

General Adolescent Health – Part 1: I don't want to talk to you, but I need...

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October 2, 2019
Pediatrics teleECHO

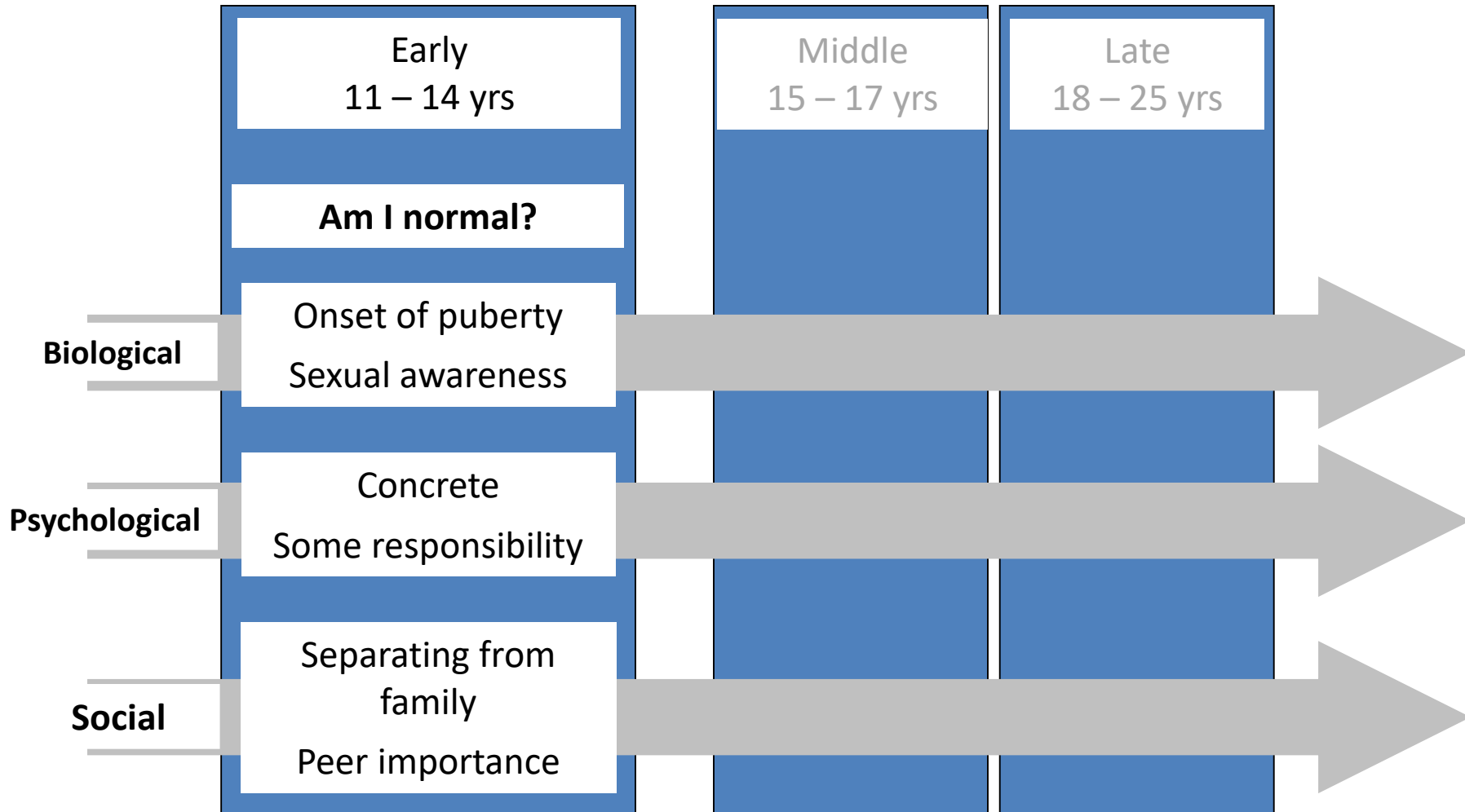
DISCLOSURE

