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Ask and You Shall Receive: Navigating the Adolescent Well Visit

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Disclosures

- Non-Financial Relationships

- Board Member for Just Say Something
- Board Member for Pridelink

- Financial Relationships

- Contracted MD with the Girlology/Guyology Program
- Consulting MD with the Eating Recovery Center of the Carolinas
- Contracted Nexplanon Trainer with Merck
- Full Time Employee with Prisma Health Upstate



None of these relationships have an influence or impact on the information presented in today's presentation

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Objectives

- Adolescent Development and Biology Review
- Structuring the Adolescent Well Visit
 - The HEEADSSS Exam
- Guidelines per topic
- Scenarios
- Resources

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Ah (or Ahhhhhhhh!!!).....to be young again

- "Adolescence is like having only enough light to see the step directly in front of you."
 - *Sarah Addison Allen*
- "Maturity is when your world opens up and you realize that you are not the center of it."
 - *M.J. Croan*
- "Common sense is the collection of prejudices acquired by age eighteen."
 - *Albert Einstein*
- "Snow and adolescence are the only problems that disappear if you ignore them long enough."
 - *Earl Wilson*
- "Adolescence is the same tragedy being performed again and again. The only things that change are the stage props."
 - *Lindsey Leavitt*

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The Biology of Adolescents and Young Adults

- **Adolescence is “the period following the onset of puberty during which a young person develops from a child into an adult.”**
 - Best friend/future spouse
 - Begin to develop future career goals
 - Make mistakes
- **3 developmentally divided stages**
 - Early Adolescence: 11-14yo
 - Middle Adolescence: 15-17yo
 - Late Adolescence: 18-21yo
- **Brain Development is specific during adolescence**
 - Pruning of neural connections/maturation of frontal lobe
 - Dominance of the amygdala through most adolescence



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SYNAPTIC DENSITY
CHANGES OVER
TIME AND NEURAL
CONNECTIONS GET
PRUNED DURING
ADOLESCENCE.

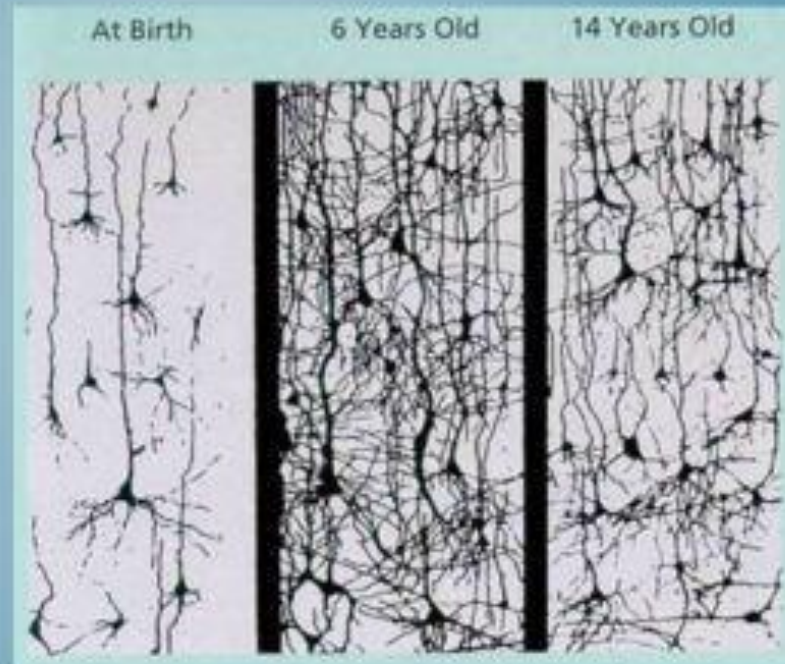


Image source: Shore, Rima. "Rethinking the Brain: New Insights into Early Development," Families and Work Institute, 1997. *docstock*. 19 Nov. 2010. Web. 12 Jan. 2014.

