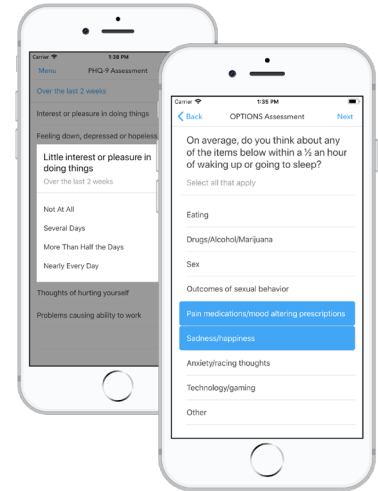


Challenges

- Sexually-Transmitted Infections (STIs) are at an all-time high **(1)**
- Face-to-face screening is difficult for adolescents and care providers
- Avoiding problem behaviors that may jeopardize the physical, social, cognitive, moral, and/or emotional development of youth **(2)**
- Identifying the causes of problem behaviors in youth **(2)**



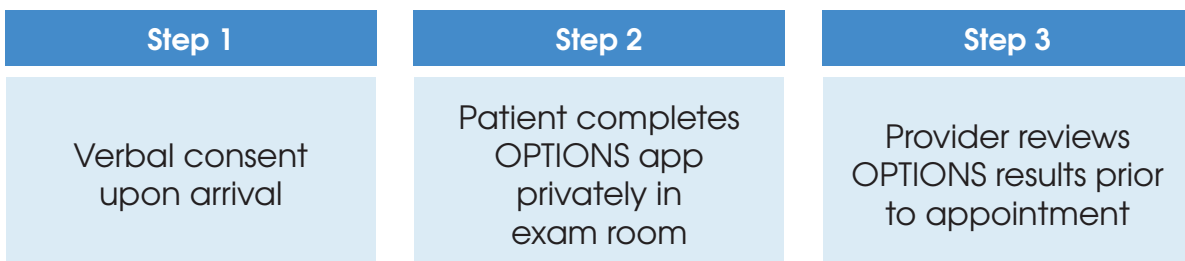
cliexa-OPTIONS Functions

- More comprehensive model of sexual risk levels
- Improved tailored screening and counseling interventions
- Propriety algorithm for comprehensive scoring

Pilot Study Goals

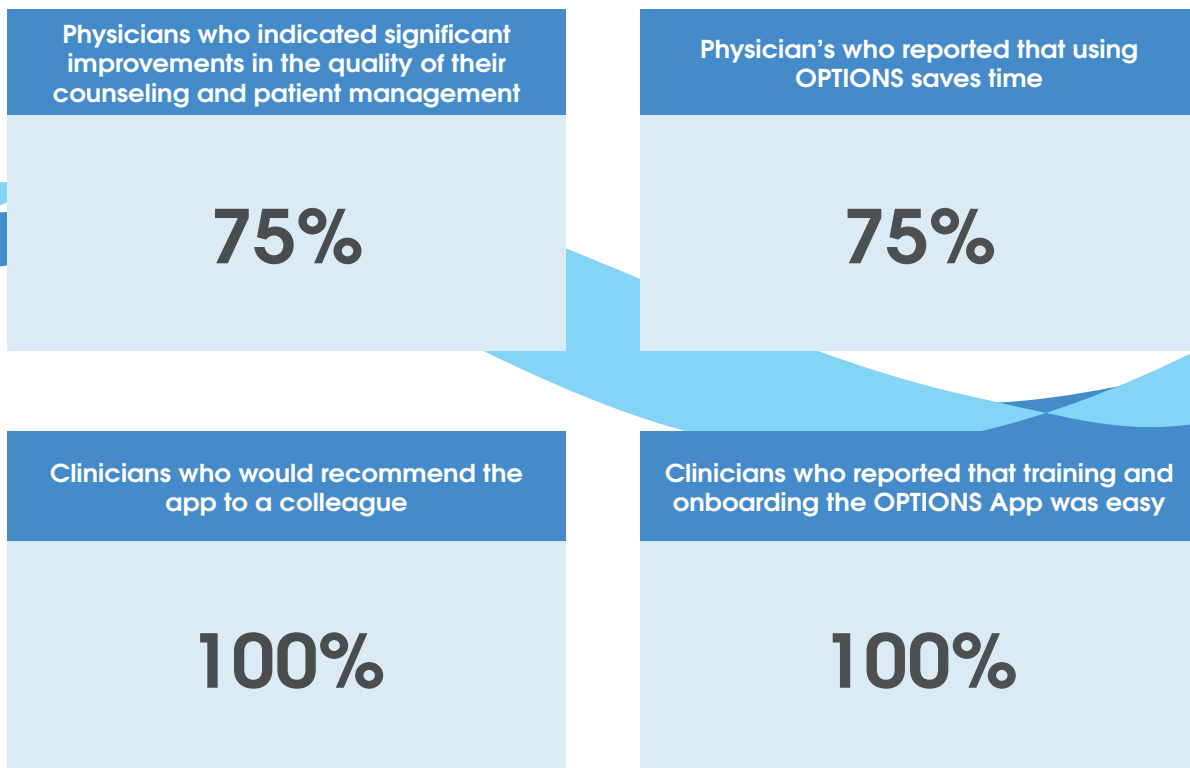


Workflow



Results:

- Clinical feasibility of **cliexa-OPTIONS** App assessed during a 3-month pilot (June - October) informed the development of this report. Data was collected using a retrospective post-test design from a pediatric department located at UC Health Longmont Clinic.
- Pilot participants (N=5) clinicians implemented the **cliexa-OPTIONS** App with (n=137) adolescents over the 3-month period
- The **cliexa-OPTIONS** App was **easily implemented** within the clinic workflow.
- **cliexa-OPTIONS** facilitates **early identification of high-risk patients** and identified 100% more risk.



Options influenced my counseling by.....

“helping me ask tough questions.”

“making it easier to start the conversation.”

“allowing the patient to feel more confident in truthful answers.”

“more information in the same or less time focuses my counseling.”

“making it easier for my patients to discuss what is really going on with them.”

Opportunities:

Population health:

- Reduce stigma of sexual health concerns and risky behaviors
- Reduce overall prevalence of STIs, early pregnancy, substance abuse, depression and anxiety among adolescents
- Strengthen communication bond with physicians, improving future care

Cost of Care:

- Reduce future healthcare costs for patients as adults, as well as overall costs to the healthcare system

“OPTIONS opened up conversations that I don’t think would have occurred without the app.” Dr. Lisa Turner, UC Health

“I think that as preventive medicine is being emphasized more and more, especially around sexual health, that this will be a great tool because we’re asked to do all sorts of things during a physical exam and this way you can do it quickly with more information” Dr Lisa Turner, UC Health

The Researchers

Lisa Rue, PhD

Kate Luszczakoski, PhD

References

1. Sexual Behaviors: Adolescent and School Health (Internet). Cdc.gov. 2018 (cited 9 August 2018). Available from: <https://www.cdc.gov/healthyyouth/sexualbehaviors/>
2. James Jaccard, “The Prevention of Problem Behaviors in Adolescents and Young Adults: Perspectives on Theory and Practice,” *Journal of the Society for Social Work and Research* 7, no. 4 (Winter 2016): 585-613. <https://doi.org/10.1086/689354>



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