PFIZER, INC. SHAREHOLDER

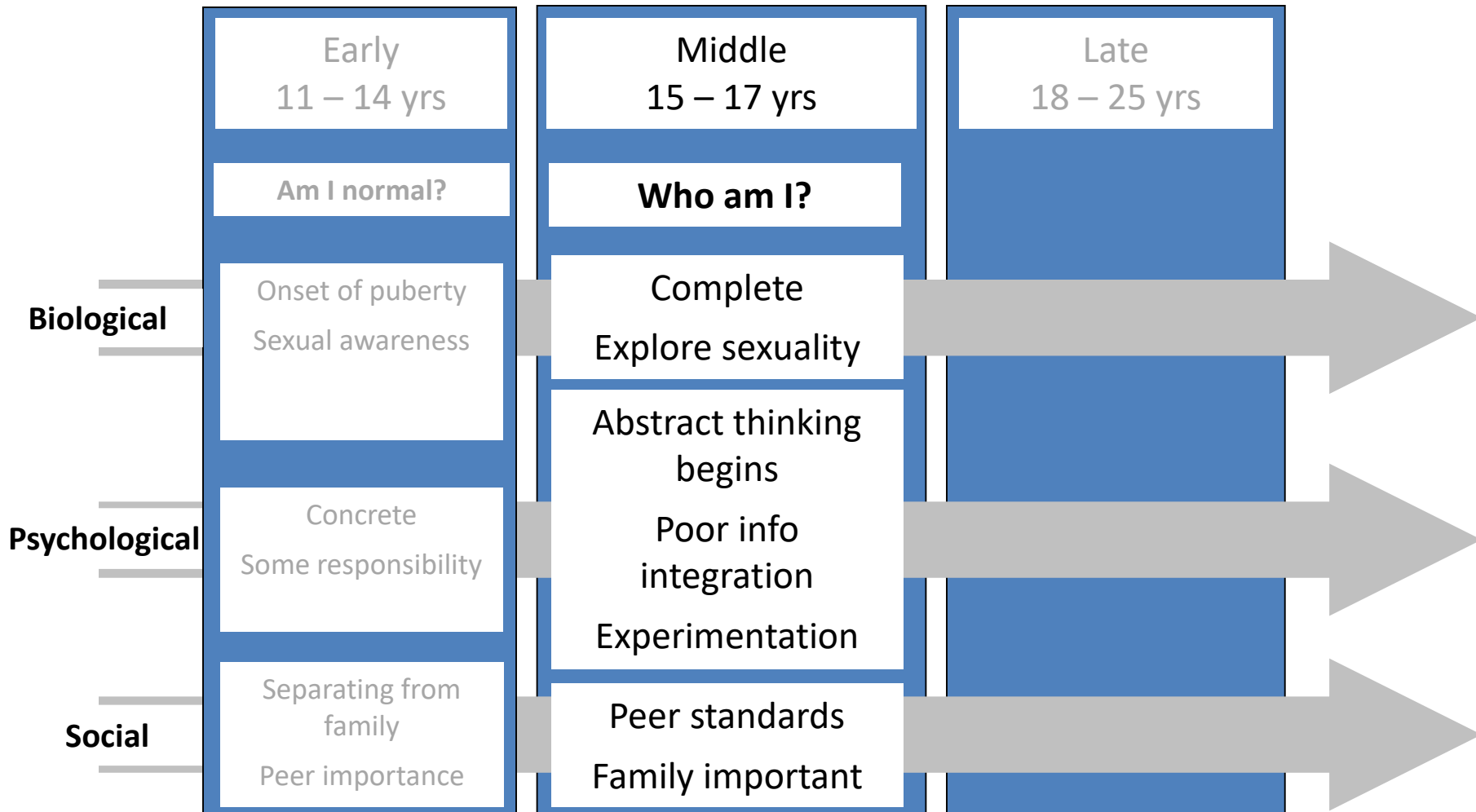
Objectives

- 1) Identify the bio-psycho-social stages of adolescence.
- 2) Create an adolescent-friendly environment.
- 3) Apply techniques for a positive adolescent encounter.

