

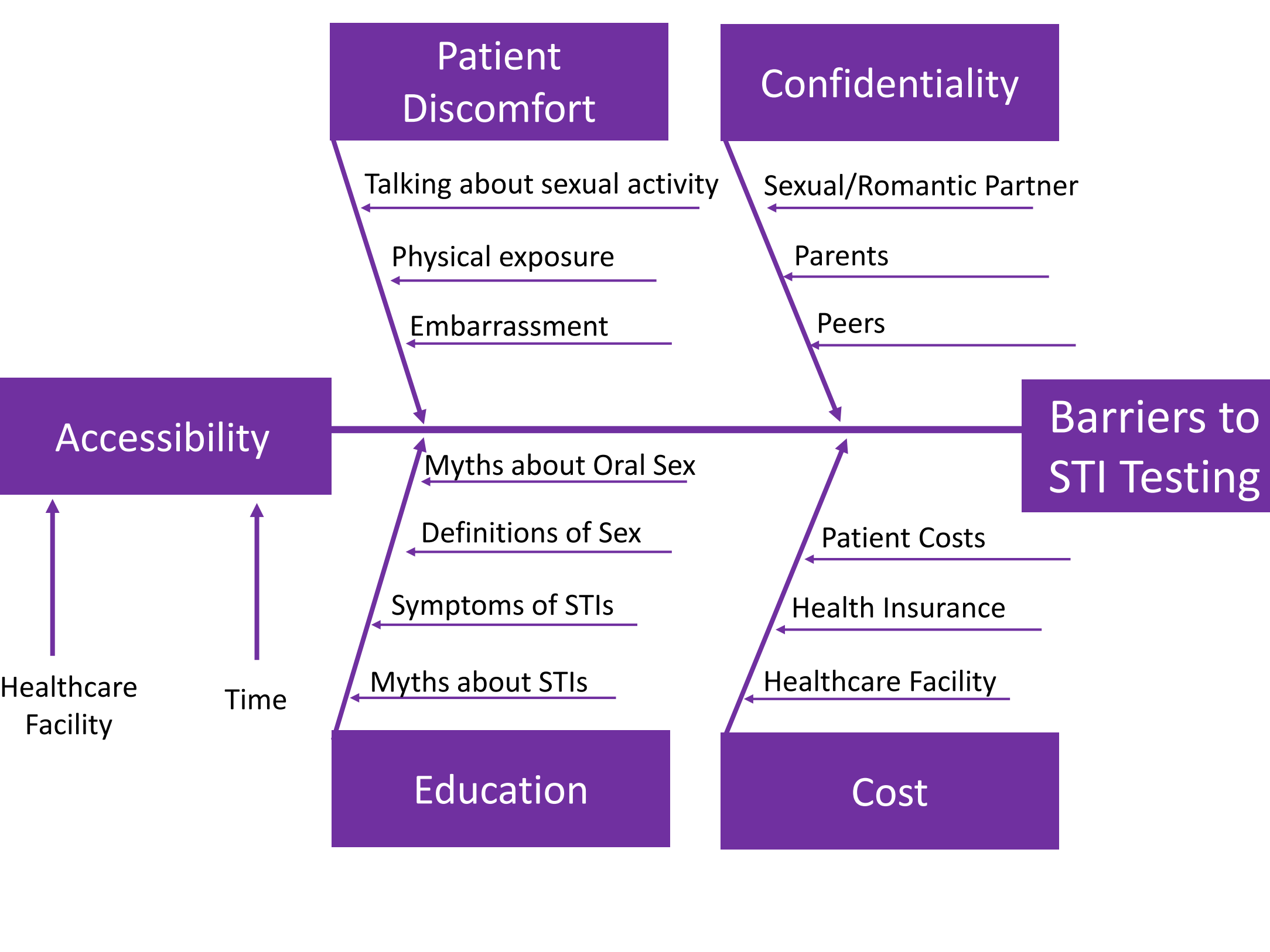
Is It in Your Mouth? The Importance of Pharyngeal STI Testing



