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EVALUATION OF THE KNOWLEDGE OF ADOLESCENTS ABOUT SEXUALLY TRANSMITTED INFECTIONS

AValiação DO CONHECIMENTO DOS ADOLESCENTES SOBRE INFECÇÕES SEXUALMENTE TRANSMISSÍVEIS

EVALUACIÓN DEL CONOCIMIENTO DE LOS ADOLESCENTES SOBRE INFECCIONES SEXUALMENTE TRANSMISIBLES

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ABSTRACT

Objective: to assess adolescents' knowledge about sexually transmitted infections through the nursing consultation. **Method:** this is a descriptive, exploratory study of a quantitative approach, carried out with 32 teenagers of the Cured II/Recife/PE, northeastern of Brazil. The data were collected in the family health strategy. The results were analyzed through the literature, everything after a favorable opinion from the Committee of Ethics in Research, CAAE nº: 1077.0.000.104-11. **Results:** most adolescents were female (68.75%), 18.5% between 13 and 18 years old; 100% of the sample claimed to meet the latex male condom; 56% claimed not to have started the sex life. In relation to the knowledge of sexually transmitted infections, 90.5% know AIDS, while neither know about the *donovanosis*. **Conclusion:** after the nursing consultation, young people showed satisfactory knowledge in relation to sexually transmitted infections and their prevention, which demonstrates the importance of this moment. **Descriptors:** Teen; Sexually Transmitted Infections; Nurse.

RESUMO

Objetivo: avaliar o conhecimento dos adolescentes sobre infecções sexualmente transmissíveis mediante consulta de enfermagem. **Método:** estudo descritivo, exploratório de abordagem quantitativa, realizado com 32 adolescentes do Curado II/Recife/PE, Nordeste do Brasil. A coleta de dados foi realizada na Estratégia Saúde da Família. Os resultados foram analisados à luz da literatura, tudo após parecer favorável do Comitê de Ética em Pesquisa, CAAE nº: 1077.0.000.104-11. **Resultados:** a maioria dos adolescentes era do sexo feminino (68,75%), 18,5% entre 13 e 18 anos; 100% da amostra afirmaram conhecer o preservativo masculino; 56% afirmaram não ter iniciado a vida sexual. Em relação ao conhecimento das infecções sexualmente transmissíveis, 90,5% conhecem a AIDS, enquanto nenhum a donovanose. **Conclusão:** após a consulta de enfermagem, os adolescentes mostraram conhecimento satisfatório em relação às infecções sexualmente transmissíveis e sua prevenção, o que demonstra a importância deste momento. **Descritores:** Adolescente; Infecções Sexualmente Transmissíveis; Enfermeiro.

RESUMEN

Objetivo: evaluar el conocimiento de los adolescentes sobre infecciones sexualmente transmisibles mediante consulta de enfermería. **Método:** estudio descriptivo, exploratorio de enfoque cuantitativo, realizado con 32 adolescentes del Curado II/Recife/PE, Nordeste de Brasil. La colecta de datos fue realizada en la Estrategia Salud de la Familia. Los resultados fueron analizados a través de la literatura, todo después del parecer favorable del Comité de Ética en Investigación, CAAE nº: 1077.0.000.104-11. **Resultados:** la mayoría de los adolescentes era del sexo femenino (68,75%), 18,5% entre 13 y 18 años; 100% de la muestra afirmaron conocer el preservativo masculino; 56% afirmaron no haber iniciado la vida sexual. En relación al conocimiento de las infecciones sexualmente transmisibles, 90,5% conocen el SIDA, mientras ninguno la donovanosis. **Conclusión:** después de la consulta de enfermería, los adolescentes mostraron conocimiento satisfactorio en relación a las infecciones sexualmente transmisibles y su prevención, lo que demuestra la importancia de este momento. **Descriptores:** Adolescente; Infecciones Sexualmente Transmisibles; Enfermero.