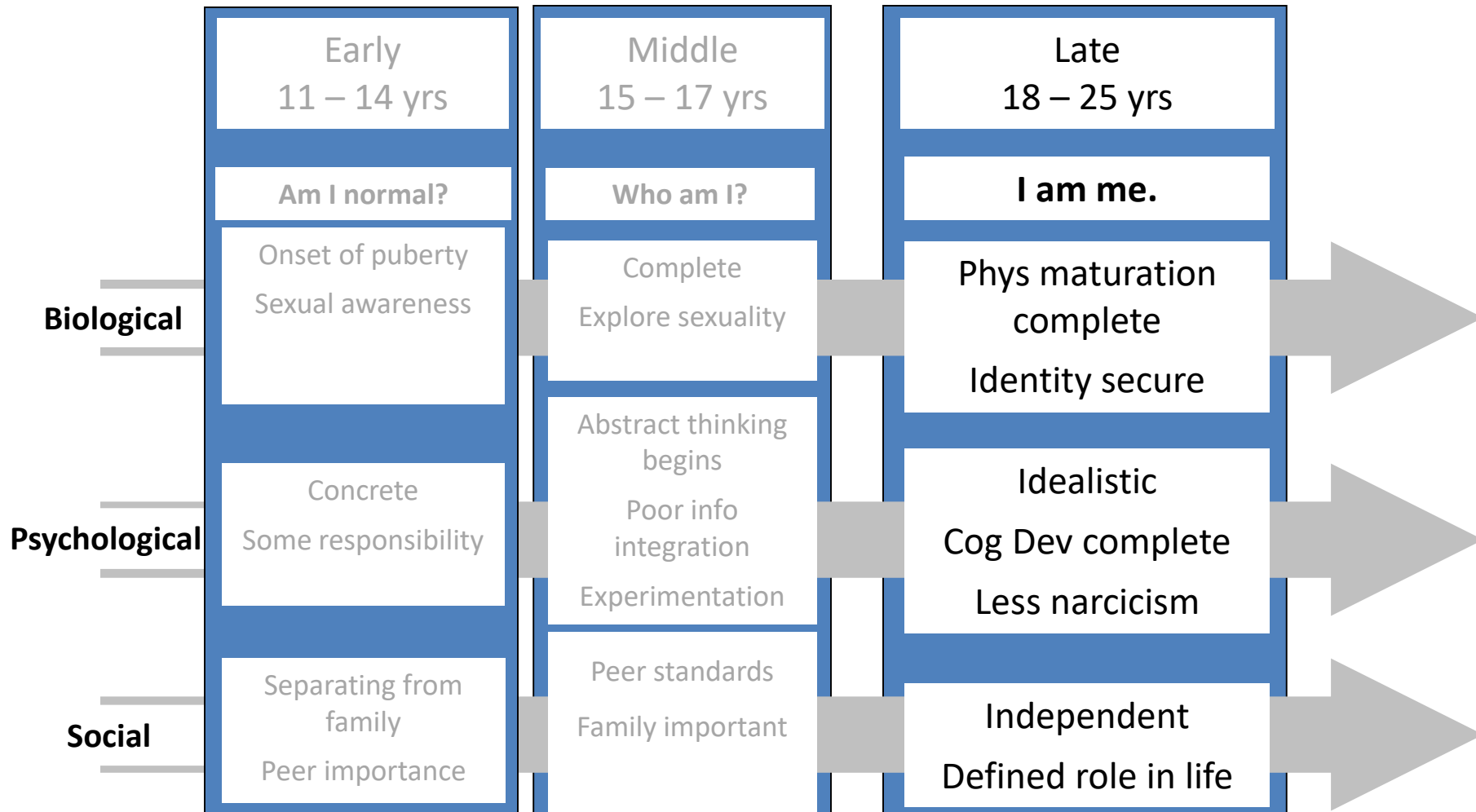
Stages of Adolescence



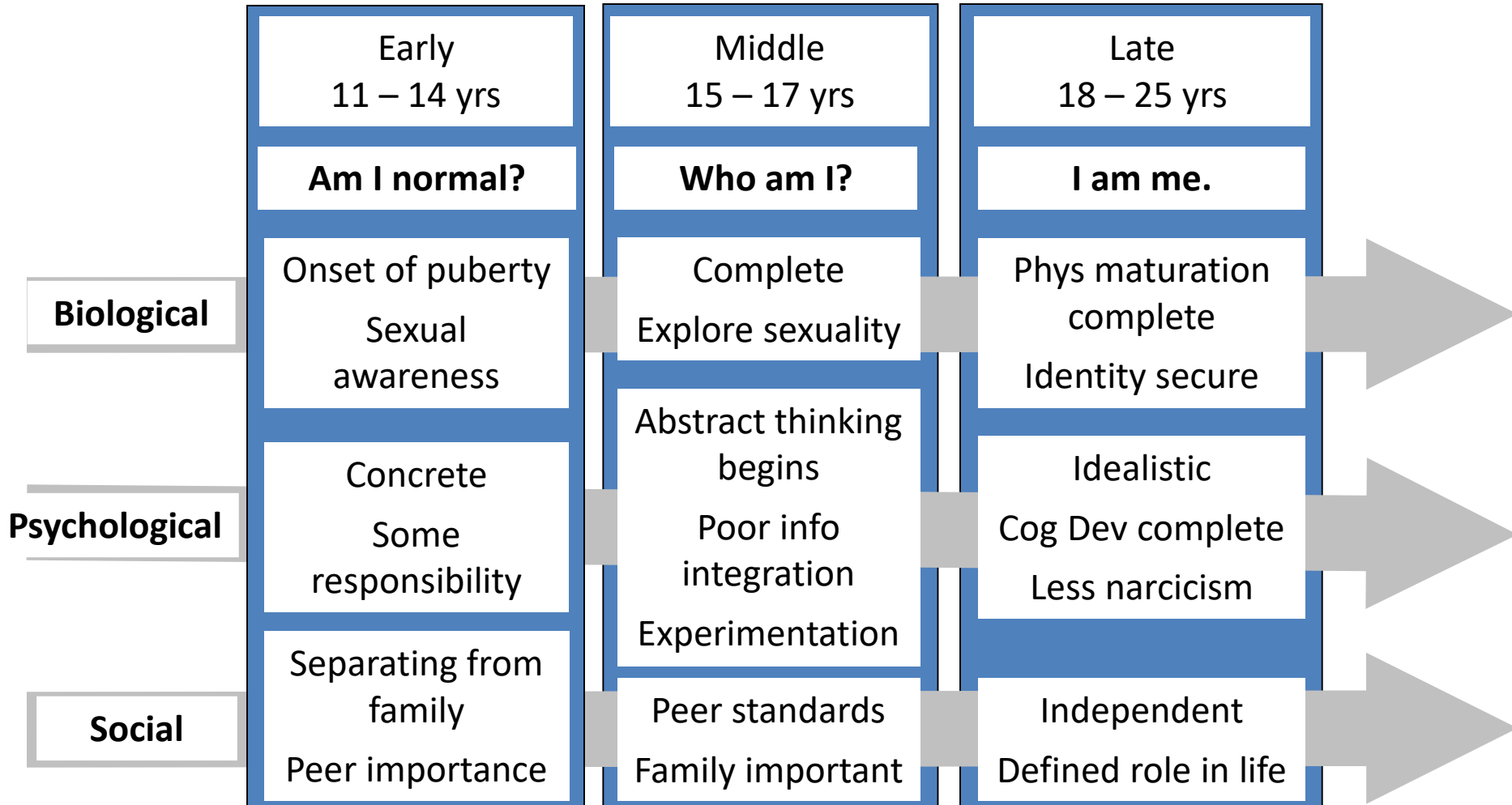
Stages of Adolescence



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Stages of Adolescence



Before the Office Visit

- Enjoy working with adolescents
- Create an adolescent-friendly office
 - Display information appropriate for teens
 - Confidentiality statement, educational posters, etc.
 - Exam room with a curtain, table that is large enough
- Consider billing and confidentiality

