

# THE CENTER FOR WELLNESS





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# INTRODUCTION

We are in September! In this month's newsletter, the Quality department will highlight sexual health. Due to COVID-19 continued presence, it is important to ensure patients are exercising precaution and leading a healthy lifestyle. Because many parts of the states have opened up, sexual health is an important part of global health awareness and education.

Now, more than ever, it is important to do screenings for various health measures as awareness has encouraged people to seek out help and resources.

With vaccinations being made available, we encourage people to get vaccinated when possible and continue to get preventative screenings.

# WORLD SEXUAL HEALTH

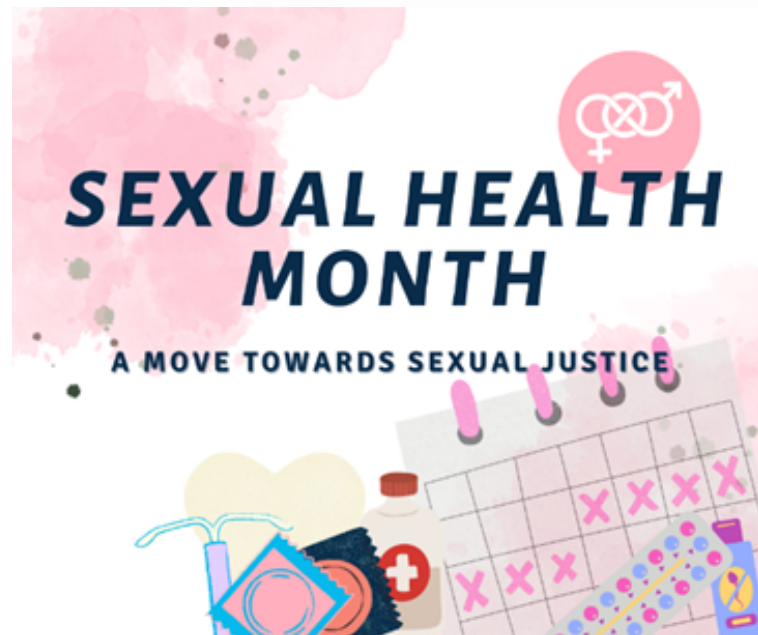
## *A Move Towards Sexual Justice*

Sexual health is an important part of overall well-being, which includes reducing the risk or treating sexually transmitted infections, concerns about fertility, and preventing unplanned pregnancies. The World Health Organization further explains that sexual health is "about having a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence".

According to the CDC, in the US

- One in 5 people have an STI
- The most common contraceptive method is female sterilization at 18.1%
- HPV is the most common sexually transmitted infection (STI).
- Nearly 46% of sexually active high school students did not use a condom the last time they had sex
- 15-24 year old account for almost half of the new sexually transmitted infections in 2018
- The most common contraceptive methods currently used among women

aged 15–49 were female sterilization (18.1%), the pill (14.0%), LARCs (10.4%), and the male condom (8.4%)



Henry J. Austin (HJAHC), through the help of the Health Education team hope to ensure all populations have received the necessary and required sexual health education.



# SEXUAL HEALTH MONTH

SEPTEMBER

## SEXUAL HEALTH AWARENESS

September is World Sexual Health Month, and this year the World Association of Sexual Health's (WAS) conference will focus, in part, on sexual justice which is the point where sexual health and social justice intersect. WAS explains that "sexual justice is directly associated with the possibility of access to information and education, affordable health care, accessibility to health services, the specificity of supply in these services for all people, as well as the right to acceptance and respect"

At Henry J Austin we are committed to providing the best quality care to all those in need regardless of income level. Through our Title X partnership with the New Jersey Family Planning League, we are able to serve anyone of reproductive age with services to prevent or achieve a pregnancy. Title X allows us to meet the sexual and reproductive health needs of our community, by ensuring patients have access to care that is affordable and accessible regardless of age, sex, immigration status, race, sexual orientation, insurance status or gender identity.