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INTRODUÇÃO

Adolescence is the period of development from childhood to adulthood, with age range of 10 to 19 years old.¹ It is a phase marked by physical and behavioral changes, in which demand and curiosity for new experiences and the lack of guidance on the changes, which are passing, let their teens more vulnerable to risk situations, among these the sexually transmitted infections/STIs.²

Studies show that the incidence of These in the adolescence is rather worrying, where the WHO (World Health Organization) estimated a total of 340 million new cases per year of curable STIs worldwide, in an age range of 15 to 19 years old, with about 12 million of these in Brazil.¹ So, increasingly the STIs represent a concern in the area of public health, for the consequences of these diseases. Adolescence is the age group that has the highest incidence of sexually transmitted infections (STIs). Approximately 25% of all STIs are diagnosed in young people under the age of 25 years old.³

The prevalence in teenagers may reflect two situations: the ignorance of the means of transmission and prevention or the adoption of risky behavior, even with the knowledge of prevention and transmission of ISTs.⁴ Vulnerable behaviors for HIV/AIDS among young people require a new standard of rationality concerned with social, economic, educational, and health issues, these latest contemplating the potential productive and lasting basis of a new model for guidance in the exercise of sexuality of young people, sSince the severity of infections does not allow temporization requires the urgent need to motivate them and encourage them to adopt preventive attitudes and behaviors by adopting safer sex practices in the exercise of their sexuality.⁵⁻⁶

Family Health Teams are currently seen as the missing link of the strategies to combat the STIs and attention to the target audience, in which teens are included. It is in this context that the nursing professional becomes quite important, through them the teens can clarify their doubts during the consultations. It is essential to exploit vulnerability diagnosis, general health conditions, behaviors, feelings, sexuality and perceptions in relation to STIs and contraception, besides observing the body communication, the postures, identifying anxiety and fears during the meetings and/or consultations that may have a link on the problems or with demand for the service.⁷

OBJETIVE

- To assess the adolescents' knowledge about sexually transmitted infections through the nursing consultation.

METHOD

Article elaborated from the monograph <<Adolescents' knowledge assessment of FHS of Cured II about STIs nursing consultation>>, presented as a Monography of San Miguel Nursing College. Recife-PE, Brazil. 2011.

Descriptive and exploratory study, carried out in August 2011, with 32 teenagers who were part of the territory of the FHT (family health Team) of the Cured II in Jaboatão dos Guararapes-PE, and were duly registered. When data was collected (August 2011), the municipality of Jaboatão dos Guararapes-PE was approximately 644,620 inhabitants, with 94 family health teams registered by the Ministry of health, and an approximate coverage of 278,750 inhabitants, corresponding to 40.14% of the total population. The FHS II of FHS the Cured II features 1,376 families registered and all met at the level of Basic Care.

For completion of the research, the project was forwarded to the Secretary of Health of the municipality of Jaboatão dos Guararapes/PE, which granted the Letter of Consent, agreeing with the completion of the study. So, then, the project accompanied by the Letter of Consent was sent to the Research and Ethics Committee of the FUNESO, being approved the project of CAEE nº 1077.0.000.104-11 and of Protocol nº 1146/2003 - CONEP/CNS/MS. To the participants were ensured the confidentiality of the information and the preservation of their names through the Free and Informed Consent and it was also allowed free choice of participants to collaborate with the research. The research incurred in minimal risk in accordance with resolution 196/96 of CONEP.

To collect the data, a questionnaire was elaborated with 11 items that addressed social, economic, educational and sexual participants' characteristics. It is questioned about age, gender, education, family income, knowledge about female and male condom, beginning of sexual life, condom use, access to preventive methods, being IST carrier, number of partners and knowledge about the main ISTs. The application of the questionnaire took place after conducting educational workshops conducted by the Family Health Team II of FHS cured II,

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together with the Core of Support for Family Health (CSFH), where they have worked with the teenage audience, doubts and anxieties about the ISTs. After these workshops, the teenagers were sent to nursing consultation backed in the law of Professional exercise 7,498/86 and in resolution 271/02.⁸

RESULTADOS

The analysis of the data asked in the collection allowed to learn a little about the socio-economic profile of the participants and their level of knowledge about ISTs. Revealing that in relation to age group (Figure 01) the higher percentage was 18.5% with ages from

16 to 18 years old, while 3% are age from 15 to 17 years old; when it comes to sex, it was noticed that most were female with a percentage of 68.75% (Figure 02); 100% of the teenagers, when questioned, said knowing the male condom (Figure 03); among the 32 participants, 44% said they started the sex life, 56% had not yet started the sex life (Figure 04); among them, it was observed that the IST best known as a sample was AIDS, corresponding to 90.5% while no component of the sample claims knowing about Lymphogranuloma Venereum and Granuloma inguinale (Figure 05).