During the Office Visit

- Greet the adolescent first!
- Ask the adolescent to introduce people at the visit
- Provide a “roadmap” of the visit
- Talk to the parent first, then the adolescent, then bring everyone together
- Schedule at least 30 mins for preventive health visit or new patient visit

Confidentiality

- Describe your confidentiality policy to parents and adolescents at the beginning of the visit
- Consider posting the policy in your clinic

Role of Families

- Parents
 - Provide medical history
 - Provide sense of family dynamics
 - Clarify expectations
 - Ensure follow-up care

Basics for the Interview

- Shake hands with the adolescent
- Ask non-threatening questions
- Refrain from lecturing
- Advocate by focusing on positives
- Criticize the activity, not the patient

Basics for the Interview

- Gender-neutral terms until preference is established
- Avoid note-taking during sensitive questions
- Avoid medical jargon
- Practice good listening skills
- Ask open-ended questions

Basics for the Interview

- Give choices in the question:
 - Did that make you feel happy or sad or something different? Why?
- Help set short term goals
- Teens may ask more important questions at the end of the visit

Tools for Communicating



HEADSSS vs SSHADESS

HEADSSS

H – Home, Health

E – Education, Employment,
Eating

A – Activities/Affiliations/Aspirations

D – Drugs

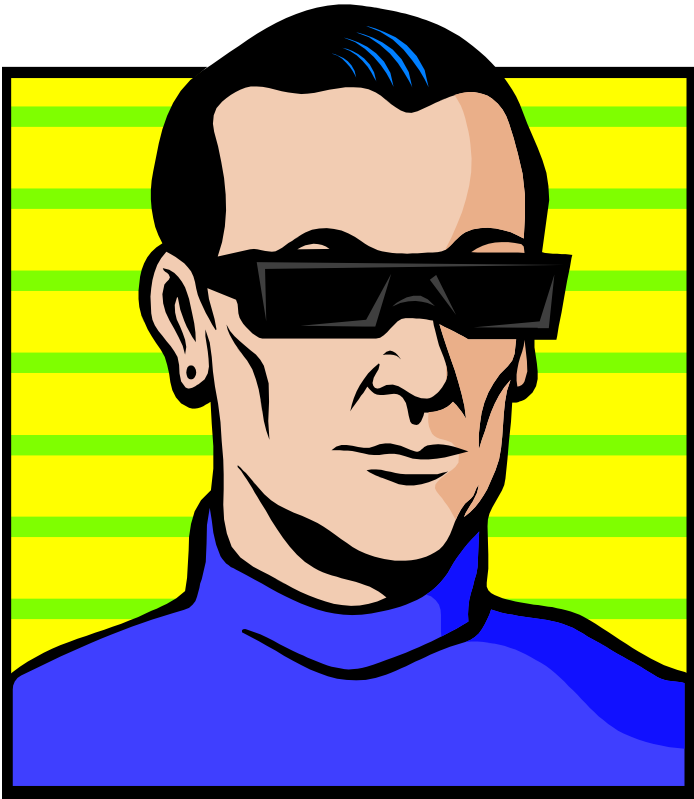
S – Sex

S – Suicide, Sleep

S – Safety



HEADSSS vs SSHADESS



SSHADESS

S – Strengths

S – School

H – Home

A – Activities

D – Drugs/Substance Use

E – Emotions/Eating

S – Sexuality

S - Safety

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Strengths

- What do you do for fun, what are you good at?
- How would you describe yourself?
- Tell me what you're most proud of. How would your best friends describe you?
- Do you have a best friend or adult you can trust outside your family?