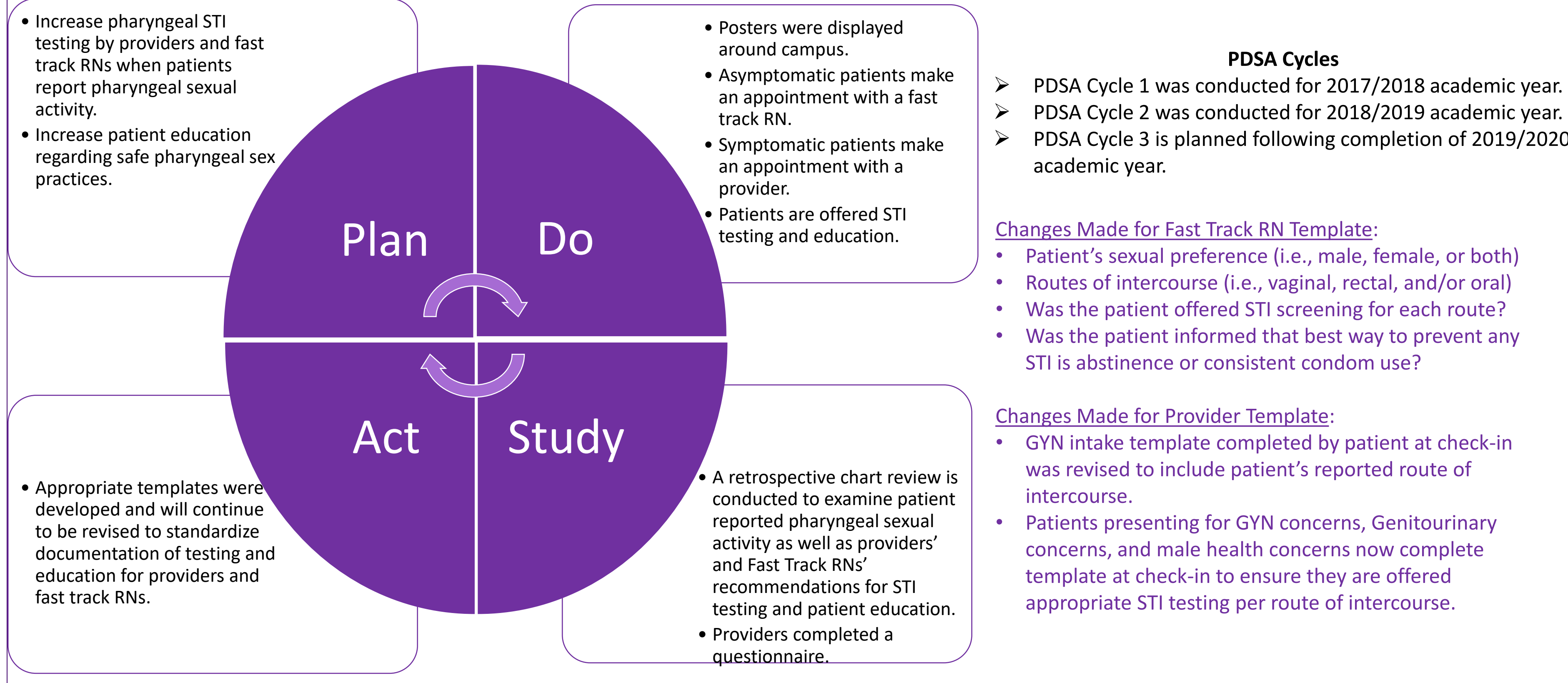
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BACKGROUND

- According to the Center for Disease Control (CDC), 85% of sexually active adults 18-44 years of age report engaging in oral sex.
- Despite recommendations from CDC for annual Chlamydia and Gonorrhea screenings for sexually active women younger than 25, experts believe far too many people are not tested and don't know they are infected.
- Locally, in Pitt County, there have been increasingly alarming rates of sexually transmitted infections (STIs), particularly with Chlamydia, with 918.7 cases per 100,000 people.
- ECU Student Health Services (SHS) supports increased screening, especially for less known methods of transfer such as pharyngeal transmission. However, during the 2015/2016 academic year, only 32 pharyngeal STI tests were performed at SHS. Ideally, SHS would like to screen all patients who report engagement in oral sex and educate patients about the risks of unprotected sex.



