Helpful interventions suggested

- Improved education and awareness
- Improved hospital experience
- Access to a supportive community
- Advancement in research

Conclusions

1. YPSCD are interested in educational health events in a non-clinical setting.
2. Engagement events are a platform for equipping YPSCD with skills required to transition to adult care.
3. YPSCD and their carers have similar worries about their chronic health condition.
4. Transition-specific workshops provide an opportunity for discussing issues and strategies to overcome them.
5. Workshops designed for YPSCD without their carers may be helpful to encourage participation and address their concerns.
6. Generic, disease-specific transition workshops can complement individual transition work provided by local healthcare teams.

Abstracts

1820 IMPROVING KNOWLEDGE, ATTITUDE AND PRACTICE ON REPRODUCTIVE HEALTH IN ADOLESCENT GIRLS ATTENDING MONASTIC SCHOOL THROUGH INTERACTIVE HEALTH EDUCATION

Thet Htar Shwe Sin Win, Aung Khun Cheik

1Interme University Council, University of Medicine Magway, Myanmar; 2University of Medicine Magway Alumni Association, Myanmar

Objectives The objectives of the study was to assess improving knowledge, attitude and practice on reproductive health in adolescent girls attending monastic school (Ba Ka schools) through interactive health education.

Methods A school-based interventional study was conducted in two monastic schools situated in Mingalardon Township, Myanmar, using quantitative questionnaires and focus group discussion (FGD) during May to December, 2018. Altogether 150 adolescent girls involved in the quantitative survey and 18 participated in the qualitative study. Improvement of knowledge, attitude and practice of adolescent girls were assessed after six health education sessions by interactive small group discussion which are conducted by trained community volunteers. Six topics regarding reproductive health were puberty changes, reproductive anatomy and physiology, DOs and DON'Ts during menstruation, nutrition, hand hygiene, STIs including HIV/AIDS.

Results Proportions of age group among study population were early adolescent 80% and mid adolescent 19% and late 1%. Majority of adolescent girls showed ignorance of puberty changes, reproductive anatomy and physiology. Misperceptions of reproductive organs, fertile period, mechanisms of menstruation were observed. A variety of menstrual beliefs, taboos, dietary and behavioural restrictions are highly prevalent among adolescents.

Among the adolescent girls in this study, knowledge, attitude and practice of proper hand washing practices, knowledge about nutrition, knowledge, perception and practice about STIs and HIV/AIDS, and knowledge about contraception were also assessed.