SSHADESSS Interview Tool

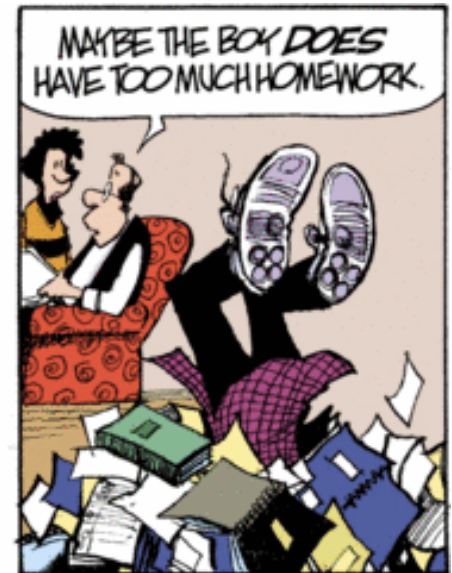
School (Education/Employment)

- In school? Which school?
- Grade in school?
- What do you like most/least about school?
- How many days of school have you missed or had to be excused early or arrived late?
- Is this any different from last year?



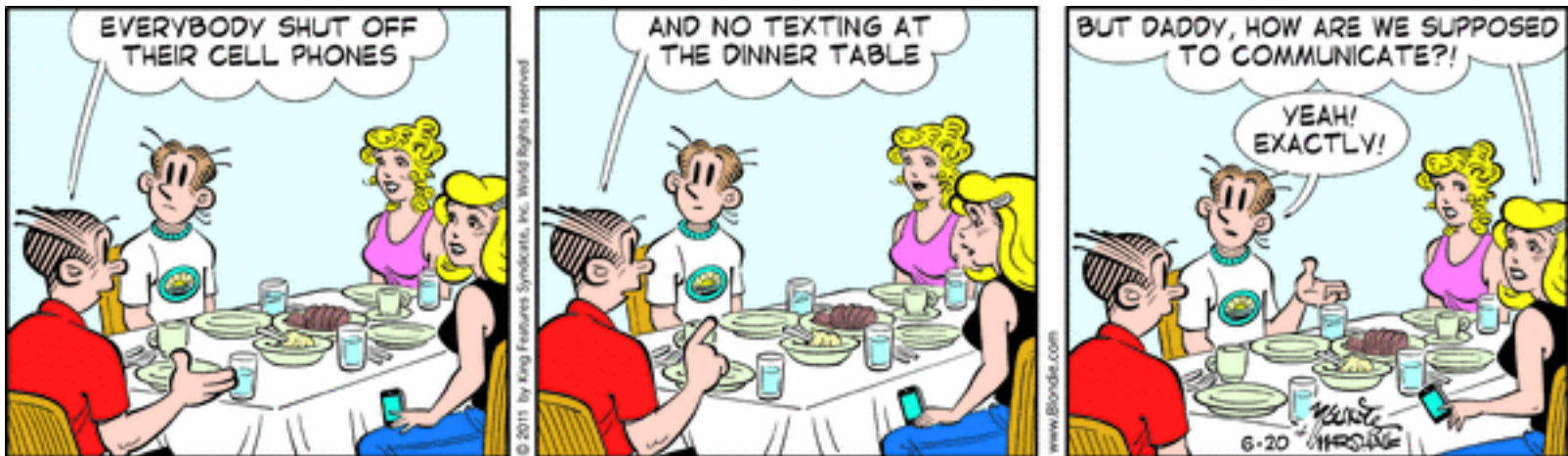
School (Education/Employment)

- Do you feel like you are doing your best at school?
 - (if no, Why not?)
- Failed courses/grades?
- What would you like to do when you get older?
- Are you working?



Home:

- Who do you live with?
- Any changes in your family?
- Where do your sibs live?
- Could you talk to someone in your family if you were stressed?
- Who would you go to first?
- How would you rate your health on a scale from 1 to 10?