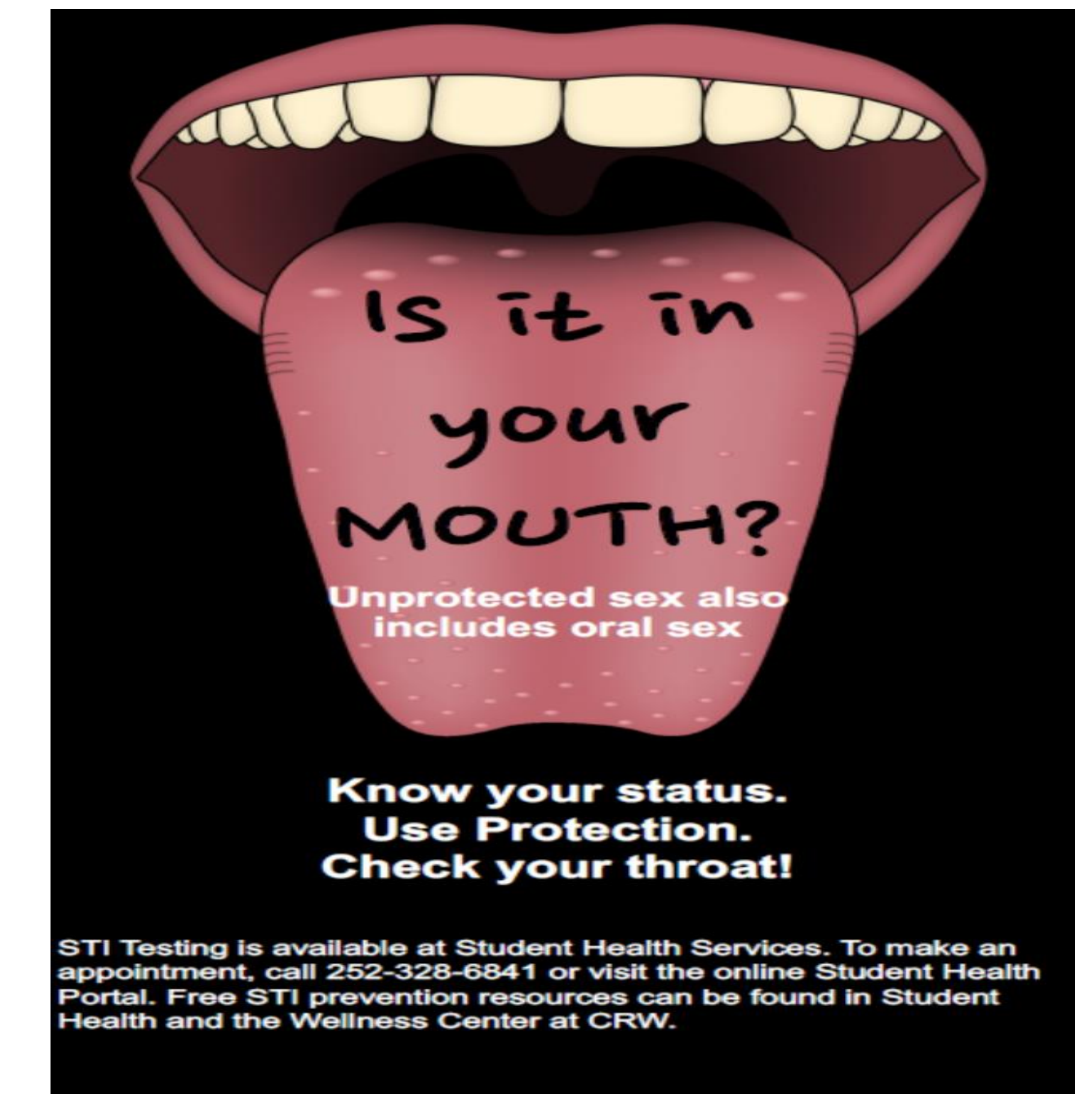
METHODOLOGY



- PDSA Cycles**
- PDSA Cycle 1 was conducted for 2017/2018 academic year.
 - PDSA Cycle 2 was conducted for 2018/2019 academic year.
 - PDSA Cycle 3 is planned following completion of 2019/2020 academic year.

- Changes Made for Fast Track RN Template:**
- Patient's sexual preference (i.e., male, female, or both)
 - Routes of intercourse (i.e., vaginal, rectal, and/or oral)
 - Was the patient offered STI screening for each route?
 - Was the patient informed that best way to prevent any STI is abstinence or consistent condom use?

- Changes Made for Provider Template:**
- GYN intake template completed by patient at check-in was revised to include patient's reported route of intercourse.
 - Patients presenting for GYN concerns, Genitourinary concerns, and male health concerns now complete template at check-in to ensure they are offered appropriate STI testing per route of intercourse.



STI Testing is available at Student Health Services. To make an appointment, call 252-328-6841 or visit the online Student Health Portal. Free STI prevention resources can be found in Student Health and the Wellness Center at CRW.

