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Using the Spectrum of Prevention Model to Design a Personal Sexual Health Kit Online Ordering System

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Using the Spectrum of Prevention Model to Design a Personal Sexual Health Kit Online Ordering System

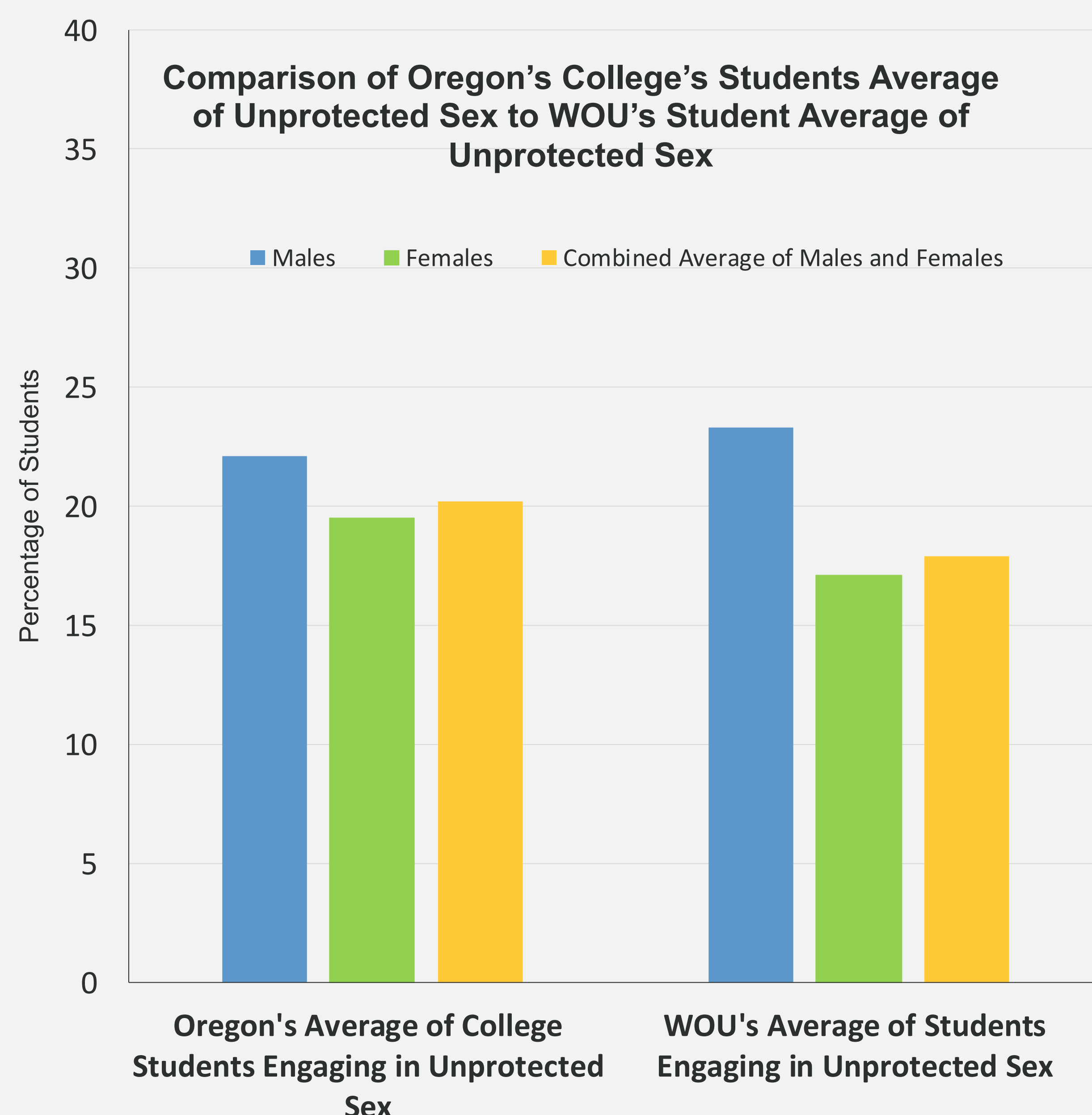
Emily Holdner & Tracy Sanchez

Mentored by Doria K. Thiele, PhD, CNM, IBCLC

Students believe their sexual health is a significant component of their general health. Research has supported that sexual health directly affects a student's academic achievement (Lechner, Garcia, Frerich, Lust, & Eisenberg, 2013).

