Introduction

- Adolescents that are diagnosed with intellectual, emotional, and/or physical disabilities (Mendes, 2016).
- Adolescent Females with intellectual disabilities may take longer to learn hygienic skills associated with menstrual hygiene management (Tracy et al., 2016).
- Menstrual hygiene management include self-care practical steps that adolescent females need to undertake to ensure menstrual hygiene.

Clinical Question

Would African American adolescents aged 13-21 with intellectual disabilities benefit from a developmentally appropriate program on menstrual hygiene management through teach back strategy?

Background and Significance

- 6.7 million or 13% of Adolescent females are enrolled in special education due to their disabilities. (NCES, 2018).
- Under the Disabilities Education Act African American students constituting 16% of enrollment for special education (NCES, 2018).
- The Healthy Bodies Toolkit is a program developed as a guide for the parents of adolescents that have cognitive and developmental disabilities. (AUD, 2013).

Aim of the Project

The project aim was to improve the menstrual hygiene knowledge and skills by implementing evidence-based practice.

Methodology

Study Design:
- A single group pre/post test design with no control group.
- Study Period: 2 weeks
- Gift bag was given to each adolescent that participated in the study: included necessary items of sanitary napkin, underwear, pantyliner at the completion of the session
- Setting:
  - An accredited private school in Northern New Jersey that has a special education program.
- Study Population:
  - 11 participants enrolled in the special education program.
- Adolescent Females between the ages 13-21

Statistical Analysis:
- T-Test

Intervention

- Participants were asked to complete a pretest utilizing a tool called the Menstrual checklist, which is a 10-item questionnaire inquiring on Menstrual hygiene care.
- Educational session was provided on Menstrual hygiene.
- After the educational session, a teach back was requested. The teach back entailed a post test Menstrual checklist tool and a return demonstration that assessed the adolescent knowledge on menstrual hygiene.
- The participants were given educational material as a reinforcement from The Healthy Bodies Toolkit.

Results

- There is an observable difference in the mean pretest and posttest scores.
- The correlation between the two variables is 0.181. t-test statistic shows a significant difference between preintervention and postintervention scores.
- The t-test statistic is $t_{11} = 4.845$ p< 0.05 and the mean difference between the two variables (95% CI [0.884, 2.389]).
- Teach-back effectiveness was statistically significant.

Clinical Implication

- Teach-back strategy as a nursing intervention was effective in improving knowledge and skills with the special care need patient population.
- Menstrual hygiene curriculum was implemented at a Norther New Jersey private school.

Contact Information

- Please scan code for References

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