Implementing Trauma Informed Care for Sexual Health Outreach in a College Setting

The purpose of the evidence-based quality improvement project was to enhance sexual health among the college age population on a southeastern university campus by implementing a trauma informed care (TIC) protocol and outreach education in conjunction with the Choose Well grant. A comprehensive, systematic literature review focused on the PICOT question: Does a Trauma Informed Care (TIC) framework for providers of sexual health care in college age (18-24) students enrolled on a southeastern university campus over a year time frame increase staff knowledge of contraceptive methods for prevention of pregnancy and STI’s, improve the percentage of LARC insertions and other (>90%) effective contraception methods, and increase utilization of sexual health appointments in the on-campus health services clinic?

Based on the level and quality of evidence, the CHOICE program provided the best evidence for improving sexual health among college age students by reducing the frequency of unplanned pregnancies and sexually transmitted infections. The university began implementing the CHOICE program within the Choose Well grant in July 2017 through outreach and education activities in multiple settings on campus. Process change strategies included targeting both the staff of health services and students within the university to improve outcomes related to sexual health care. Looking at a year of data after the Choose Well Grant began, the statistics show pregnancy rates and STIs have decreased on campus, increased use of LARCs, number of sexual health appointments have risen, and a TIC protocol was put in place impacting overall sexual health on campus.

Keywords: sexual health, trauma informed care, college age population