

Quality for Teens: a Quality Improvement Package for Adolescent Sexual and Reproductive Health Care

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BACKGROUND

- Access to quality adolescent sexual and reproductive health (ASRH) services, including contraception and sexually transmitted infection services, plays an important role in supporting the health and well-being of adolescents and in promoting health equity
- Despite ASRH practice recommendations from national organizations, gaps in implementation persist
- The Centers for Disease Control and Prevention (CDC) collaborated with the National Association of Community Health Centers and Cicatelli Associates Inc. to develop an ASRH Quality Improvement (QI) package, Q4T (Quality for Teens), which collates rapid cycle, actionable change strategies and implementation resources

METHODS

- Piloted Q4T (January to May 2022) with four health centers from diverse settings with varying experience in ASRH services and QI
 - Pilot sites selected a goal and implemented a change strategy using accompanying tools/resources
- Gathered feedback on Q4T utility and suggestions for strengthening content and format during monthly virtual meetings and two online surveys
- Queried subject matter experts (SMEs) at CDC, Office of Population Affairs, and Health Resources and Services Administration via email for feedback on Q4T



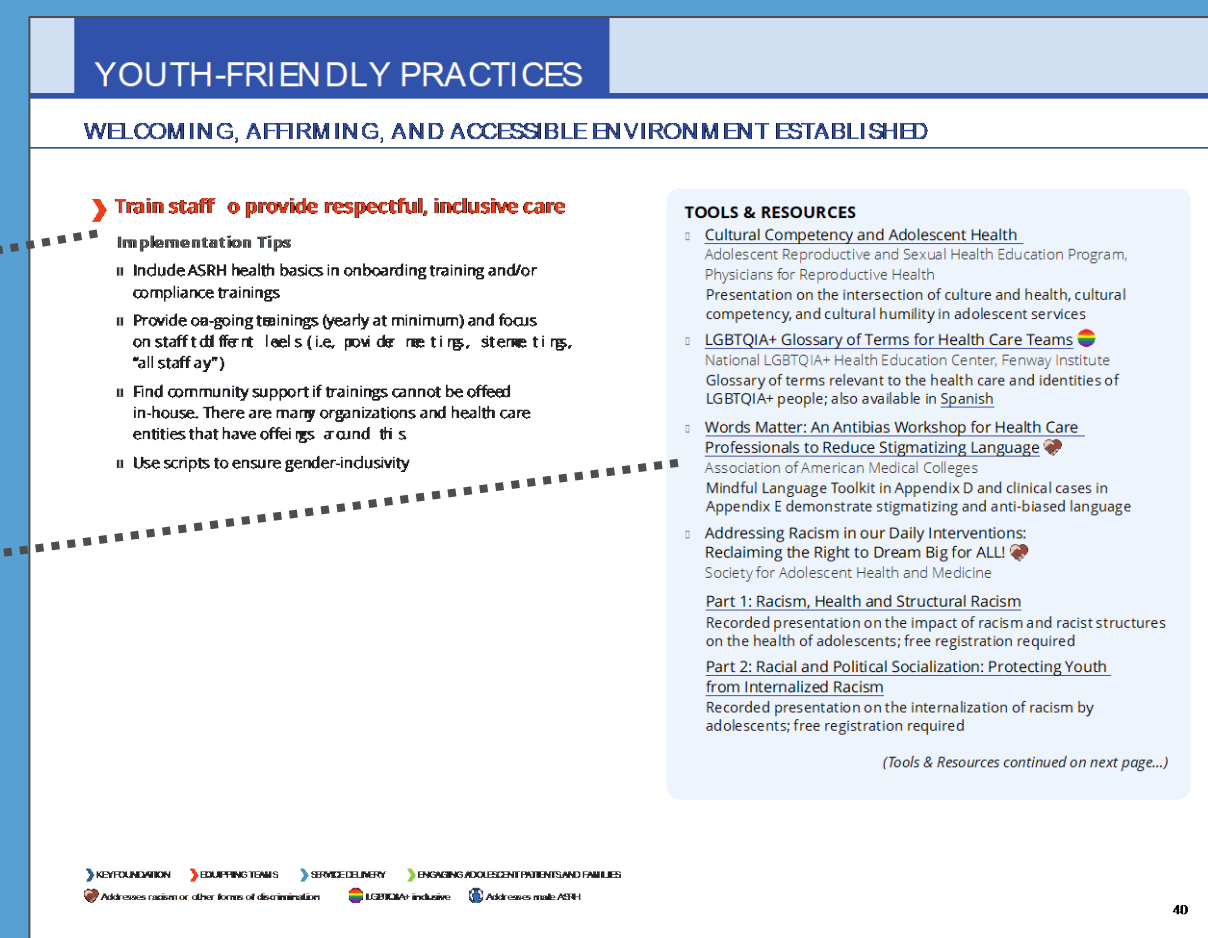