A national survey of college students (ages 18-29) showed that in the last 30 days, 70% participated in sexual intercourse and that 40% stated they were having unprotected sex (Francis, Noar, Widman, Willoughby, Sanchez, & Garrett, 2016).

Barriers students encounter when accessing sexual health services on campus include a limited knowledge or awareness of the sexual health services and resources; having a lack of clarity for LGBTQ students; stigma; peer influence; campus culture; and accessibility of services (Cassidy, Bishop, Steenbeek, Langille, Martin-Misener, & Curran, 2018).



(American College Health Association 2018a; American College Health Association, 2018b).



- 1 Strengthening Individual Knowledge & Skills: Enhance individuals' Accessibility of Safe Sex Supplies and resources on WOU's Campus**
Research has shown that the implementation of a free condom distribution program has increased the rates of safer sex among college students (Butler, Mooney, & Janousek, 2018). Students will be able to go online to the Western Oregon University (WOU) Student Health and Counseling Center (Health Center) website and order a variety of safe sex supplies (internal condoms, external condoms, dental dams, lubricant, resources for sexual health) which will then be sent by mail or available to pick up. This program will aid in providing students on campus with the resources and education to have safe sex.
- 2 Promoting Community Education: Educating the WOU Population about Sexual Health Resources Offered on Campus**
Studies have shown that when college campuses provide sexual health resources in a variety of forms, students are more likely to participate in safer sex practices (Lechner et al., 2013). This educational information will be available in both electronic and physical formats, which can be found online at the Health Center or at campus hot spots. Students will be able to order safer sex resources with their mail-in safe sex packets. There will also be advertising around the campus on where to find safer sex supplies and resources.
- 3 Educating Providers: Requiring Comprehensive Sexual Health Education and Trainings to Healthcare Providers on WOU's Campus**
Educating healthcare providers on campus regarding sexual health, can help to reduce stigma and create a sex-positive environment. This encourages patients to be more open with their providers and can result in better education regarding safe sex. Research has shown that when providers are educated and trained on comprehensive sex, holistic care is increased, patient-centered care and reduces the adverse sexual health outcomes (Ford, Barnes, Rompalo, & Hook, 2013).
- 4 Fostering Coalitions and Networks: Partnering with Student Centers and stakeholders on WOU's Campus to Increase the Accessibility of Safe Sex Supplies and Resources.**
Collaborating with other stakeholders is an important piece to help increase the awareness of resources and safe sex supplies on WOU's campus. This will help to create a sex-positive environment and reduce the stigma surrounding sexual health (Cassidy et al., 2018). Partnering with other student centers, such as Abby's House, Stonewall, as well as the Health and wellness center, will aid in providing increased accessibility to safe sex supplies. This will also help to decrease the risk of spreading STI's in WOU's student population and allows students of all backgrounds feel comfortable engaging in safe sex practices (Eastman-Mueller, Gomez-Scott, Jung, Oswald, & Hagglund, 2016).
- 5 Changing Organizational practices: Incorporating Sexual Health with Intake When Visiting the Health Center**
Currently, the healthcare providers on campus do not ask about student's sexual health during initial intake unless specified. The healthcare providers on campus will be educated on comprehensive sexual health educations and why it is important to student's overall health. Studies have shown that when healthcare providers shift from common disease focuses (STI's) to comprehensive sexual health, the efficiency of patient visits are increased. This creates an inclusive, nonjudgmental environment that encourages students to comeback (Ford et al., 2013).
- 6 Influencing Policy & Legislation: Campus-Wide Policy for the Expansion of Safe Sex Resources & Supplies, Availability and Accessibility Throughout the Campus.**
Some colleges have already been taking action in preventing the spread of STIs among their students by creating a policy that increases the accessibility and availability of safe sex supplies and resources. An example of this is at the University of Oregon, where students are able to access free safe sex supplies in their student union building and their recreation center, aside from the student health center (Kovacs, 2016). Requiring that safe sex supplies and resources to be offered on WOU's campus in various student centers will help reduce the rate of STIs on campus and increase student education regarding safe sex (Eastman-Muller et al., 2016).

The Center for Disease Control and Prevention (2018) estimates that undiagnosed STIs cause infertility in more than **20,000** women each year.

