BLESSING-RIEMAN
College of Nursing & Health Sciences

#EmpowerURself

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Assessment

Opportunity:
- Create a co-op website for adolescents with sexual, mental, and physical health resources in Adams County, Illinois

Driving Forces:
- Support from local resources
- Support from key stakeholders--school nurses, Teen Reach, and Blessing Hospital (BH)
- Number of teen pregnancies and STIs within Adams County, IL and nationally

Restraining Forces:
- Finances to create independent website
- COVID-19 shelter in place order
- Lack of accessibility to Internet

Literature Review

- Approximately 18.8 per 1,000 women between ages of 15-19 years had a teen pregnancy [3]
- Estimated over 50% of new sexually transmitted infections (STI) cases are between the ages of 15-24 years [4]
- 1 in 4 sexually active adolescent females acquired an STI [4]
- In 2017, there were 194,377 babies born to teen mothers ages 15-19 years old [3]
- Average age for first sexual intercourse for women is 17.3 years of age and for men it is 17 years old [2]
- Research suggests healthier outcomes in adolescents who are provided any form of formal sex education prior to first sexual encounter. [1,5,6]
- Research suggests comprehensive sex education promotes increased condom usage in both genders [5]

Planning

Short Term Goal:
- Design a website listing local resources

Long Term Goal:
- Create awareness of resources in Adams County and increase usage of the website

Evaluation Plan:
- Track number of adolescents using webpage
- Compare previous years' rate to current rates in Adams County

Strategies for Hardwire Change:
- Educate school nurses about resource website to gather and education students
- Provide bathroom stall flyers for Quincy schools

Figure 1.

Implementation

Process:
- Presented proposal to faculty
- Met with local resources
- Collaborated with key stakeholders
- Gathered information
- Created website with BH marketing department

Strategy for Handling Resistance:
- Educated local businesses of current rates of teen pregnancies and STI rates

Evaluation

Evaluate the Effectiveness of the Change:
- Use Google Analytics to track website usage

Strategies to Stabilize Change:
- Key supporters linking their website with Adams County resource website
- Teen Reach will oversee yearly updates regarding local resources and inform Blessing marketing department of necessary updates

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Website:
https://www.blessinghealth.org/adolescenthealth

Summary

What We Learned:
- Importance of community collaboration to initiate change within the community
- Change takes time; remain flexible
- Importance of involving key players to assist in implementing change

What We Would Do Differently:
- Collaborate with BH earlier

References

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Figure List

Figure 1. Rudy, George. (2017). A group of boys and girls is using gadgets, talking and smiling sitting against white brick wall [Photograph]. *The Conversation*. https://theconversation.com/why-its-time-to-lay-the-stereotype-of-the-teen-brain-to-rest-85888