Screening Adolescent Females: An Evidence Based-Practice Project

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ABSTRACT

Chlamydia is the most common sexually transmitted infection affecting adolescent females. Adolescent females are at high risk of contracting Chlamydia because of high risk sexual behaviors. Screening adolescent females for Chlamydia is a topic of concern to health care professionals. Screening is important because early detection of Chlamydia infection can prevent the physically and emotionally devastating effects of this disease on young women. This evidence-based practice (EBP) project focused on examining two interventions (urine based test or pelvic examination) that can be used in screening young women for Chlamydia, during their annual comprehensive physical examination.

BACKGROUND

The most common STI among adolescent females is Chlamydia infection. The female adolescents at highest risk of Chlamydia are between the ages 15-19 years old. It is estimated that 47% of High School students are sexually active. In a STI surveillance project about 11.3% adolescent females enrolled in the School Based Health Centers (SBHC) were positive for Chlamydia. On average, only 45% of urban adolescent females access gynecological examination for STI screening. The literature demonstrated that many studies done on screening adolescent females for Chlamydia support a noninvasive method for screening. School Based Health Centers (SBHC) in High Schools are the best place to easily reach adolescents.

METHOD

• The project is a retrospective chart review design to collect descriptive data about adolescent females' reproductive health. The Primary Investigator quantified the participants' demographic data, such as the female adolescent patients' age and ethnicity.
• The other descriptive data that were collected are the number of adolescent females who had an annual physical examination, reproductive health assessment and reproductive health screening. The adolescent females' choice between the urine based testing or pelvic examination was quantified.
• Tools used:
  - Clinic Daily Log (CDL)/Visit Type was used to identify adolescent females who had their annual physical at the SBHC.
  - The Retrospective Chart Review Tool was used to collect specific data from each chart.

RESULTS

<table>
<thead>
<tr>
<th>Chart Review Data</th>
<th>Number of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charts Reviewed</td>
<td>311</td>
</tr>
<tr>
<td>Reproductive Assessment</td>
<td>311</td>
</tr>
<tr>
<td>Females who had sex</td>
<td>124</td>
</tr>
<tr>
<td>Reproductive screening offered</td>
<td>95</td>
</tr>
<tr>
<td>Urine Based Testing done</td>
<td>55</td>
</tr>
<tr>
<td>Pelvic Examination done</td>
<td>13</td>
</tr>
</tbody>
</table>

Screenings Used by Female Students

- 28% UBT
- 14% Pelvic Exam
- 58% Unscreened

PICO STATEMENT

Among adolescent females (14-19 years of age) at urban School Based Health Centers who, during the history taking phase at their annual physical examination, reported that they have had sex at least once, would offering their urinalysis-based Chlamydia test increase the compliance for screening for Chlamydia infection during the annual physical examination as compared to scheduling another appointment for the traditional pelvic exam done by a health care provider?

CONCLUSION

The urine based test is an excellent noninvasive test method for screening asymptomatic sexually active adolescent females versus offering the pelvic examination. Providing the adolescent females with choices may increase their compliance; it is an excellent way to introduce reproductive health screening; and it gives the provider the opportunity to set the stage for the adolescent female to have a pelvic examination in the future.

References