

Planned Parenthood of New York City Safer Sex Advocacy Activity Report

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Activity information, objectives, effectiveness and my role

On April 20, 2017, I participated in an event that was conducted by Planned Parenthood of NYC. My role involved being an activist & a volunteer for Planned Parenthood event for safe sex advocacy. This advocacy activity involved providing information on sexually transmitted diseases STD's and where one can get free STD testing as well as distributing free safe sex kits.



**For Get Yourself Tested Month
we're distributing FREE safer sex
kits all April!**

TODAY'S LOCATIONS

Thurs, 4/20



Planned Parenthood
of New York City

6 PM @ 181st St & B'way

7 PM @ Atlantic Terminal

6 PM @ Jamaica Sutphin Blvd

Centers for Disease Control and Prevention CDC in a report titled *New York 2015 State Health Profile* published that about “1 in 6 people with HIV in the United States do not know that they are infected. In 2013, an estimated 3,800 adults and adolescents were diagnosed with HIV in New York. New York ranked 4th among the 50 states in the number of HIV diagnoses in 2013.” (“CDC 2015 NY State Health Profile,” 2015, p. 1). What was particularly alarming in this report are increased cases of Chlamydia and Gonorrhea in women which can often produce vague symptoms that go untreated for prolonged period. Untreated STDs are a “common cause of pelvic inflammatory disease, infertility and chronic pelvic pain. In addition, they can increase

the spread of HIV, and cause cancer. Pregnant women and newborns are particularly vulnerable. In 2013, New York: Ranked 13th among 50 states in chlamydial infections (489.5 per 100,000 persons) and ranked 20th among 50 states in gonorrheal infections (101.8 per 100,000 persons). Reported rates of chlamydia among women (639.4 cases per 100,000) that were 1.9 times greater than those among men (329.6 cases per 100,000).” (“CDC 2015 NY State Health Profile,” 2015, p. 1)

Thus, the main objective for this activity involved volunteering for Planned Parenthood as an activist to advocate for safe sex practices to reduce the spread of STD’s especially in women. Registered nurses make up the biggest professional group within healthcare and are recognized by the public as the most trusted profession. (Tomajan, 2012). Tomajan states that the “role of an advocate is to work on behalf of self and/or others to raise awareness of a concern and to promote solutions to the issue.” (Tomajan, 2012, p. 2) The main concern being the increased STD’s as reported by CDC in NY, and as a RN and a volunteer with Planned Parenthood we are raising awareness on STD’s. In addition, we are providing help by offering information on free testing and handing out free safer sex kits which is certainly in line with nursing advocacy activity which is “focused on addressing problems or issues in need of a solution.” (Tomajan, 2012, p. 2).

Prevalence of chlamydia among young women

With 2015 being the “second year in a row in which increases were seen in all three nationally reported STDs. The approximately 1.5 million cases of chlamydia represent the highest number of annual cases of any condition ever reported to CDC.” (“CDC Reported STDs in the United States,” 2015, p. 1). According to CDC surveillance data “both the numbers and rates of reported cases of chlamydia and gonorrhea continue to be highest among young people

aged 15-24. Both young men and young women are heavily affected by STDs — but young women face the most serious long-term health consequences. It is estimated that undiagnosed STDs cause infertility in more than 20,000 women each year.” (“CDC Reported STDs in the United States,” 2015, p. 2) Among females, the “highest age-specific rates of reported cases of chlamydia in 2015 were among those aged 15–19 years (2,994.4 cases per 100,000 females) and 20–24 years (3,730.3 cases per 100,000 females). Within these age groups, rates were highest among women aged 19 years (4,790.9 cases per 100,000 females) and 20 years (4,646.2 cases per 100,000 females).” (“CDC Chlamydia,” 2016, para. 8)

Chlamydia infection, its transmission, signs & symptoms, and why it can often be misdiagnosed or underdiagnosed.

The causative organism is *C. trachomatis* and is spread as a sexually transmitted disease through unprotected intercourse. Symptoms appear after an incubation period of 1 to 3 weeks. “When symptomatic, women may report symptoms and signs ranging from dysuria to systemic illness related to peritonitis. Often, however, the presenting manifestations in women are vague and non-specific dyspareunia, vaginal discharge or bleeding, or abdominal or pelvic pain, or some combination thereof. Unfortunately, infection is commonly asymptomatic; estimates show that up to 75% of infected women and 50% of infected men have no symptoms. Of note, Pelvic Inflammatory Disease PID, with its increased risk of subsequent ectopic pregnancy and infertility, develops in up to 40% of women with untreated chlamydial infection.” (Marx, Hockberger, & Walls, 2014, p. 1320)

Chlamydia treatment

Treatment of chlamydial infection consists of “azithromycin 1 g PO in a single dose or doxycycline 100 mg PO twice daily for 7 days. Coinfection with gonorrhea is common, so unless

gonorrhea is definitively ruled out, patients should be treated for both infections. Patients should be instructed to abstain from sexual intercourse for 7 days after completion of treatment (either single-dose therapy or the 7-day regimen of doxycycline). Sexual partners within the previous 60 days (and, if the last sexual encounter was more than 60 days before symptom onset, the most recent sexually partner) need to be evaluated, tested, and treated, and the index patient also should be instructed to abstain from sexual intercourse until all partners have been treated. Follow-up testing for cure is not required unless symptoms persist or reinfection is suspected.” (Marx et al., 2014, p. 1320).

Concluding remarks

Sexually transmitted diseases have very serious consequences if untreated. With increasing STD rates in NYC it's imperative to advocate for safer sex practices and participate in these volunteer events to educate the public. This was a successful event, as many people received information on where they can get free STD testing done as well as getting free safer sex kits that included condoms and other forms of contraception. As registered nurses, we are indeed recognized by the public as the most trusted profession and we need to partake in these events and educate the public.

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