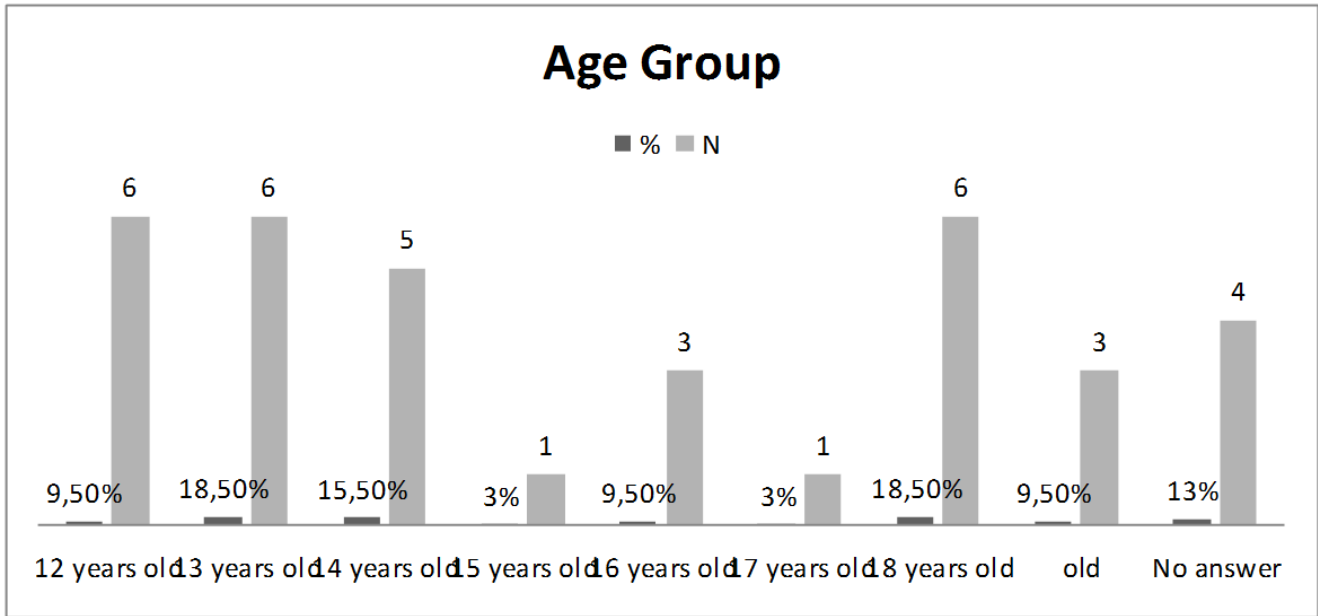


Figure 1. Research of 32 adolescents, data concerning to the age group. Jaboatão dos Guararapes, Pernambuco, Brazil, 2011.