RESULTS

PDSA Cycle 1 Results (2017-2018)

Time Frame Reviewed – 8/21/17 – 3/31/18	Reported Pharyngeal as Route of Intercourse		Pharyngeal Testing Recommended (if reported as route by patient)		Pharyngeal Education Provided	
	Providers 2017/2018	Fast Track RN 2017/2018	Providers 2017/2018	Fast Track RN 2017/2018	Providers 2017/2018	Fast Track RN 2017/2018
Numerator: # of patients results of chart review- see elements in column above	6	5	6	5	33	8
Denominator: # of charts reviewed/audited	62	10	6	5	62	10
Percentage	9.7%	50%	100%	100%	53.2%	80%

PDSA Cycle 2 Results (2018-2019)

Time Frame Reviewed – 8/20/18 – 5/2/19	Reported Pharyngeal as Route of Intercourse		Pharyngeal Testing Recommended (if reported as route by patient)		STI Education Provided Per total charts reviewed	
	Providers 2018/2019	Fast Track RN 2018/2019	Providers 2018/2019	Fast Track RN 2018/2019	Providers 2018/2019	Fast Track RN 2018/2019
Numerator: # of patients results of chart review- see elements in column above	6	8	6	8	27	12
Denominator: # of charts reviewed/audited	62	12	6	8	62	12
Rate	9.7%	66.7%	100%	100%	43.5%	100%

Provider Questionnaire

- What is your comfort level with discussing pharyngeal STI testing with patients?
 - All 8 providers (100%) reported feeling comfortable.
- How often do you ask patients about pharyngeal STI screening/testing?
 - 4 (50%) always ask patients.
 - 4 (50%) ask only when patient identifies a risk.
- Do you feel testing is necessary?
 - All 8 (100%) feel testing is necessary.

Comments on Barriers to Testing

- Cost**
 - 5 out of 8 providers (62.5%)
- Time**
 - 2 out of 8 providers (25%)
- Patient Declining Testing**
 - 2 out of 8 providers (25%)
- Gaps in Patient Knowledge**
 - 1 provider (12.5%)
- Communication**
 - 1 provider (12.5%)
- Patients' Parents**
 - 1 provider (12.5%)

Comments on Necessity of Testing

- Depends on identified risk factors disclosed by patient.
 - 2 out of 8 providers (25%)
- Only if doing endocervical testing, the patient is sexually active with the same partner, and if no condoms are used during the sexual activity.
 - 1 out of 8 providers (12.5%)

LESSONS LEARNED

- Addition of template was effective for fast track RN but not for providers. Fast track template prompts the RN to assess the patient's sexual activity and indicate their responses on template in real-time.
- Provider template is implemented upon patient check-in without the presence of the provider. Provider is required to access the check-in template during the patient's appointment and confirm the patient's responses. Subsequently the provider documents in the patient's EMR, but there is no template which prompts the provider to offer appropriate safe sex education.
- Providers who completed the questionnaires noted similar perceived barriers to other studies (see fish bone chart), which were cost, time, patient's acceptance of offered testing, insufficient patient knowledge of risk, communication, and confidentiality.

NEXT STEPS

- Third PDSA cycle is planned for April 2020.
- Currently discussing template changes for providers. Hopefully this will affect the upcoming 2019/2020 PDSA cycle.
- Potential barriers to testing should be further investigated to increase opportunities for ECU students to maintain their sexual health.

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PROJECT AIM

- 75% of patients will be offered appropriate pharyngeal STI testing by providers and fast track registered nurses (RNs) if they report pharyngeal as a route of sexual intercourse by May 2021.
- 75% of patients who report pharyngeal sexual activity will be educated by a provider or fast track RN regarding routes of transmission for STIs and about preventative measures by May 2021.

PROJECT DESIGN/STRATEGY

- ECU SHS collaborated with Campus Wellness to begin the campaign, "Is it in your Mouth?" in fall of 2016, which included dissemination of flyers and posters displaying information such as, "Unprotected sex includes oral sex," and "Know your status. Use Protection. Check your throat!"
- Retrospective chart review of patients' EMRs at main campus and health sciences campus will be conducted to see if pharyngeal STI testing was recommended based on whether patient reports pharyngeal as route of sexual intercourse. EMRs also will be reviewed to determine if patient education was given regarding safe pharyngeal sex.
- Pharyngeal STI screening questionnaire will be administered to SHS providers to assess attitude towards STI screening.