

Enhancing Practice 2022 Conference

*20:20 Vision – Transforming Our Future
Through Person-Centred Practices*

WEDNESDAY 6 – FRIDAY 8 APRIL 2022
SAGE HOTEL WOLLONGONG, NSW AUSTRALIA

#enhancingpractice2022



working together
to develop practice

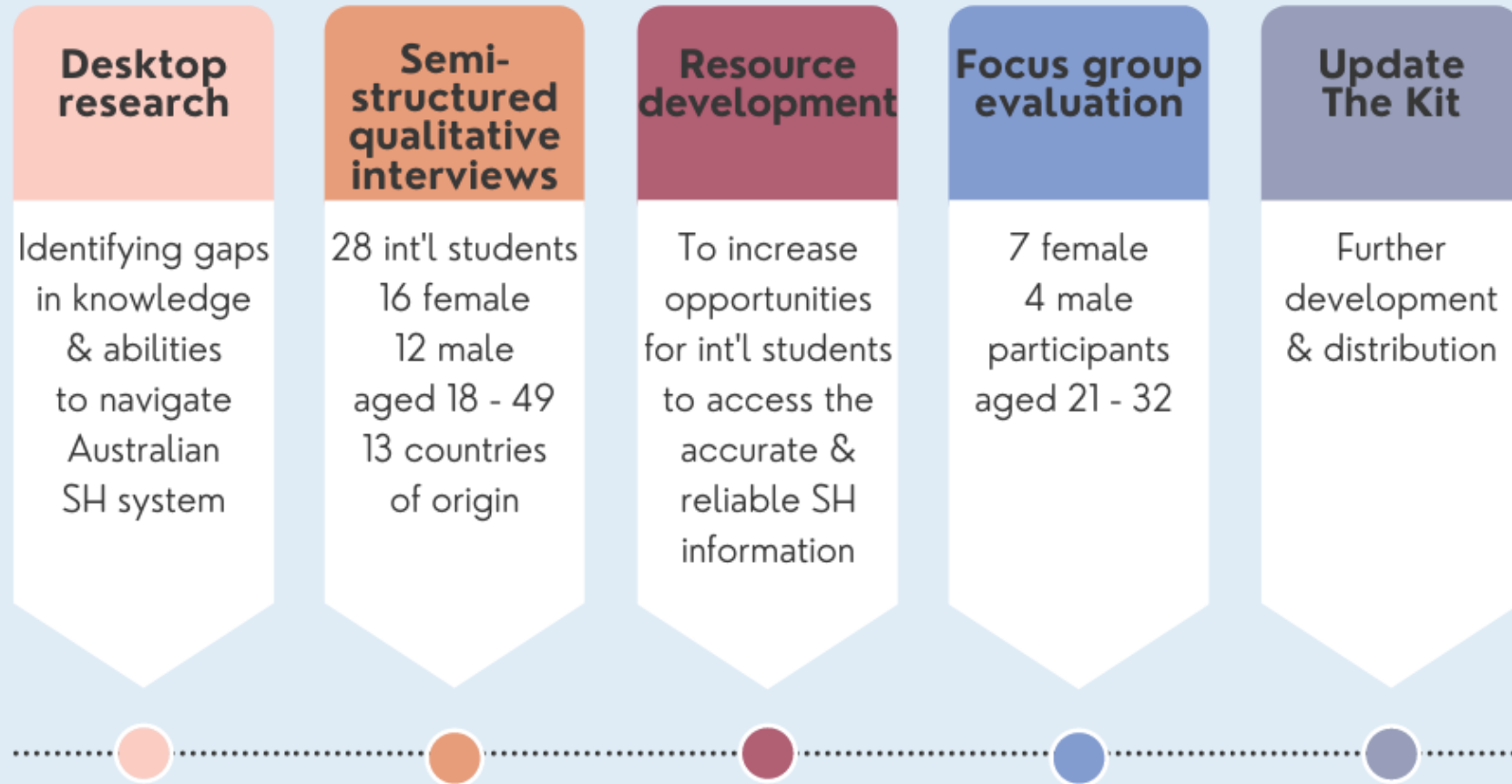


The background of the slide is a photograph of a coastal landscape, featuring a body of water, a sandy beach, and a forested hillside. The entire image is covered with a semi-transparent blue overlay. The title text is white and positioned on the left side of the slide.

