Pilot HIV Prevention Study for Adolescent Young Women
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Introduction

Background
- HIV/AIDS
  - Threat to lives, health & well being of individuals worldwide.
  - Leading cause of death globally among women of reproductive age.
  - Primary mode of infection in women: heterosexual transmission
  - Adolescent young women particularly vulnerable – age & gender power differentials
  - No cure & no vaccine
- Need to rely on behavioral interventions to prevent HIV infection
- Motivational interviewing (MI) & behavioral skills building (BSB) proven to be efficacious
- MI & BSB - modes of intervention flexible enough to address cultural and developmental differences

Purpose: To pilot a behavioral HIV prevention intervention to reduce heterosexually transmitted HIV in a culturally diverse sample inclusive of Black, Hispanic & White adolescent young women ages 15-19 years.

Aims:
1. Determine feasibility of HIV prevention intervention that consists of MI & BSB techniques in a primary care setting
2. Establish fidelity of intervention
3. Determine training needs of health care providers who deliver intervention
4. Enhance nursing students research experience

Methods

Sites
- Urban community health center
- University-based adolescent primary care site

Sample: Culturally diverse sample of adolescent young women ages 15-19 years

Measures
1. Measures of feasibility of MI/BSB intervention
   - Length of time for participants to complete demographic & sexual practices survey
   - Length of time to implement MI/BSB intervention
   - Period of time for participant enrollment
   - Integration of intervention into a primary care setting
2. Measures of fidelity of MI/BSB intervention
   - Motivational Interviewing Treatment Integrity (MITI) Coding Instrument & the Behaviour Change Counseling Index (BECCI)
3. Measure of training needs
   - Determined by length of time for trainees to achieve fidelity in intervention delivery
4. Measures of enhancement of nursing students’ research experience
   - Students’ self-report of experience as research assistants
   - Faculty member/principal investigator’s (PI) observations of students’ experiences

Procedures
- 3 graduate nursing students hired as research assistants (RA); trained in MI & BSB methods
- Training sessions: Seven sessions, 3 hours in length
- Interactive training sessions with RAs – didactic information, discussion & clinical simulation
  - Topics - HIV/STIs, MI & BSB
  - Fidelity testing of MI/BSB intervention with RAs
  - Intervention piloted by PI at two primary care sites
  - Inclusion criteria: female between 15-19 years, ability to read & speak English, well at time of visit
  - Waiver of written & parental consent
  - Survey & intervention completed after office visit
  - Thank you gift for participation - $20 gift card

Results

1. Feasibility of Motivational Interviewing/Behavioral Skills Building HIV prevention Intervention

<table>
<thead>
<tr>
<th>Table: Time Measurement</th>
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<tbody>
<tr>
<td>Site A: Community Health Center Teen Clinic</td>
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<tr>
<td>Site B: University-Based Adolescent Primary Care Site</td>
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<table>
<thead>
<tr>
<th>Length of Time</th>
<th>Sample</th>
<th>Site A</th>
<th>Site B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time to complete survey</td>
<td>2-6</td>
<td>3-5</td>
<td>4-4</td>
</tr>
<tr>
<td>Time to complete MI</td>
<td>3.5</td>
<td>3.5</td>
<td>4.5</td>
</tr>
<tr>
<td>Total time</td>
<td>10-20</td>
<td>13-11</td>
<td>14.6-14</td>
</tr>
<tr>
<td>Mean # of minutes to obtain consent</td>
<td>3.9</td>
<td>4.4</td>
<td>3.0</td>
</tr>
<tr>
<td>Range of minutes to obtain consent</td>
<td>2-6</td>
<td>3-6</td>
<td>2-4</td>
</tr>
<tr>
<td>Mean # of minutes to complete MI</td>
<td>4.5</td>
<td>4.6</td>
<td>4.3</td>
</tr>
<tr>
<td>Range of minutes to complete MI</td>
<td>3-5</td>
<td>3-5</td>
<td>4-5</td>
</tr>
<tr>
<td>Mean # of minutes for intervention</td>
<td>14.6</td>
<td>14.6</td>
<td>14.7</td>
</tr>
</tbody>
</table>

Acceptability of survey & intervention
- Surveys completed with no systematic missing data
- No objections expressed about questions or content of survey or intervention
- Survey & intervention data consistent

Participant enrollment:
- 2 participants recruited per 4 hour clinic session
- 100% of those invited participated in study.
- After enrolling, 100% completed study.

Integration of intervention into primary care setting
- No disruption in clinic schedule
- Acceptability of intervention in clinics

Discussion

- As research is ongoing, results are preliminary.
- 15 minute intervention consistent with brief office visit
- Survey & intervention acceptable to sample
- Survey & intervention not disruptive to practice sites
- Intensive MI/BSB training needed to achieve intervention fidelity
- Nursing students found RA experience enriching & gratifying.
- Limitations
  - Small sample, cross sectional design
- Implications for future research
  - Development of larger, longitudinal investigations
  - Outcomes of MI/BSB intervention on HIV risk reduction behaviors

Conclusions

- Nursing students can be effectively incorporated into the research team with clear benefits for both students & faculty.
- Preliminary data suggest that a one-on-one HIV prevention intervention is feasible in an primary care office setting.

Our Future

Acknowledgements

- UVM College of Nursing and Health Science Research Fund
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