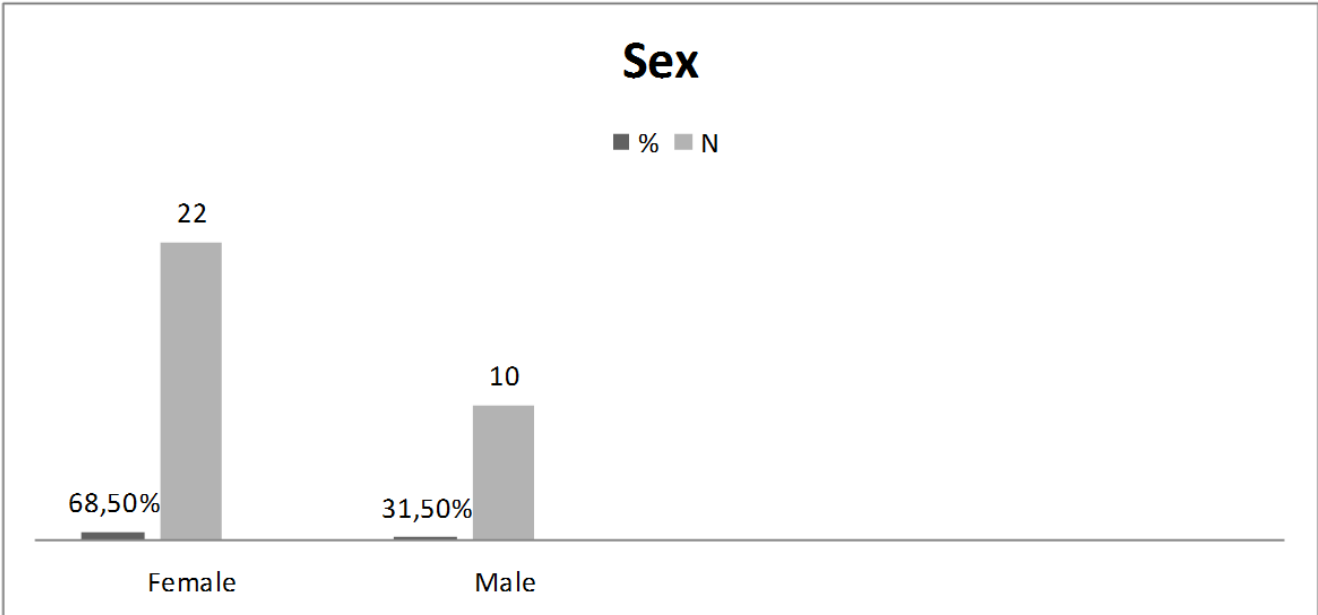


Figure 2. Research of 32 adolescents, regarding sex data. Jaboatão dos Guararapes, Pernambuco, Brazil, 2011.

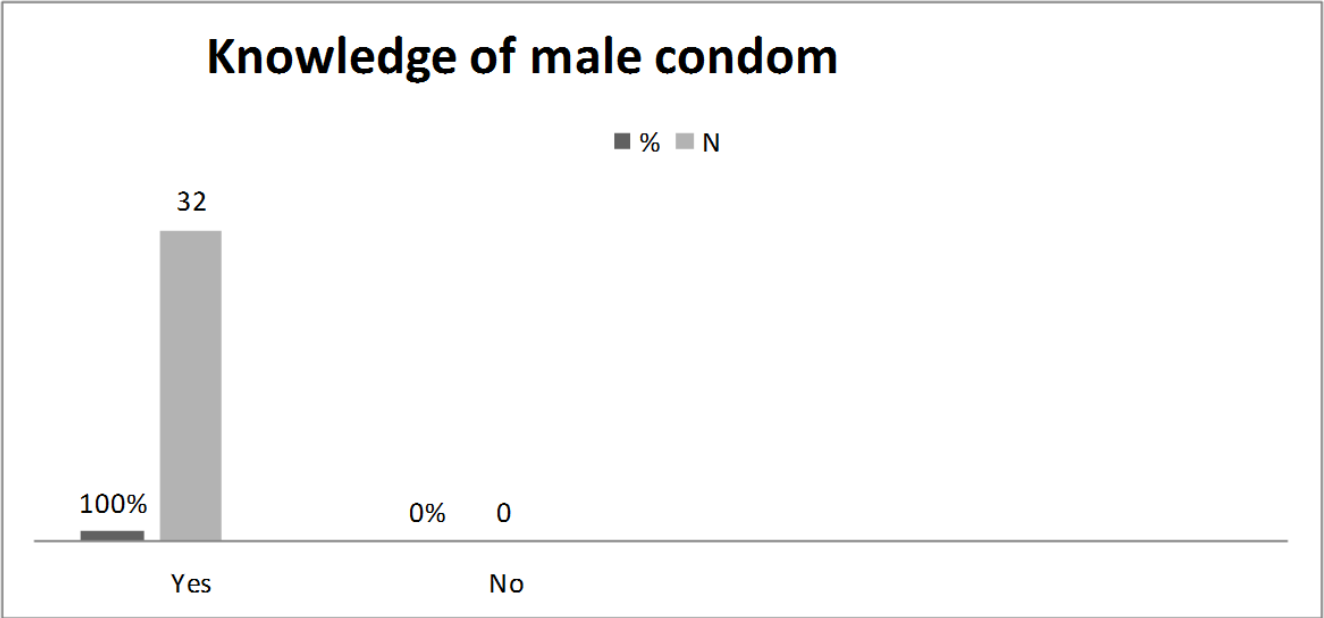


Figure 3. Research of 32 adolescents regarding the knowledge of male condom. Jaboatão dos Guararapes, Pernambuco, Brazil, 2011.

