

University of Arkansas - Fort Smith
Report on Activities Undertaken in FY 2017-2018 Related to
ACT 943 (Unplanned Pregnancy)

July 13, 2018

I. New Student Orientation and Cub Camp

In summer 2017 and summer 2018, UAFS put pregnancy prevention flyers in the New Student Orientation packets, which are distributed at 12 summer orientation sessions, at which new students register for classes. We also distributed a 'rack card' that included resources from the County Health Department offers.

UAFS also provides this list of resources to parents of incoming students:

Resources for Parents

Heart to Heart Pregnancy Support: 417 South 16th Fort Smith, AR (479) 452-2260 Sign up in person: 10am-2pm, Need photo ID, proof of income/address, Medicaid card. You may be eligible for crib, car seat, or diapers once classes are completed.

Fort Smith Pregnancy Help Center: 4622 Grand Ave. Fort Smith, AR (479) 484-5244, 24/7 Helpline 1-800-712-HELP

Van Buren Police Department: 111 South 11th Van Buren, AR (479) 474-1234, Car Seat Trade Program – Cpt. Coleman

Helping Hand Ministry: 3901 Grand Ave. Fort Smith, AR (479) 424-2764

Sebastian County Health Department (WIC): 6601 Phoenix Ave. (479) 452-8600 or (479) 478-3062

Crawford County Health Department (WIC): Cloverleaf Plaza (479) 474-6391

DHS County Office: (food stamps, TEA etc.) Fort Smith (479) 782-4555, Van Buren (479) 474-7595

HUD Office: Fort Smith (479) 785-4884, Van Buren (479) 4740512

Habitat for Humanity: 800 South 6th Fort Smith, AR (479) 783-2766

Municipal Utility Bill Assistance Program: Beckman Center (479) 785-0065, City Billing (479) 784-2261

Crawford/Sebastian Community Dev. Council Inc.: 4831 Armour Ave. Fort Smith, AR (479) 785-2303

Income Based Daycare: 302 Pointer Trail Van Buren, AR (479)474-9378

Adult Education: (GED) (479) 782-1119

Non-Emergency Medical Transport (Medicaid & AR Kid A): (479) 452-9494

Salvation Army: 301 North 6th Fort Smith, AR (479) 783-6145

Clothes Closet: (479) 783-8150

Goodwill Store: 3610 Townson Fort Smith, AR (479)784-9840

Free Cell Phone: safelink.com or call 1-800-723-3546

At Cub Camp, an August multi-day pre-matriculation immersion experience for new students, UAFS conducted pregnancy prevention workshops with all Cub Camp attendees. Student responses were collected.

II. Peer Education

Our student-run Peer Educator group, Lion's Roar, hosted a Campus Crawl event, at which Safe Spring Break tips were presented. Among those was a condom/safer sex facts booth. This type of activity has a history of many years at UAFS.

III. Curriculum

In Nursing 2326, the following material is taught:

Abstinence:	The only sure way to prevent pregnancy or STIs.
Barrier methods:	Are under discussed with patients Are free at the health dept. Watch out for latex and spermicidal allergies with barrier methods.
Female condoms:	Gay men can use them Can be noisy Not my favorite method
Patch:	Was taken off market for increased risk for blood clots, now it's back on the market Looks kind of like a bandaid, that gets dirty over time Apply every week x3 weeks, then leave off for a week Never put on breasts
Oral Contraception:	Most popular method Low estrogen pills have fewer SE You can start a new pack without having a period Overweight women may need higher dosages Use backup method if taking antibiotics

<p>Contraindications of oral contraception:</p>	<p>Modest risk for blood clots and PE Increased risk for MI, stroke Slight increased risk for breast cancer Know Box 4.6 on page 149 Use back up method if not starting the pack on the first day of the menstrual cycle (7 days backup)</p> <p>Current breast cancer, Severe liver cirrhosis, high risk for recurrent DVT/PE, prolonged immobilization, vascular disease with diabetes, Headaches with aura, vascular disease, hypertension >160/100, ischemic heart disease, malignant liver tumors, age > 35 and smoker, history of stroke, lupus positive, complicated valvular heart disease</p>
<p>Nuva Ring:</p>	<p>Used when oral contraception makes the patient nauseated Stays in for three weeks, removed forth week Sex partner may feel the ring during sex Can be taken out for three hours without a backup method</p>
<p>IUCs:</p>	<p>Mirena: good for 5 yrs – hormonal Skyla: good for 3 years, for nulliparous women Copper: good for 10 years, non hormonal The patient may bleed and cramp with each of the IUCs, hormonal methods do a better job of stopping menstrual period</p>
<p>Depo Provera:</p>	<p>Be careful in teenagers, can cause bone loss May cause weight gain, perhaps shouldn't be prescribed to woman who are struggling with weight Return visit needed every 12 weeks</p>

In addition, UAFS nursing students use a flyer to work with mothers in the hospital. Our Student Affairs Division is looking at a similar piece for general distribution to students. It includes resources related to preventing pregnancy and to pregnancy and related issues.

IV. Housing

In housing, our apartment complex, Sebastian Commons, produced the following programs:

- 'Sex & Candy,' learning about safer sex

- 'Ice Cream for Scary Movies,' elaborating on the need of safety in one's sexual life
- 'Love in the HO,' (Housing Office)- condom bingo
- Also, in February 2018, a bulletin board was coordinated with our #UMatter theme of 'Relationships' (pregnancy prevention, healthy relationships, STIs). #UMatter is a multi-year Student Affairs outreach based on issues of social importance. It emphasizes social media platforms as well as physical giveaways as tools to raise awareness and inculcate theme-related statistics and information. Certain months are designated for theme-based programming and information dissemination.

Our residence hall, the Lion's Den, required all 14 of its Resident Assistants to decorate their bulletin boards in a manner consistent with the #UMatter theme for that month. January's theme was 'Health and Wellness.' Certain bulletin boards in January focused on sexual health. February's theme was 'Relationships.' Most boards focused on safe sex, although pregnancy prevention and healthy relationships were also addressed. In addition, the Relationship/pregnancy prevention theme was adopted for the Den's February large-scale event, the 'Dating Game.'

The Lion's Den also had a station at its 'Fall Fest' that brought attention to safer sex issues. At the 'Football Frenzy,' an intramural event, the Den staff had a half time game/performance that was safer sex themed

V. Student Activities Office

UAFS is adding new categories of programs to our software (NUMALINK) that tracks and helps announce events put on by student organizations. By adding unplanned pregnancy, as well as Title IX, alcohol awareness and drug prevention, we will be better equipped in 2018-19 to identify these programs. The categories may also prompt organization attention to the topics.