PIII-44: Health behaviors among women living with HIV: What is the efficacy of a tailored health promotion program?

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Abstract:
Introduction: HIV+ women are at risk for certain cancers related to long term immunocompromise as well as increased lifespan. This study describes cancer screening behaviors of HIV+ women, specifically seeking clinical Pap smears, mammograms, clinical breast exams and performing breast self exams (BSE). In addition, it examines the effects of a nurse-led, Health Promotion Program (HPP) on these behaviors. Accordingly, the following research questions are posed and answered: What are the (1)cancer screening behaviors of HIV+ women? (2)effects of the HPP on these behaviors? (3)relationships between health behaviors?

Method(s): The KHARMA Project was a randomized trial of 207 predominately African American, low income, HIV+ women (mean age=43) to examine the effects of a motivational group intervention (n=104) versus a tailored HPP (n= 103) on medication adherence and risk reduction behaviors. The HPP specifically discussed women’s health and cancer screening,
whereas the intervention group concentrated on adherence and risk. This current research is a secondary analysis of self report data to examine and compare cancer screening behaviors. Data were collected through computerized administration of an adapted Behavioral Risk Factor Surveillance System at baseline, two weeks, and nine months after completion of the 8-session program.

**Results:** Analyses using descriptive statistics and chi square are ongoing. Changes in cancer screening health behaviors will be examined from baseline to each time point, within and between groups, as will relationships between performing the health maintenance behaviors (e.g. Are women who perform BSE likely to receive Pap smears?). Analyses of the demographic data show that the study population was predominantly unemployed(84.5%), unmarried(72.9%), had a high school diploma or equivalency(54.1%), had been HIV+ for more than 10 years(46.9%), with an annual income $5-10,000(42.5%).

**Discussion & Conclusions:** Describing the efficacy of a nurse-led tailored HPP on cancer screening behaviors among this highly vulnerable population has implications for clinical practice and future research. If nurse-led education has an impact on the health behaviors of this group, this program could be applied to encourage health promotion for other at-risk groups.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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