A Co-Created Sexual Health Resource for International Students

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The Process



International Students

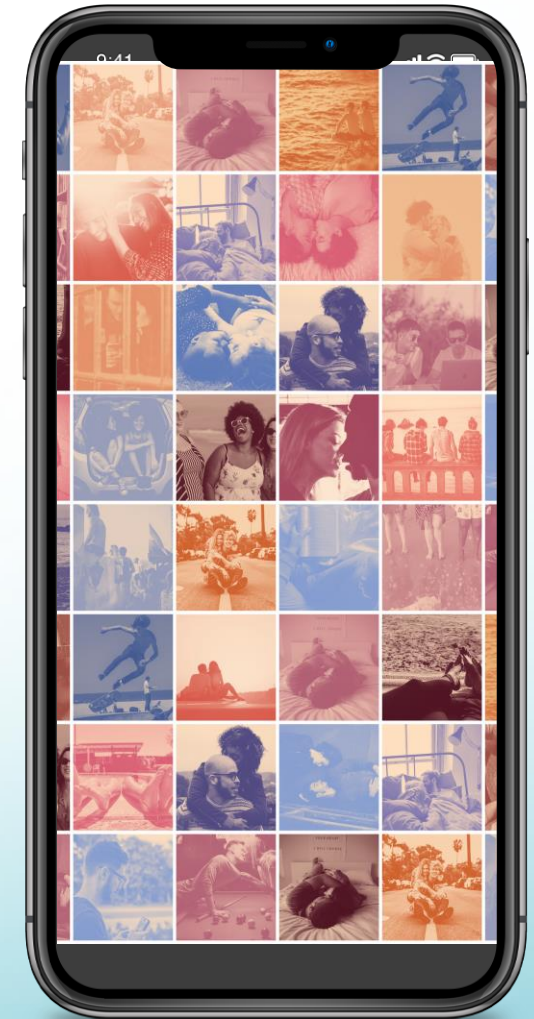


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International Students

Low access of sexual healthcare services due to;

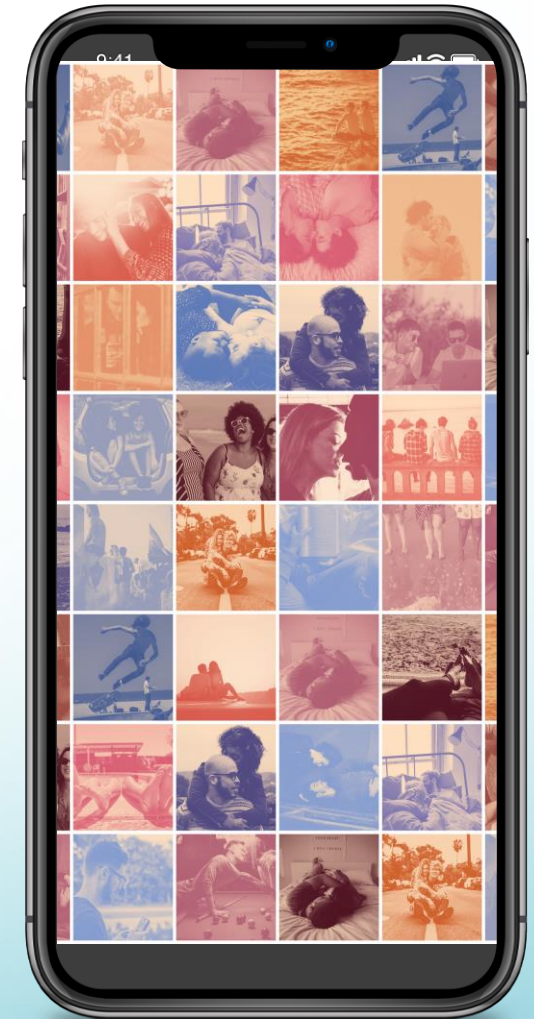
- limited information about sexual norms in Australian cultural context
- lack of information about the Australian healthcare system
- concerns about confidentiality
- cultural socialisation



International Students

Sexual health risks due to;

