The Reproductive Health Seminar Program:
Training Health Professional Students to Teach Healthy Behaviors

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Presentation Agenda

- Educational Program Overview
- Training & Implementation
- Effect on Youth & Student Educators
- Future Directions
The Reproductive Health Seminar Program:
Overview
Program Goals

1. Offer opportunities for future health professionals to gain experience and comfort in talking with teenagers about sexual health.

2. Provide quality sexual health education to at-risk youth in a safe and open environment.
Program Aims
(Adapted from Healthy People 2020)

1. Decrease the rate of sexually transmitted infections
2. Decrease the amount of unplanned teen pregnancy
3. Increase the age of first sexual intercourse
Program History

January – May 2011: Pilot Program
- 24 educators trained on a flexible curriculum
- 250 youth affected

May 2011: Educator Feedback Meeting
- Highly regarded by student educators and organizations served
- Brainstormed future changes

October 2011: Program Launch
- Revised curriculum
- Measuring impact through assessments
The Six Seminars

1. Puberty, Anatomy and Body Image
2. Abstinence and Condoms
3. Understanding Pregnancy
4. Birth Control Options
5. STI Prevention
6. Healthy Relationships

All seminars built upon objectives set by the Sexuality Information and Education Council of the United States
Seminar Structure

The **1.5-hour curriculum** for each seminar includes:

- Youth Pre-Assessment
- Opening
- 4 Activities/Discussions
- Closing
- Youth Post-Assessment
Training and Implementation
Reproductive Health Educators

- The 24 educators include:
  - 1 Nursing
  - 2 MPH
  - 5 Physician’s Assistant
  - 10 first-year DOs
  - 6 second-year DOs

- Selected by essay application

(Planned Parenthood of Santa Barbara County, 2005)
Program Sites

3 local affiliated organizations serving **youths ages 10-17:**

- Youth Shelter (3 seminars/week)
- Children’s Harbor (1 seminar/week)
- Center for Girls (2 seminars/week)
Program Structure

- Educators become experts on 1 of the 6 seminars
  - 4 educators per seminar group (variety of HPD students)
  - 2 educators lead each seminar

- Seminar Team Leaders
- Site Leaders
- Program Coordinator
- Program Director
Program Organization

- Research Coordinator
- Program Coordinator
- Faculty Mentor
- Program Director

Groups:
1. Anatomy & Body Image
2. Abstinence/Condoms
3. Pregnancy
4. Birth Control
5. STIs
6. Healthy Relationships
Feedback and Communication

• **Post-Seminar Reporting:**
  - Covered 100% curriculum?
  - 3 positive things?
  - Anything that did not go well?

• **Summaries** of the post-seminar report are sent out to the educators biweekly
Educator Professional Development

- October 2011 – 2-hour Introductory Meeting
- October 2011 – 2-hour Seminar Trainings
- January 2012 – 2-hour New-Semester Meeting
- March 2012 – 6 1-hour Seminar Group Meetings
- April 2012 – 2-hour End-Semester Meeting
Educator Benefits

**DO:**
- Course Credit for Professional Development
- Community Service Hours for leading seminars

**MPH:**
- Community Projects course
- Special Studies course
A Unique Model

- Educator training on only one seminar
- Objective-based knowledge and skills
- Each seminar stands alone
  - Flexibility for scheduling between health professional students and local sites
A Unique Model

- **Serves a need** within the local community
- **Fully student-led**
- **Inexpensive** to operate
- **Purposefully Interprofessional**
Research Project:

“The Reproductive Health Seminar Program: Evaluating its impact on participating health professional student educators and the youth they serve in South Florida”
Objectives

1. Evaluate the effect of the Reproductive Health Seminar Program (RHSP) on the knowledge and attitudes of administering health professional students

2. Evaluate the teaching effectiveness of these students on the knowledge and attitudes of participating youths
Research Design

- IRB approved
- Funded by Health Professions Division Grant

Data Collection:
- Educators:
  - Oct 2011: Educator Pre-Program Assessment
  - June 2012: Educator Post-Program Assessment
- Educator Effectiveness:
  - Youth Pre-Seminar Assessments
  - Youth Post-Program Assessments
Early Data

Pre and Post Seminar Survey Results

![Graph showing Pre and Post Seminar Survey Results](graph.png)
Future Directions
Short Term Impact

• The program has been highly regarded by all involved

• An estimated 750 youths will be served in 10 months

• Expansion
  • Additional NSU graduate/undergraduate schools
  • Additional community partnerships with local youth-serving organizations
Long Term Impact

• Positively impact knowledge and attitudes of administering health professional students and the youth they serve

• Serve as a reproducible model for similar health education programs and community partnerships
  • Assist other COMs in creating similar outreach programs
Questions?

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Thank you!
References:


