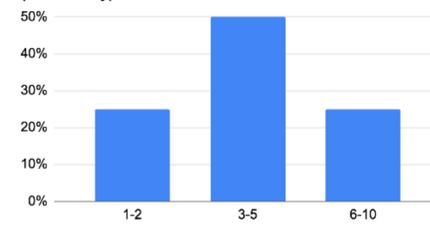
The participants were part of two different high school clubs at Round Lake High School. The name of the two clubs are Future Medical Panthers Club and Latino Club SOMOS. In total # students were able to attend the workshop.

- Instrumentation

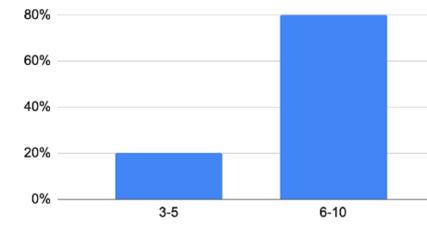
Workshops were delivered through an interactive PowerPoint presentation. The workshops focused on different methods of birth control, STDs, adverse health outcomes of STDs, the importance of HPV vaccine and finally reasons why minority students should join the field of healthcare. Pre and post-workshop surveys were conducted in order to determine how much the students learned, as well as their interest in a career in healthcare. Since many teens are into anime, relevant anime pictures were included in the PowerPoint. As an incentive, anime and Latinx art was provided for the students.

RESULTS

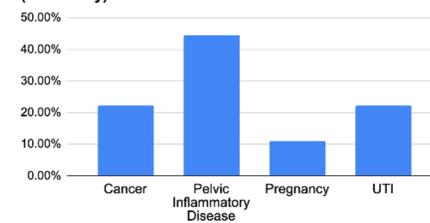
How many types of birth control are available? (Pre-survey)



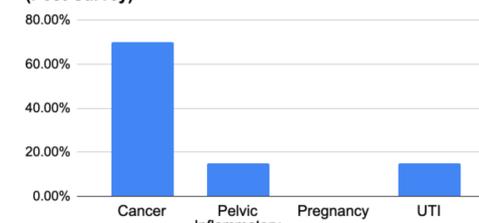
How many different types of birth control are available? (Post-survey)



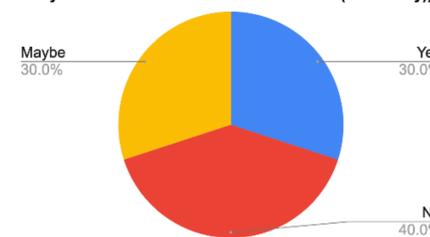
What does Gardasil/HPV vaccine help prevent? (Pre-survey)



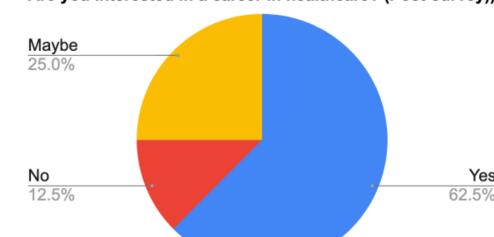
What does Gardasil/HPV vaccine help prevent? (Post-survey)



Are you interested in a career in healthcare? (Pre-survey)



Are you interested in a career in healthcare? (Post-survey)



The correct answer to the question "How many types of birth control are available?" is 6-10 and the percentage correct increased from 25% to 80%.

The correct answer to the question "What does Gardasil/HPV vaccine help prevent?" was cancer and the percentage correct increased from 22.2% to 70%.

Their desire to pursue a career in healthcare also increased as seen in an increase from 30% to 62.5% in those who responded yes.

Topic	Pre-Workshop	Post-Workshop
Name different types of birth control	Birth control pill, condoms, implant	Birth control pill, female and male condom, implant, IUD, patch, ring, shot
Aside from pregnancy, what else can condoms prevent?	STDs	STDs
How can you tell if you have an STD?	It smells	Bumps around the specific area, Rash, Sometimes there are no symptoms, Get tested, colored discharge
What are the long term consequences of STDs?	Health problems, problems getting pregnant	Infertility, Cancer, Pregnant women can pass an STD to their children

Answers that were given multiple times were only recorded once in the table.

Figure 2. Results of the Pre and Post-Workshop Survey Among Students from Round Lake High School

CONCLUSIONS

Limitations

Given that the workshop will be conducted over Zoom I anticipate that similar limitations will arise this year as well. Limitations such as not being able to gauge students' attention and getting everyone to answer the survey questions.

Discussion

According to the increased percentage of correct answers it can be concluded that the student's knowledge of how many different types of birth control are available as well as what Gardasil/HPV vaccine helps prevent increased. When comparing the pre to the post-workshop surveys, the students were also able to name more birth control options, more long-term consequences of STDs, and more ways to tell if someone has an STD, indicating that their knowledge about these topics also increased.

The presentation spoke about the need for healthcare providers who come from underrepresented groups in medicine. There was an emphasis on the need for Latinx physicians. After the presentation, their desire to pursue a career in healthcare increased from 30% to 62.5% of those who responded yes. The students that belonged to the Medical Panthers Club were students who are already interested in a career in healthcare and this accounts for those who answered yes in the pre-workshop survey.

There was an increased curiosity about careers in medicine, many of the students enthusiastically asked questions about why I became a physician as well as advice that I could provide for their journey. The integration of anime into the PowerPoint was effective in keeping the attention of the students. Sexual education can be uncomfortable for teens and the teacher mentioned that the use of anime allowed them to relax and be more receptive to the information.

Overall the students learned more about birth control, STDs and their health outcomes, safe sex, and HPV vaccine and they left with an increased desire to pursue a career in medicine!

REFERENCES

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5. Reduced disparities in birth rates among teens aged 15–19 years—United States, 2006–2007 and 2013–2014. *April 29, 2016;65(16):409–414.*