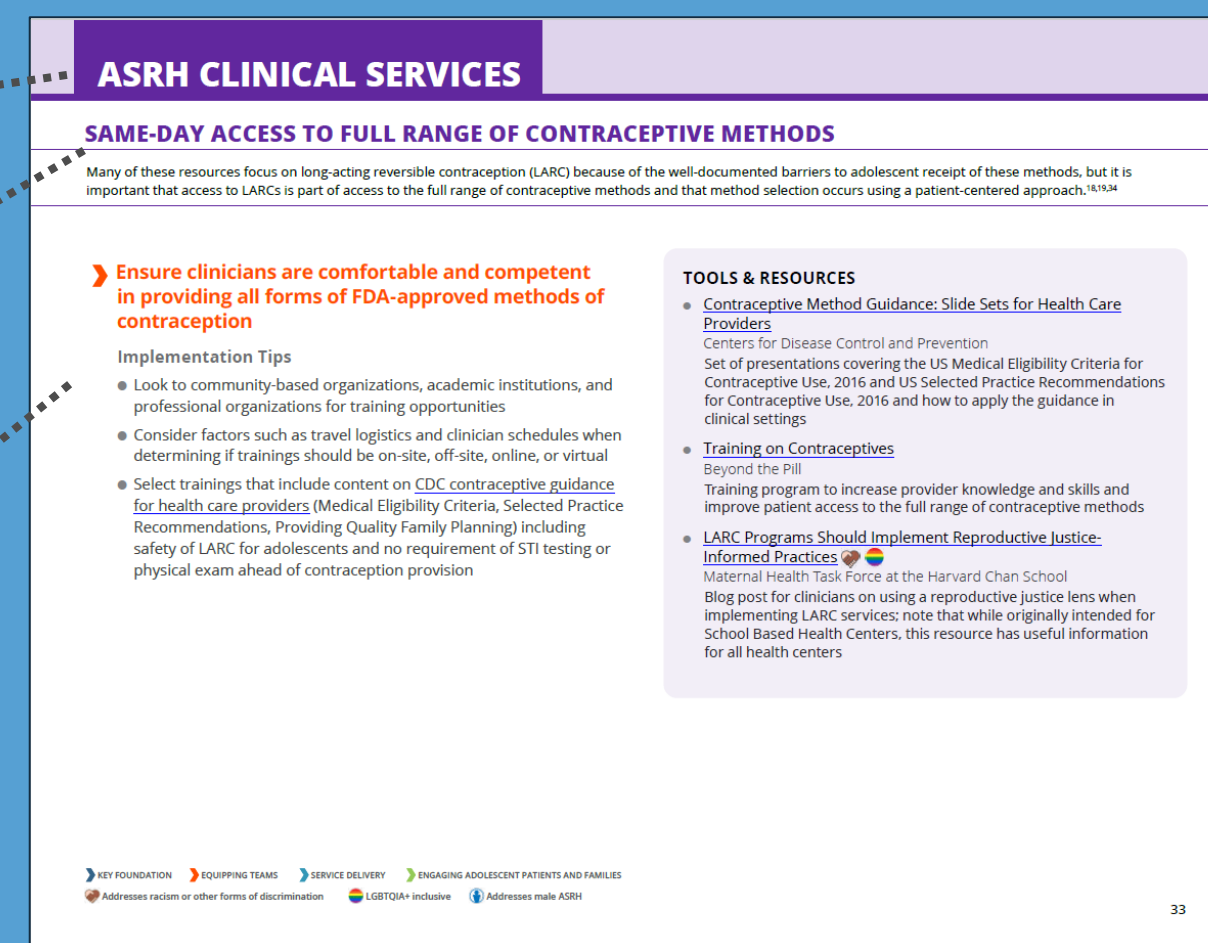
Covers two sections:
ASRH Clinical Services (purple) and
Youth-friendly Practices (blue)

Each section
organized by goals

Relevant change
strategies follow each goal

Implementation
tips follow some
change strategies

Tools and
resources
correspond to each
change strategy



RESULTS

Pilot and SME feedback:

- Comprehensive
- Well-organized
- Supportive of providers with a range of experience
- Tools/resources helpful
- Implementation tips highly valued

Pilot suggestions to include/expand:

- How to organize your QI implementation team
- How to engage senior leadership
- Example performance measures
- Additional tools in trauma-informed care section
- Needs assessment with clear direction for next steps based on findings
- Action planning template to support implementation

Pilot recommendations for the future:

- Establish learning collaboratives to support QI implementation using the package
- Link newly engaged health centers with experienced Q4T health centers

CONCLUSIONS

- Pilot and SME feedback suggest Q4T has the potential to support implementation of ASRH QI in health centers
- Pilot and SME feedback informed improvements to Q4T
- Current efforts include finalizing the package, planning for dissemination, transforming Q4T into a digital tool, and exploring future implementation of learning collaboratives

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