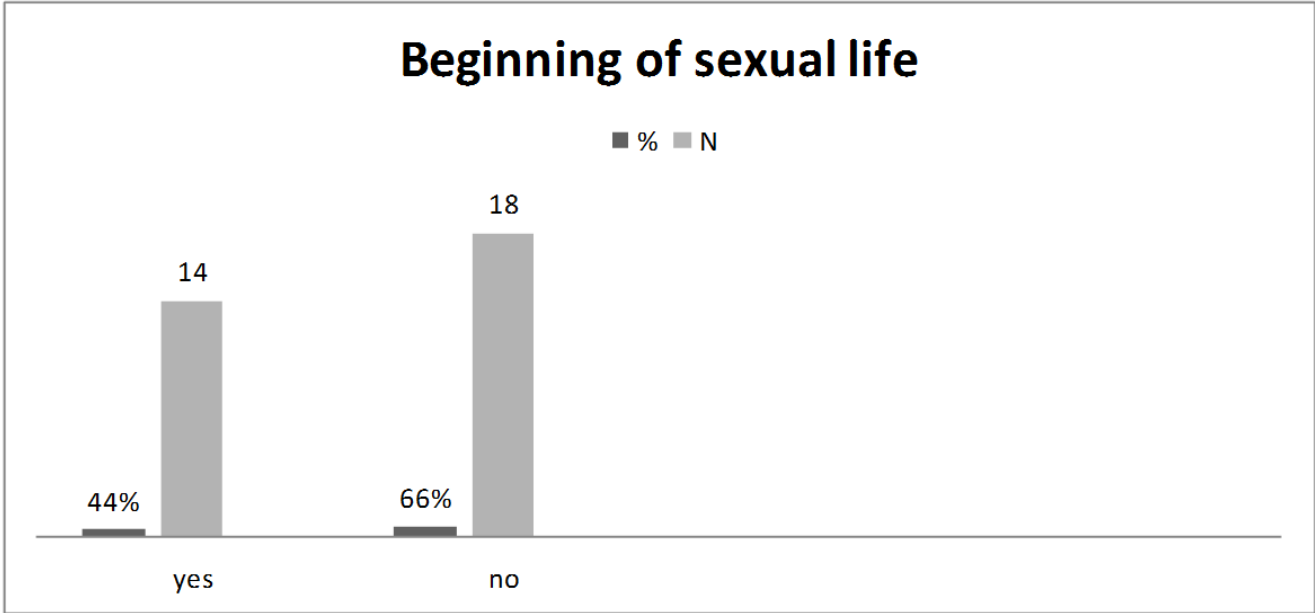


Figure 4. Research of 32 adolescents, regarding the beginning of sexual life. Jaboatão dos Guararapes, Pernambuco, Brazil, 2011.

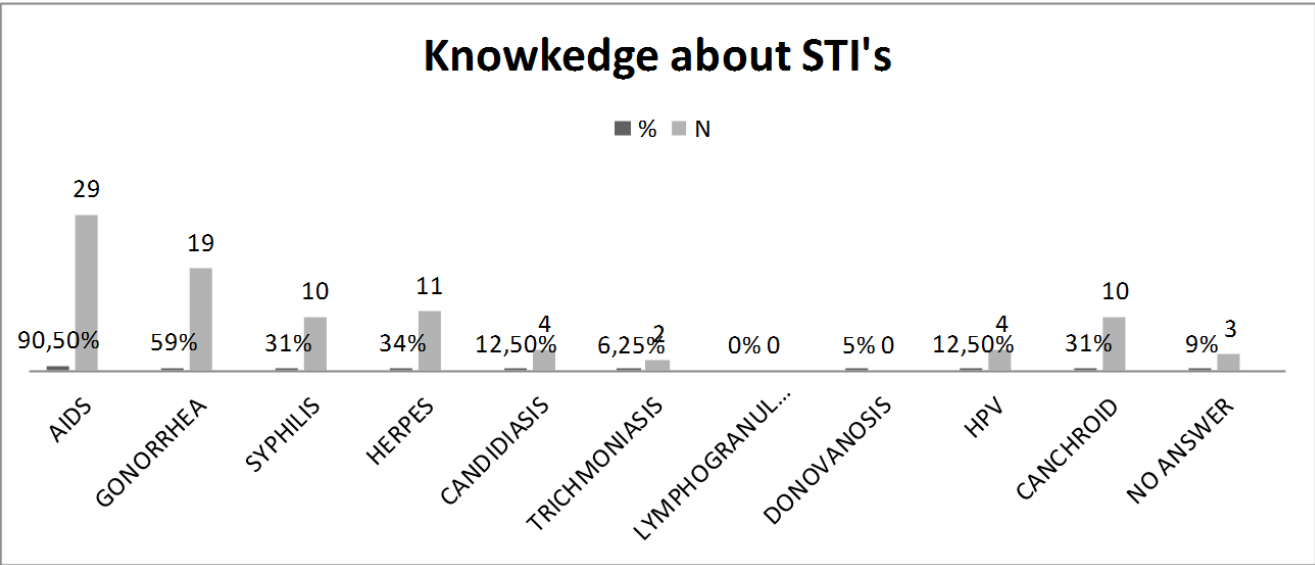


Figure 5. Research of 32 adolescents, data regarding the knowledge about STIs. Jaboatão dos Guararapes, Pernambuco, Brazil, 2011.

