

# Chlamydia

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Chlamydia Chlamydia Chlamydia is a bacterial caused sexually transmitted infection that may lead to eye infections in unborn infants in sexually active individuals. It mostly occurs in young women and to women who have multiple sexual partners. However, this infection may also affect men through sexual relations with female sexual partners. Unlike many other infections, Chlamydia easily disappears with the right medical prescriptions and if discovered it in good time. Therefore, this essay will delve on both the early signs and late signs of an individual suffering from this infection. Further, this essay will zone in on ways to which the onset of this infection may delay and how to promote substantive productive health.

#### Symptoms of Chlamydia

According to numerous researches, Chlamydia is a relatively inactive infection with minimal visible alarming signs and symptoms. Despite this, some signs of the infection may include a burning sensation in women especially when excreting urine and to some extremes pain during sexual intercourse. In addition, women may experience the discharging of a heavy and abnormal discharge that may be scentless. On the other hand, a heavy whitish discharge may be visible in men and pain during the passing of urine is also a symptom that characterizes the infection.

#### Health promotion

According to Kacian (2012), the prevalence of Chlamydia and other sexually related infections are high between the ages of sixteen and twenty. Further, it is a health threat especially to those with multiple sex partners within this age bracket. Additionally, pregnant women also serve as potential victims of the infection. Remarkably, Chlamydia is the most reported sexually related

infection across the United States. In addition, sexually active women within this age bracket should also subject themselves to annual screening in order to increase the chances of early detection and treatment. Subsequently, the infection may lead to infertility especially in women if no medical intervention occurs. Further, if untreated the mother may pass on the infection to her unborn child which may in turn affect their ability to see (Kacian, 2011). Moreover, having Chlamydia also makes one susceptible to HIV once one exposes themselves to it (Baby Center, 2013). However, the infection is preventable through the consistent use of condoms and also through abstinence, which is more effective. Therefore, screening of pregnant mothers is vital in the prevention of blindness in newborns as result of this infection (Healthy People, 2012)

#### Levels of intervention

Mostly, the prevention of contracting this infection is most effective way of managing sexually transmitted infection such as Chlamydia. In this regard, intervention levels may apply in three different levels that are primary, secondary and lastly tertiary. During the primary stage of the intervention, emphasis mainly lies on the community in the communication of the importance of prevention rather than cure (Healthy People, 2012).

Sequentially, this communication encourages the promotion of the community's overall health. For instance, in the curbing of the spread of Chlamydia it would be appropriate to inform the community on the appropriate use of condoms. Further, the young women need to understand the importance of abstinence in order to minimize the risk of infection.

Secondly, the secondary level of intervention involves the treatment of

Chlamydia especially when the symptoms are either visible or invisible. Essentially, this is achievable through immediate diagnosis through screening, which may affect a community's health if undiagnosed. In this regard, a urine test may be applicable in ascertaining the presence of the infection within an individual. In addition, a swab test may apply as a way of verifying the existence of the infection. Lastly, the tertiary level of intervention invokes the application of programs that promote rehabilitation by establishing the reasons as to why these young adults engage in sexually risky behaviors. Sequentially, the application of behavior change communication may be inevitable in order to ensure that the young women are more aware of the reproductive health risks involved and avoid engaging in such. Finally, the nursing intervention and rehabilitation programs need to be youth friendly in order to ensure that the intended individuals benefit to ensure that the rate of Chlamydia infection goes down by significant margins.

#### References

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