Activities

- Are you still involved in the activities you were doing last year? (if no, why not?)
- What kinds of things do you do just for fun?
- Are you spending as much time with your friends as you used to?

SSHADESSS Interview Tool

Drugs/Substance Use

- Do any of your friends talk about smoking cigarettes, taking drugs, or drinking alcohol?
- Do you smoke cigarettes/e-cigarettes?
- Do you drink alcohol?
- Have you tried sniffing glue, smoking weed, or using pills or other drugs?
- (If yes to any) do you have any interest in quitting?

SSHADESSS Interview Tool

Emotions/Eating

- Have you been feeling stressed?
- Do people get on your nerves more than they used to?
- Are you feeling more bored than usual?
- Do you feel nervous a lot?

LUANN



BY GREG EVANS



THERE. GOT ALL THE PANIC OUT. NOW I'M READY FOR A CALM, SANE SENIOR YEAR

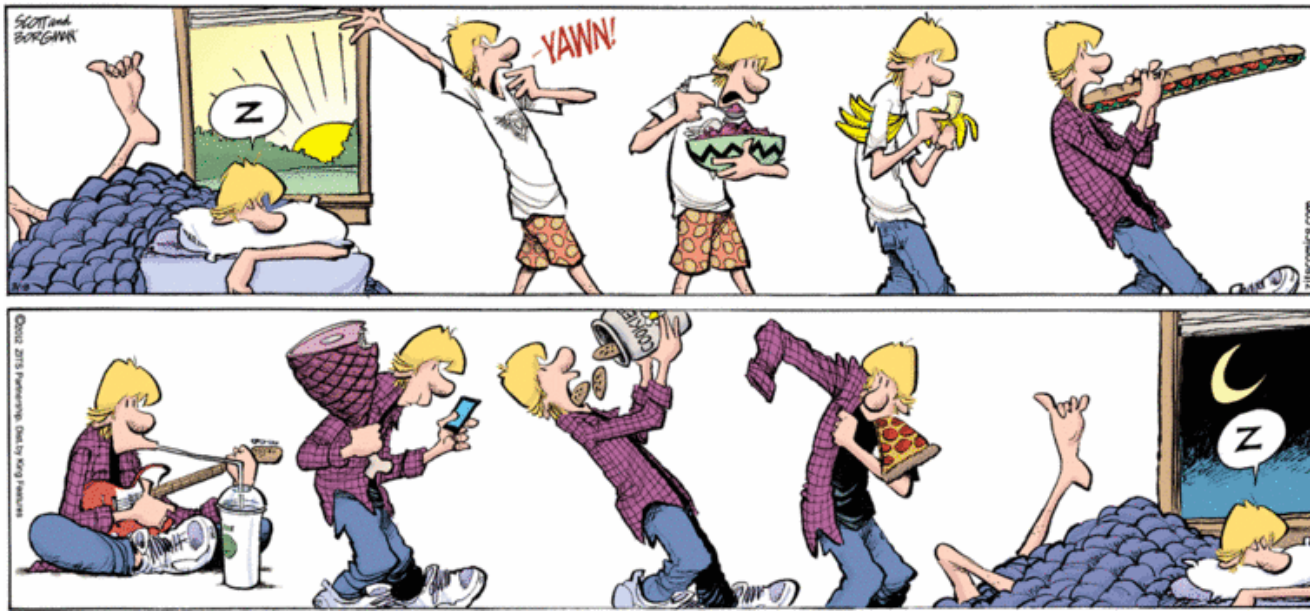
PREEMPTIVE PANIC. I'M SURE THAT'LL WORK WELL

Emotions/Eating

- Have you been having trouble sleeping lately?
 - What kind of trouble?
- Would you describe yourself as a healthy eater?
- Have you been trying to gain or lose weight?
 - Tell me why

ZITS

BY JERRY SCOTT AND JIM BORGMAN



Safety/Emotions

- Have you been feeling down, sad or depressed?
- Have you thought about hurting yourself or someone else?
- Have you ever tried to hurt yourself?