DISCUSSION

To control the transmission of STIs and HIV, the basic strategy is the prevention through the educational activities that focus on an unprotected sexual intercourse, the change in behavior and the adoption of the condom.⁹ For

this strategy to be effective, it is necessary to know the thinking of adolescents, their reality, myths and taboos of their sexuality in order to be able to address it in such a way that contributes to their healthy sexual development and growth.¹⁰

In a research conducted with adolescents, involving knowledge of the IST, the author¹¹ realized that in relation to the variable age group there was a predominance of 49.1% of the adolescents aged 14 years old and 18.2% of adolescents with 17 years old. The research turned out to be more variable in the participation of teenagers between 12 and 19 years old.

Knowing the sex of teens allows ascertain changes in their participation, in this study most participants was female with a percentage of 68.5%, but compared to a study by Bashir et al.,¹² showed that most participants were male teenagers, with a percentage of 60%, having a contrast between the researches.

In relation to the knowledge about male condom, the teenagers reported knowing it in 100%, not being different from other studies, in which the average knowledge of young people interviewed reaches 98.8%, which indicates a satisfactory knowledge.¹³ The data can be explained by the simple fact that this is the method most commonly used by teenagers and if they don't use it as a method of choice, they allege that: they don't like to use it, they rely on the partner and they have the unpredictability of sexual intercourse.¹¹ IT is believed that national and local campaigns in the use of condoms during sexual intercourse to prevent the ISTs has been the base point to find these results.

In Brazil annually approximately 4 million adolescents become sexually active earlier and earlier, what is characterized as a major risk factor, when questioned about the beginning of sexual life, it was noticed that 56% of teens surveyed did not have an active sex life. Similar data were found in another study which reported that 74% of participants also did not have active sex life. It is important to note that sexual freedom, in which teens are inserted, besides stimulating the initiation of early sexual intercourse, makes them vulnerable to STDs/HIV, because they seek through the autonomy, contacts with new challenges, thus becoming provoker of sexuality issues.¹⁴

It is well known that, increasingly, young people are worrying about the search for information on the IST and its forms of prevention, however is not always under family or school that these teens find the answers to the issues raised. It is in this context that the nurse should offer support and guidance on ways of transmission and prevention of ISTs, favoring reception and future meetings.¹⁵ Based on nursing consultations to contribute to the knowledge

and prevention of IST, when it was asked about which IST the teens knew, 90.5% said knowing the basic information about AIDS and 59% said knowing the gonorrhea. A study conducted in Londrina PR showed that 43.6% of participants, after conducting a workshop in schools, said the AIDS, while only 6% said to know gonorrhea.¹⁰ If compared, teenagers of cured II with the research students of Londrina PR, it is obvious that the knowledge of the first group excels the second one.

By analyzing all the items, it was noted that the level of knowledge of the ISTs is satisfactory, given the actions taken by the Nurse Family Health Unit of the Cured II, including the nursing consultation, which contributed and contributes, whenever performed adequately, for the construction of knowledge in various aspects and themes.

CONCLUSION

It is concluded that it is extremely important the action of the nurse in the community, creating bonds through educative actions aimed at the prevention of diseases of a given population. Therefore, having satisfactory results after the workshops and nursing consultation, it is realized that the teen should have a space in the Health Unit to ask about their doubts, being the workshop an appropriate way to reach this audience, where they acquire learning in sexual health, through discussions, exchange of experiences from the reality to the reflection and debate of their own practices, allowing to form knowledge multipliers teenagers.

However there is a need for the continuity of educational and preventive actions developed in the Health Unit involving the professionals and the community, considering the social and cultural context. It is also essential to emphasize that teenagers are not an easy public and it is also considered of great importance to offer training for the professionals in the area of health and education as regards the way of working with sexual health teens and STIs prevention.

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