As healthcare providers, it is important that you start a conversation with your patients about their sexual health because when patients are

educated they can make informed decisions about their health. Ask your patients questions about their plans to become pregnant or father a child to help identify unmet reproductive healthcare needs. Some patients might be intimidated to talk to their providers about their sexual health, therefore we should strive to create an environment in which patients are comfortable and build rapport that encourages open communication. We want patients to not feel embarrassed to ask any health questions or voice any concerns. Our health educators, Ikirra Felix and Nella Davies are available to assist you in providing in-depth information to your patients.

If any of these family planning questions below apply to your patient, our health educators might be able to assist in providing patient care:

- Is your patient of reproductive age? (Clients are considered "of reproductive age" if they are able to become pregnant or cause a pregnancy)
- What are your patient's pregnancy intentions?

- Does the patient need preconception health counseling?
- Does the patient need contraceptive counseling?
- Does the patient need STD education?

If a patient needs information, reach out to them through Athena and they will contact the patient, whether in person or through telemedicine, as soon as possible. Knowledge is power, and we want to equip our patients with all the information necessary to make decisions about their sexual health.

## MEN'S SEXUAL HEALTH



“The goal of reproductive health care for men is the same as for women: to achieve the desired, positive outcomes of sexual and reproductive behavior, and to avoid the potential negative consequences” (JSI Research and Training Institute). While condoms can be useful, when used correctly, in preventing STIs and unintended pregnancy, it is important that providers offer men reproductive health care services that are far more encompassing. Some men might feel insecure or embarrassed to ask questions relating to their sexual health, therefore, it is up to the provider to initiate these conversations.

Provide counseling and education on topics that include:

- Protecting themselves and their partners from STDs/HIV
  - Condom demonstrations
  - Screening
  - Diagnosis and treatment
  - Behavioral risk reduction counseling
- Averting unintended pregnancy
  - Access to affordable contraception
- Fatherhood and parenting
  - Preconception health
  - Infertility
- Support regarding sexuality and relationships



Whenever patients need counseling and education on any reproductive health subject, please also reach out to our health educators Nella Davies and Ikirra Felix. They are available through Athena, Vonage, in- person, email or telephone.

### Contact Info:

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# QUALITY GOALS

Ensuring that these screenings are being satisfied, we are collaborating and utilizing all our resources to ensure our patients receive quality care. Our sexual health educators, alongside clinical staff are our primary resource we use in satisfying sexual health measures and spreading awareness.

In addition, as variants of COVID-19 are present, Henry J. Austin Health Center efforts are primarily focused on responding to our patient population needs in COVID-19 testing, providing vaccinations and flu shots.



## SCORECARD

Henry J. Austin Health Center's monthly scorecard highlights or year to date (YTD) performance on 14 of our priority quality measures on an organizational level.

The scorecard is a fundamental aid to drive and monitor quality improvement at Henry J. Austin Health Center.

Measure Type	Program	2020 Baseline	August	September	Month Variance	2021 Goal
Breast CA	UDS	47.0%	30%	30%	0%	49.0%
Cervical CA	UDS	48.0%	43%	44%	1%	48.0%
Colorectal CA	UDS	33.6%	22%	22%	0%	34.0%
Hypertension	UDS	57.0%	16%	18%	2%	57.0%
Diabetes (>9%)	UDS	68.0%	58%	56%	-2%	68.0%
IVD	UDS	83.6%	91%	92%	1%	84.0%
Adult BMI	UDS	75.4%	22%	22%	0%	75.0%
Depression (Follow-Up)	UDS	82.0%	42%	46%	4%	82.0%
Statin Use	UDS	73.7%	83%	83%	0%	74.0%
Tobacco Use	UDS	78.8%	54%	54%	0%	79.0%
Pediatric BMI & Counseling	UDS	77.6%	44%	46%	2%	78.0%

### Scorecard Key

Measure type - UDS

2020 Baseline - Average baseline percentage met for each measure

Variance - performance growth from month to month.

Goal - 2021 Goal Mark

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## QUOTE OF THE MONTH

*""Sexual health is more than freedom  
from sexual disease or disorders ...  
Sexual health is non-exploitive and  
respectful of self and others ...."*

- Eli Foreman, Ph.D

