Utilization of Reminders to Promote Bacterial STI Retest

Mona Patel RN, BSN and Misbah Shah RN, BSN
DNP Chair: Peijia Zha, PhD, MA
DNP Team Member: Jeffrey Kwong, DNP, MPH, AGPCNP-BC, FAANP, FAAN
DNP Team Member: Corey DeStefano, Director of Research at community-based health center located in Newark, NJ

RUTGERS School of Nursing

Introduction

- Quality improvement project assessing impact of mailed letters and phone call reminders on increasing 3-month post-treatment retesting in persons diagnosed with bacterial STIs including chlamydia and/or gonorrhea.

Background & Significance

- **Positive reported cases of bacterial STIs in 2018**

	United States	New Jersey	Essex County
Chlamydia	1,705,295	36,535	6,495
Gonorrhea	582,475	36,535	2,019

- **Consequences of untreated bacterial STIs:**

Males	Females
• Epididymitis	• Pelvic Inflammatory Disease
• Chronic Prostatitis	• Ectopic Pregnancy
	• Tubal Infertility

- **Annual expenditure to treat bacterial STIs:**
  - Chlamydia: $516.7 million
  - Gonorrhea: $162.1 million
- **Screening Guidelines**
  - Females: Sexually active women age ≤ 24 and older women who are at increased risk
  - Males: Reside in high prevalence areas and MSM annually or every 3-6 months if increased risk
- **Retest:** 3 months after initial diagnosis & treatment

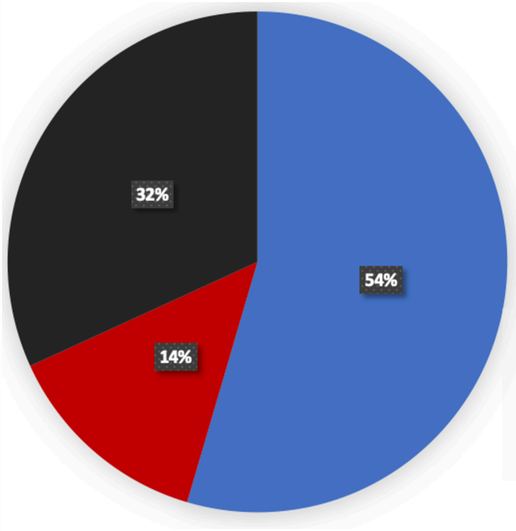
Methods

- **Design:** Cohort study designwith application of quality improvement approach
- **Setting:** Community-based health center located in Newark, NJ
- **Sample:** English speaking, > age 18 with chlamydia/gonorrhea diagnosed at community-based health center
- **Measures:**
  - Selected patients between May to September 2020 were de-identified and chart information was entered into data abstraction tool
  - *Intervention*: 2 mailed letters and 3 phone call reminders made to each participant with promotion of patient portal system
  - *Retest patient information included*: symptoms and retest results
- **Analysis:**
  - Descriptive statistics for frequencies and proportion of study variables

Retest Rate Analysis:

Intervention	Retested	Total	Retest Rate
Mailing	1	44	2.3%
Phone Calls	2	39	5.1%

Results



Retest Performed
Retest NOT Performed
N/A in study*

**Retest prior to intervention application*

Discussion

- **Implications:** Interventions can be applied to alternative STIs such as syphilis and trichomonas to promote reduction of spread.
- **Limitations:** COVID-19 pandemic caused outcomes of project to be altered due to factors such as participant apprehension regarding follow-up and limited access to appointments which resulted in a delay in recommended retest time.

Scan for references and contact information