- poor knowledge
- increased sexual activity
- changing cultural context

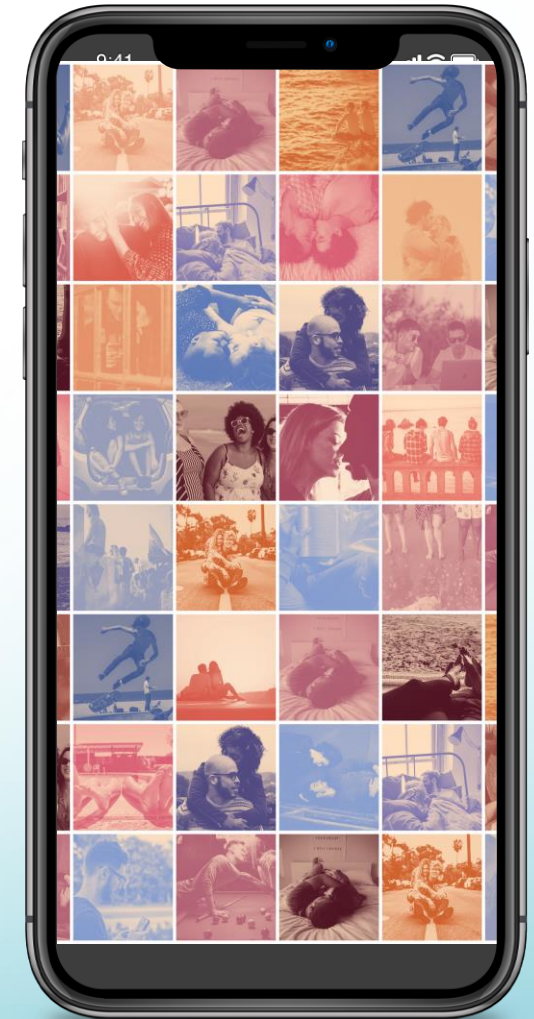


Semi-structured Qualitative Interviews

Aim & Methods

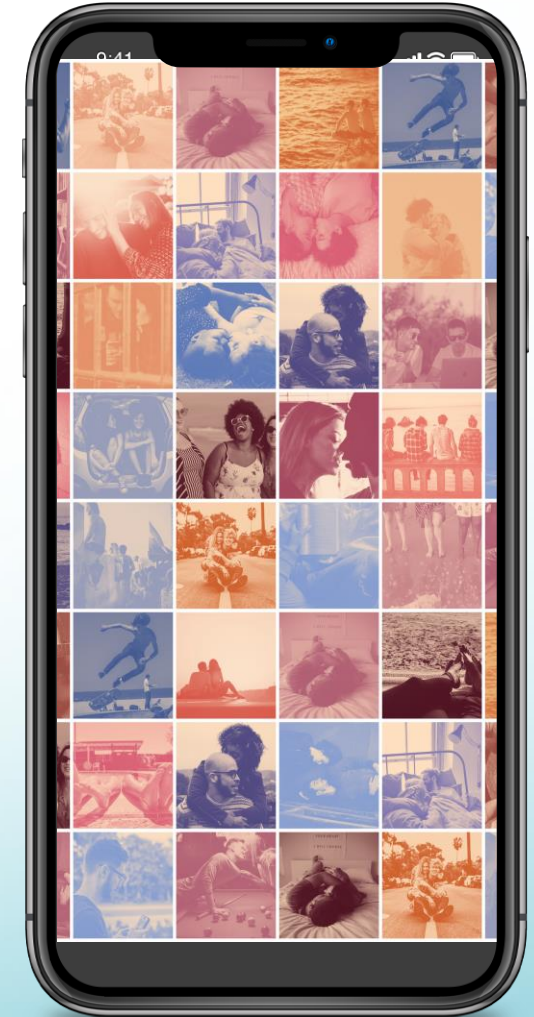
To establish international students perceptions about sexual health knowledge, service access and information needs.

- Semi-structured interviews
- International students
- Aged 18 – 49 years
- Lived in Australia for 10 years or less



International Student SH Priorities

- Preventing unplanned pregnancies and sexually transmissible infections
- Understanding relationships in the Australian cultural context
- Knowledge of and confidence to access sexual healthcare services



Sexual Health Knowledge & Attitudes

"I think people who is [are] coming to countries like Australia, I am sure they have much less information about sexual issues and problems compared to people who are already living or born in Australia"

(Female, 25 years, Eastern Mediterranean region)

Cultural Norms & Values

"Because it's different for my country than here, because in my country they don't think about sex when you're like younger. When you get married they decide to have sex.