SSHADESSS Interview Tool

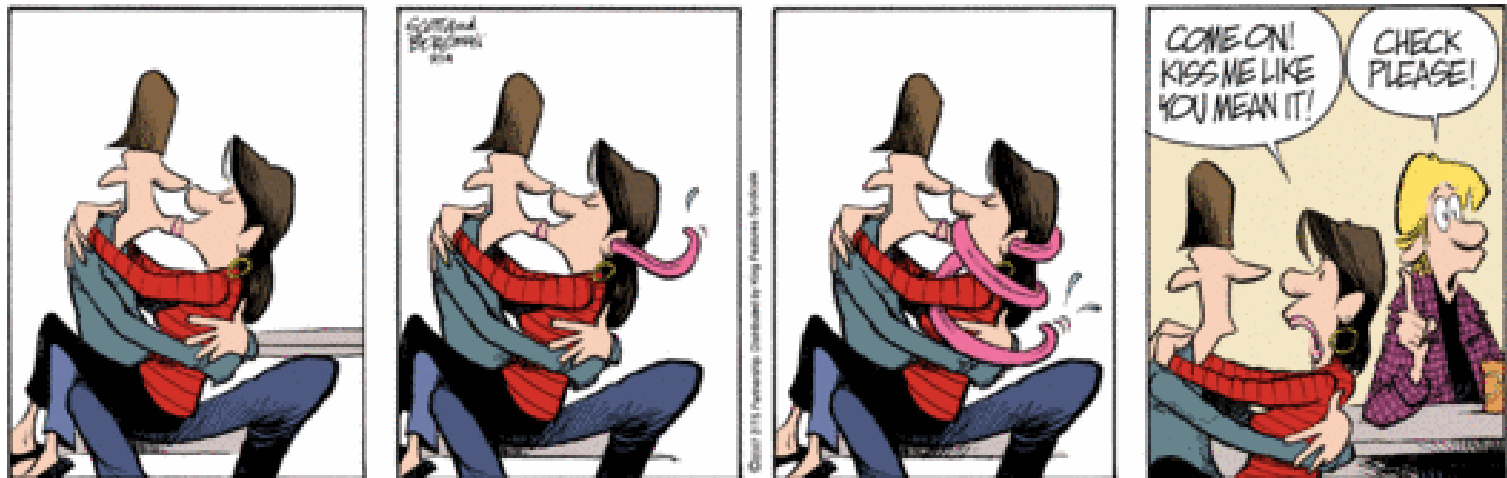
Sex/Sexuality

- Are you attracted to anyone?
 - Tell me about that person (use gender neutral language)
- Are you comfortable with your sexual feelings?
- Are you attracted to guys, girls, or both?

SSHAESSS Interview Tool

Sex/Sexuality

- What kinds of things have you done sexually?
 - Kissing? Touching? Oral sex?
 - Have you ever had sexual intercourse?
 - Have you enjoyed it?



Sex/Sexuality

- What kind of steps do you take to protect yourself?
- Have you ever been worried that you could be pregnant or have gotten someone pregnant?
- Have you ever worried about or had an STD?



Physical Exam

- Ask if teen wants parent present
- Consider using a chaperone

Closure of the Visit

- Summarize findings and treatment to teen and parent
- Ask for teen's input into treatment plans
- Allow time for questions and provide resources
- Schedule follow-up appointments

Summary

- 1) Bio-psycho-social stages of early, middle and late adolescence
- 2) Creating an adolescent-friendly environment
- 3) HEADSSS vs SSHADESS
- 4) RAAPS – Rapid Assessment for Adolescent Preventive Services (www.raaps.org)

ZITS

BY JERRY SCOTT AND JIM BORGMAN

CONFUSED ABOUT WHAT YOUR KID IS TRYING TO TELL YOU? USE OUR

Teen Translator

INSERT CONFUSING SENTENCE OR SENTENCE FRAGMENT →

AND HERE'S THE TRANSLATION: →

PUSH

FEED ME, FUND ME, LEAVE ME ALONE.