

EMPOWERING TRAINERS ON ADOLESCENT SEXUAL REPRODUCTIVE HEALTH IN KISII, KENYA

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Background:

Teenage pregnancy has been linked to higher rates of neonatal and maternal mortality. This has been attributed to major knowledge and communication gaps between adolescents and their caregivers. An Adolescent Health factsheet was developed to empower adult literate professionals (trainers) in the community to communicate with adolescents and their caregivers on adolescent sexual reproductive health (SRH) topics.

Study Objectives:

To improve knowledge and communication on adolescent health among adolescents and their caregivers in South Mugirango, Kisii County in order to reduce teen pregnancy and neonatal mortality.

Methodology,

We conducted 5 Focused Group Discussions (FGD) and 3 feedback surveys on the healthcare workers of Nduru Sub County Hospital, teachers and the caregivers of Nyangweta and Emesa Primary School in the 5 weeks allocated for the program. The data was analyzed using Microsoft Excel, Stat 13.0, and thematic coding using a grounded theory approach.

Results

After training 67 adults on the fact sheet, top 5 key messages were derived. They felt that every adolescent should know were general sexual education(18%), sexually transmitted infections(16%), changes in adolescence(13%), early or unintended pregnancy(10%), and abstinence(5%).FGDs with all three groups agreed that graphic aids such as videos, posters or handouts would help disseminate information, and the need for religious leaders' involvement to promote sexual reproductive health

Discussion:

The results suggest that health talks and teaching aids such as the Adolescent Health Fact Sheet can be useful and effective in improving communication on adolescent health and SRH in the community. It also highlighted the need by the Ministry of Health to expand Youth Friendly services to the sub-county level.