Before that they don't do it and they don't think about it"

(Female, 26 years, Eastern Mediterranean region)

"Just that we need to learn. Where I come from is a conservative country. And also the other shame thing is not being a virgin before marriage. You should be a virgin before you marry. I am not married and I am not a virgin. That's why we cannot talk with our families because it is a big shame."

(Female, 27 years, European region)

Navigating the Australian Healthcare System

"At that time [my] English was really bad and I couldn't understand that much, but it was my fault because I couldn't understand. I would ask my friends and my husband who are the only person I can ask, because I [don't] have much friends"

(Female, 26 years, Eastern Mediterranean region)

"I do have so many friends, they have been here for years and years and they don't have any idea of where actually to go if they have some sort of sexual health problems or something. Still they don't know!"

(Male, 30 years, Eastern Mediterranean region)

Need for Sexual Health Information

"Maybe more information about specific diseases you know, like if that's happening or if you know that some person has it, is it serious? Should I tell someone? What kind of intervention?"

(Female, 30 years, South East Asian region)

"I guess probably in the University they should have maybe more information so it would be easier for international students to find. Because I think it's the responsibility – they get us here, they need to provide all the information [about] how to live [here, and] how to find services"

(Male, 29 years, European region)

Sexual Health & Relationships Kit

To increase opportunity for international students to access the accurate and reliable sexual health information including healthy relationships, safer sex practices and STIs that they are seeking.



What's in The Kit



What's in The Kit



Sexual Health & Relationships Kit Evaluation

Aims & Methods

To obtain international students feedback on the design, inclusions, information, cultural appropriateness and accessibility of the resource.

Thirteen international students – seven female, four male aged 21 – 32 years

Design

“Like to write sexual health or relationship, it can make some people embarrassed. Yeah, so ... Yes, maybe some kind of neutral text, like for example ‘Important Information’ or something. That might help. But I think exclusively sex and relationship, it might embarrass people.”

(Male group, 28 years, Eastern Mediterranean)

Inclusions

“Do you think its compulsory to include these cards? Because I feel that all the elements are correlated, except this one. This one it too formal for me. so I don't know. maybe this information is very important, but maybe we can include them in the ...

In the back. Yes, instead of a card.”

(Male group, 34 years, Americas and 25 years, Americas)

Inclusions

“It was my first time seeing a female condom (laughter). In the kit. Which is amazing because, yea, I don’t know, it was something that wasn’t really advertised in my country.”

(Female, female group, 24 years, South East Asia)

“I like that you have both female and male [condoms], because that was the first time as well ... I didn’t know that existed at all.”

(Male, mixed gender group, 25 years, European)

Information

“Yeah. I liked it. I was struck by how much information was in it”

(Male, mixed gender group, 25 years, European).

“even a common man can, you know, get information easily. It’s not proper medical terminology in this”

(Male group, 25 years, Americas and 25 years, South East Asia)

“I really like that it includes more than sex information. For example, it says sex and relationships, and I think this part is very important because some people are struggling with this topic. So this is a kind of supportive information for them.”

(Male group, 34 years, Americas)

Information

“And what does safe sex or consented [sic] sex mean in Australia. I think that’s important. If we want to add more emphasis on these points, maybe definition of what is sexual harassment, what is sexual misconduct would be useful to us.”

(Male, mixed gender group, 29 years, Western Pacific)

“I like how it included slang for different information, Australian slang into it. I didn’t even know that gonorrhoea has a nickname called clap.”

(Male, mixed gender group, 29 years, Western Pacific)

Cultural Appropriateness

“I think it’s okay because its neutral. So [um] for some people in Asia, like religion is very important. But I like how the kit focuses on your choice, your right. Because a lot of Muslims, a lot of Catholics would have access to this. But it’s pretty inclusive in that sense, so that’s what I like about it.”

(Female group, 22 years, Western Pacific)

Accessibility

“Maybe when they through the O week, most of the students are coming in Australia for the first time, so I think its better to give them as a gift type of thing, because people are coming from different cultures, they don’t know... Especially when it comes to these relationships kits. This is, I think, more important for international students.”

(Male group, 25 years, Americas)

Implications for Practice



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