A Nurse Practitioner Guided Cervical Cancer Intervention Study
Step Up to Prevention
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Study Overview

- A Nurse Practitioner Guided Cervical Cancer Prevention Intervention Study is a three year project based within the Helen O. Dickens Center for Women’s Health.

- Step Up to Prevention is an intervention developed under the umbrella Study: A Nurse Practitioner Guided Cervical Cancer Prevention Intervention.

- The purpose of the intervention is to increase awareness and promote behaviors related to cervical cancer and HPV prevention among young women, ages 18-26, living in economically disadvantaged urban communities.
Study Overview

- Previous research was conducted to elicit beliefs about HPV/HPV vaccination from young women living in economically disadvantaged urban communities.

- The purpose of this study is to compare the efficacy of the Step Up to Prevention Intervention versus usual care.

- All participants will be offered the HPV vaccine.
Significance of the Study

• Despite recent gains in cervical cancer prevention, ten women die of cervical cancer in the United States every day (US Cancer Statistics Working Group, 2007).

• Women of lower socioeconomic status, especially those without a college degree, are disproportionately affected by cervical cancer (Coughlin, King, Richards & Ekwueme, 2006).

• HPV vaccine completion rates are lower among those who are at greatest risk for HPV and these disparities are widening over time (Dempsey, Cohn, Dalton & Ruffin, 2011)
Primary Goals of Intervention

- Increase awareness about cervical cancer and HPV prevention
- Bolster positive beliefs of HPV vaccine and condom use, tailored to the individual
- Promote positive attitudes, norms, self-efficacy, and intention to uptake HPV vaccine and use condoms consistently
- Improve HPV vaccine uptake and condom use
Secondary Goals of Intervention

- Encouraging smoking cessation
- Improving awareness of pap smear follow up according to Nurse Practitioner recommendations
- Encouraging the limiting of the number of sexual partners
Possible Benefits

- Increase efficiency by making use of the time patients spend in the waiting room

- Increase patient satisfaction

- Evidence of an effective intervention that could eventually be delivered via a computer based modality in clinic

- Use Nurse Practitioner’s time most effectively by providing computerized sessions to patients prior to seeing the Nurse Practitioner
Developing an Intervention
Developing an intervention requires working with a specific community in order to bring about directed change.

There are various phases involved in the development of an intervention:
- Identifying desired result
- Generating and evaluating possible intervention strategies
- Testing intervention

Generating and Evaluating Intervention Strategies
Intervention strategies must be developed and evaluated in order to bring about directed change.

Identifying Desired Result
Formative research must be conducted in order to determine relevance and importance of a project in a particular community.

Testing Intervention
Intermediate and final evaluations must be conducted in order to determine the success of the intervention goals and objectives.
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Testing Intervention

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Methods

- A randomized control intervention study was designed in order to assess acceptability, feasibility and preliminary efficacy of HPV education, vaccination opt-in methods, and patient appointment reminder systems.

- Participants will be randomized and placed into one of four groups:
  - Full intervention group (receive computer info session and individually tailored session)
  - Computer info session only group
  - Individually tailored session only group
  - Control group (receive usual care)

A second tier of randomization occurs at the appointment reminder level to assess vaccine completion.
Cervical Cancer Prevention Study

56 Participants

Randomization groups
- Full intervention group 14
- Computer info session only group 14
- Individually tailored session only group 14
- Control group 14

Randomization reminder systems
- Client reminder system 7
- Appt. card 7
- Client reminder system 7
- Appt. card 7
- Client reminder system 7
- Appt. card 7
- Client reminder system 7
- Appt. card 7
Methods:
Delivery of Intervention

I. Computer Info Session

II. Individually Tailored Session
Educational Session with Research Assistant

- Computerized information session with Turning point presentation

- Ask multiple-choice questions to engage participants in learning cervical cancer prevention practice knowledge
What is Cervical Cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The uterus is where a baby grows when a woman is pregnant.
Who gets cervical cancer?

1. Only older women
2. Women whose relatives having cervical cancer
3. All women are at risk for cervical cancer
Yes! All women are at risk for cervical cancer

- All women are at risk for cervical cancer
- Each year, about 12,000 women in the U.S. get cervical cancer
- The Human Papillomavirus (HPV) is the main cause of cervical cancer.
- At least half of sexually active people will have HPV at some points in their lives.
- In a small number of people, HPV stays in the body a long time & can lead to cervical cancer if not caught early or treated
Individually Tailored Session
Review session with Research Assistant

- Motivational information session with brochure
- Target individual beliefs regarding cervical cancer prevention practice
H1. I’m not sure if the HPV vaccine will decrease my chances of getting cervical cancer

- The HPV vaccine protects your body from 2 types of HPV infections that cause cervical cancer
- These HPV infections cause most of the cervical cancer cases that occur
- Getting the HPV vaccine will significantly decrease your chances of getting cervical cancer
Role
- Developed tailored teaching materials
- Developed provider education materials
- Developed research assistant curriculum

Lessons Learned
- Gained insight into the career path of an expert advanced practice nurse
- Gained an understanding of the process utilized to develop an intervention
- Gained an understanding of the process of developing a study to evaluate an intervention
- Technology is a powerful tool which can be utilized to promote healthy behavior

Role
- Researched existing online apps in an effort to improve and further develop Eucalifit for Women app designed to serve as a personalized electronic health incentive for women

Acknowledgments
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Tanya Levine
Megan Perlegrino
Janet Welker
Renick Zawacki
SUMR Scholars
Role

• Developed tailored teaching materials

• Developed provider education materials

• Developed research assistant curriculum
There are many excuses people say to avoid using condoms, none of them are valid. “Just this once,” “Don’t you trust me?” or “I don’t like how they feel.” Despite excuses, it’s important to carry condoms yourself and be good at putting them on.

