NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

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



A Quality Improvement Package for Adolescent Sexual and **Reproductive Health Care**











ASRH CLINICAL SERVICES

Implementation Tips





Contraceptive Method Guidance: Slide Sets for Health Care

LARC Programs Should Implement Reproductive Justice

Blog post for clinicians on using a reproductive justice lens when

lementing LARC services; note that while originally intended for ool Based Health Centers, this resource has useful information

TOOLS & RESOURCES

Training on Contraceptive

Informed Practices 🧼 👄



• How to organize your QI implementation team

• Supportive of providers with a range of

How to engage senior leadership

Pilot suggestions to include/expand:

• Implementation tips highly valued

- 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:

Set of presentations covering the US Medical Eligibility Criteria for r Contraceptive Use, 2016 and how to apply the guidance in

RESULTS

Pilot and SME feedback:

• Comprehensive

Well-organized

experience

Tools/resources helpful

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

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

YOUTH-FRIENDLY PRACTICES

Select trainings that include content on CDC contraceptive guidance

safety of LARC for adolescents and no requirement of STI testing o

ns, Providing Quality Family Planning) including

WELCOMING, AFFIRMING, AND ACCESSIBLE ENVIRONMENT ESTABLISHED

> Train staff o provide respectful, inclusive care

- II Include ASRH health basics in onboarding training and/or
- compliance trainings II Provide on-going trainings (yearly at minimum) and focus
- $\hbox{$\tt II} \ \ {\bf Find} \ community \ support \ if \ trainings \ cannot \ be \ of feed$
- in-house. There are many organizations and health care entities that have offeings around this

on stafft differnt levels (i.e., provider nee times, stemme times,

LGBTQIA+ Glossary of Terms for Health Care Teams

LGBTQIA+ people; also available in Spanish Professionals to Reduce Stigmatizing Language 💝

Cultural Competency and Adolescent Health

Addressing Racism in our Daily Interve Reclaiming the Right to Dream Big for ALL! Part 1: Racism, Health and Structural Racism Recorded presentation on the impact of racism and racist structure on the health of adolescents; free registration required

Mindful Language Toolkit in Appendix D and clinical cases in

Presentation on the intersection of culture and health, cultural

Part 2: Racial and Political Socialization: Protecting Youth from Internalized Racism adolescents; free registration required

(Tools & Resources continued on next page...)

🥟 Addresses racism or other forms of discrimination 💎 🧁 LGBICIA+ inclusive 🔣 Addresses male ASH-

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

