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A randomized trial of motivational interviewing and facilitated contraceptive access to prevent rapid repeat pregnancy among adolescent mothers

Robyn Lutz, Jack Stevens and Ngozi Osuagwu
Ohio Health Community and Wellness, USA

BACK GROUND: Most interventions designed to reduce teen pregnancy rates have not focused on pregnant and/or parenting adolescents. In this manner, an expansive randomized controlled preliminary was directed with respect to a motivational talking program qualified High schooler Choices for Anticipate Pregnancy in a low-salary test of juvenile moms. This program suggested month to month sessions between a member and an enrolled nurture more than year and a half. This program additionally highlighted encouraged anti-conception medication access through transportation help and low maintenance preventative center.

OBJECTIVE: The effect of this program on quick rehash pregnancies at year and a half after enlistment was assessed.

STUDY DESIGN: Five hundred ninety-eight pre-adult females were enlisted from 7 obstetrics-gynecology facilities and 5 baby blues units of an expansive doctor's facility framework in a Midwestern city. Every member was enlisted no less than 28 weeks pregnant or under 9 weeks baby blues. Every member was randomized to either the Youngster Choices to Avert Pregnancy intercession or a standard thing care control condition. Blinded research staff contacted participants at 6 and 18 months to complete self-report surveys. Differences in outcomes between the intervention and control groups were assessed using ordinary least- squares regression

RESULTS: There was a 18.1% outright diminishment in self-revealed rehash pregnancy in the intercession bunch with respect to the control gathering (20.5% versus 38.6%; $P < .001$). There was a 13.7% total increment in self-announced long-acting reversible contraception use in the mediation aggregate with respect to the control gathering (40.2% versus 26.5%, $P = .002$). There was no evidence of harmful effects of the intervention on sexual risk behaviors, such as having sexual intercourse without a condom or greater number of partners.

CONCLUSION: The adolescent Choices to Avoid Pregnancy program speaks to one of only a handful couple of proof based mediations to diminish quick rehash teenager pregnancy. This moderately concise mediation might be a reasonable other option to additional time-concentrated projects for pre-adult moms.

KEY WORDS: adolescent, motivational interviewing, pregnancy prevention, rapid repeat pregnancy.

Biography

Robyn Lutz has been a nurse for 33 years. Her passion is in working with adolescents to unleash their positive potential and to provide them with holistic guidance in their health care journey. Her presentation is based on a randomized controlled trial which was conducted from 2010-2016 using Motivational Interviewing and facilitated contraceptive access to prevent rapid repeat pregnancy in adolescents. "Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change" (Miller & Rollnick, 2013). This study was funded by The Family and Youth Services Bureau of the United States Health and Human Services Dept. The highly rated RCT study showed strong and sustained effects on reducing rapid repeat pregnancy and thus promoting healthy birth spacing.

RLutz@CApital.edu

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