<table>
<thead>
<tr>
<th>Common Excuses</th>
<th>How to Respond</th>
</tr>
</thead>
<tbody>
<tr>
<td>They don’t make them big enough</td>
<td>They stretch</td>
</tr>
<tr>
<td>I’ve been tested and I’m clean</td>
<td>Let’s make sure we stay that way</td>
</tr>
<tr>
<td>But oral sex is safe</td>
<td>Not when it comes to STIs</td>
</tr>
<tr>
<td>You’re on the pill so it doesn’t matter</td>
<td>It’s not just pregnancy that I’m concerned about</td>
</tr>
<tr>
<td>Condoms are too expensive</td>
<td>We can share the cost</td>
</tr>
</tbody>
</table>

If he still refuses to wear a condom let him you can know you wait until he is ready or refuse to have sex.
STEP UP TO PREVENTION

Cervical Cancer Prevention Intervention Guideline

Provider Curriculum

Developed by
Anne Teitelman, Ph.D., FNP, FAANP, FAAN
Lynn Stringer, Ph.D., CRNP, RDMS, FAAN
Su Kyung Kim, MSN., RN
<table>
<thead>
<tr>
<th>Activities</th>
<th>Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Introduction</td>
<td></td>
<td>5 min.</td>
</tr>
</tbody>
</table>
| Baseline Assessment   | Review and signing of consent  
Baseline Qualtrics Survey                                                                                                                                                                                      | 5 min. 15 min. |
| Randomization         | Randomization into full intervention group, computer information session only group, tailored education only group or control group                                                                        | 2 min.   |
| Program               | Full intervention group  
RA: Computer information session, tailored education  
**NP: Usual care, discuss/offer HPV vaccine**                                                                                                                                                   | 20 min. 1-2 min. |
|                       | Computer session only group  
RA: Computer information session  
**NP: Usual care, discuss/offer HPV vaccine**                                                                                                                                               | 10 min. 1-2 min. |
|                       | Tailored education only group  
RA: Tailored education  
**NP: Usual care, discuss/offer HPV vaccine**                                                                                                                                               | 10 min. 1-2 min. |
| Control Group         |                                                                                                                                                                                                          | 1-2 min. |
| Post Visit Interview  | Qualtrics Post-Intervention Interview                                                                                                                                                                       | 10 min.  |
| Randomization         | Randomization into client reminder system                                                                                                                                                                  | 1 min.   |
Alana is 20 years old. She is a participant of the Step Up to Prevention Intervention. After reviewing her Assessment Inventory, you notice that she isn’t sure if the HPV vaccine will decrease her chances of getting an HPV infection. You ask Alana why she doesn’t feel the vaccine will decrease her chances. She replies: “My sister got the HPV vaccine and she still got HPV. She was so nervous until she found out that a lot of women get HPV. It doesn’t seem like a big deal because her HPV infection went away after a few months. Besides, doesn’t the vaccine only prevent two kinds of strains?”

How would you respond?
The HPV vaccine will decrease the chances of getting an HPV infection

Implementation procedure

1. Suggestions of things you might say:

- The HPV vaccine protects your body from two types of HPV infections that cause cervical cancer.

- These HPV infections cause most of the cervical cancer cases that occur.

- Getting the HPV vaccine will significantly decrease your chances of getting cervical cancer.

- The HPV vaccine only prevents HPV infections. It does not work on other Sexually Transmitted Infections (STIs).

- Even if you have already had an HPV infection you can still get the vaccine to protect yourself from other types of HPV.

Other:
Role

- Researched existing online apps in an effort to improve and further develop EverHealthier Women App designed to serve as a personalized electronic health resource for women.
Everhealthier Women

As a busy woman, it’s hard to keep track of the info you need to stay healthy. Here’s an easy way for you to find reliable, personalized health resources to keep track of prevention tasks for yourself and the ones you love.

What is it?

Everhealthier Women is a web app, designed for mobile devices. It empowers women to engage in important health behaviors by fitting tasks into their lifestyle. The tasks are the screenings and prevention behaviors that match users’ age and profile according to national guidelines, and can be shared with the users’ loved ones. The app provides up-to-date information on numerous health issues and links to online resources, including different organization’s care and prevention feeds on Facebook and Twitter. The app currently runs in English and Spanish.
## Women’s Health Online Apps

<table>
<thead>
<tr>
<th>Name</th>
<th>URL</th>
<th>Price</th>
<th>Function</th>
<th>Funding</th>
<th>Similarities</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>EmpowHer (2010)</td>
<td><a href="https://itunes.apple.com/us/app/empowher-womens-health-wellness/id390531146?mt=8">https://itunes.apple.com/us/app/empowher-womens-health-wellness/id390531146?mt=8</a></td>
<td>Free</td>
<td>Provides information on women’s health; serves as a forum for women to connect</td>
<td>Socialize Inc.</td>
<td>Connected to social media sites such as Facebook and twitter; contains up to date articles</td>
<td>Offers video and podcast features; does not offer a directory of women’s health literature</td>
</tr>
<tr>
<td>Women’s Health (2011)</td>
<td><a href="https://itunes.apple.com/us/app/womens-health-tips/id406465002?mt=8">https://itunes.apple.com/us/app/womens-health-tips/id406465002?mt=8</a></td>
<td>$0.99</td>
<td>Provides “inspiring and empowering wisdom” and up to date medical information related to women’s health</td>
<td>Bitzio, LLC</td>
<td>Offers literature on relevant women’s health topics</td>
<td>Offers women’s health magazine feature, health tips feature, recent articles published on women’s health topics, contains health pictures and videos feature</td>
</tr>
</tbody>
</table>
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