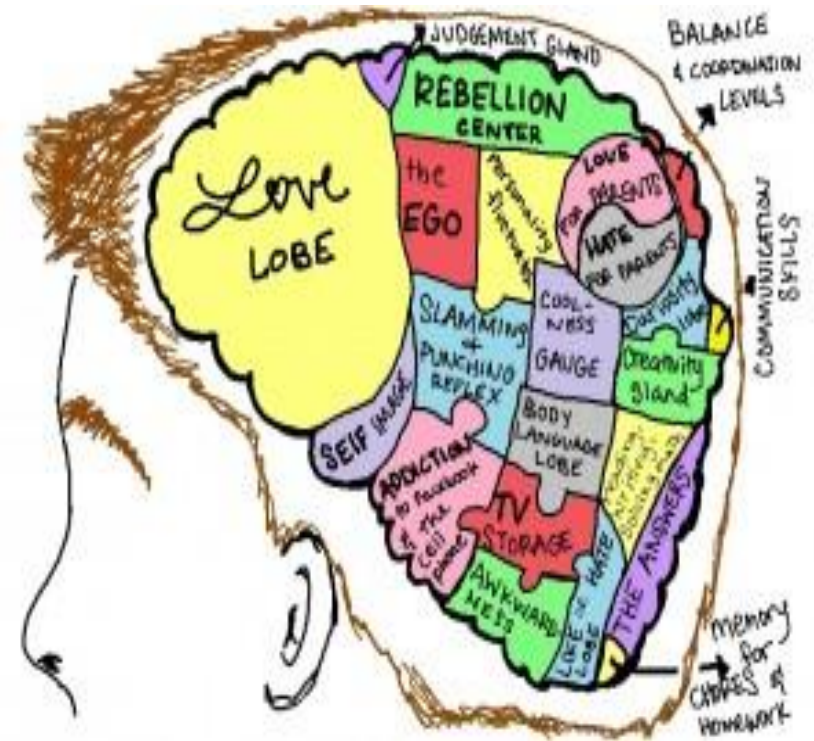
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Why is this relevant?

- Emotional maturity, self-image, and judgment continue to be affected/impulsive until the PFC develops
- Environmental/social impacts delay this maturation
- Recent studies suggest that brain does not mature until 25yo!!



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Brain Processes (Fits and Bursts)

- *Use it or lose it*
- *Blossoming and Pruning*
- *The window of opportunity*
 - Kitten experiment
- *The window of sensitivity*
 - Ear infections in childhood vs substances in adolescence
 - Impact of abuse
- *Myelination*
 - Emotional regulation
 - Increases by 100% through adolescence
- **All five processes continue well into adolescence**



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It's All About Me!



- The adolescent brain is wired to be selfish.
 - Curiosity, Novelty, and Survival
- Risk taking and thrill seeking satisfy a **NEED** the adolescent has
- Very little experience to provide context to actions

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The Visit (...cue the dramatic music)

- Goal with 50
CHAOS
 - Goal with the
born to be
- Having a stru
- Don't forget



INTO THE

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The HEEADSSS 3.0

- Updated for the social media generation
 - Media may affect 10-20% of any specific health problem
- Allows for asking of questions in a foundational manner
 - Less invasive → more invasive
- Gives opportunities for rapport building and engagement

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Home

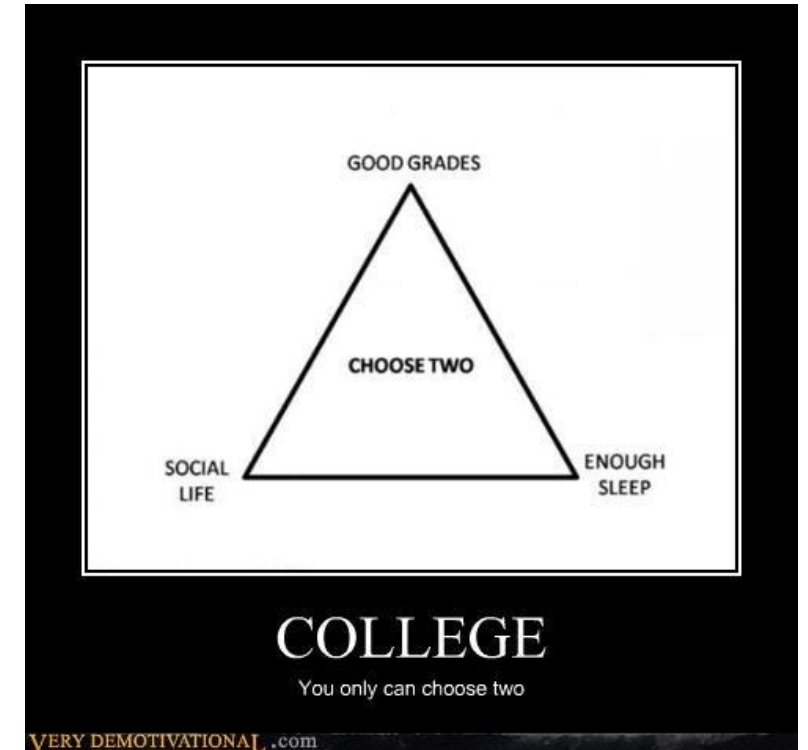
- Who do you live with?
 - Where do you live? Type of home?
- Any stressors at home?
- Do you feel safe at home?
- Do you have your own room?



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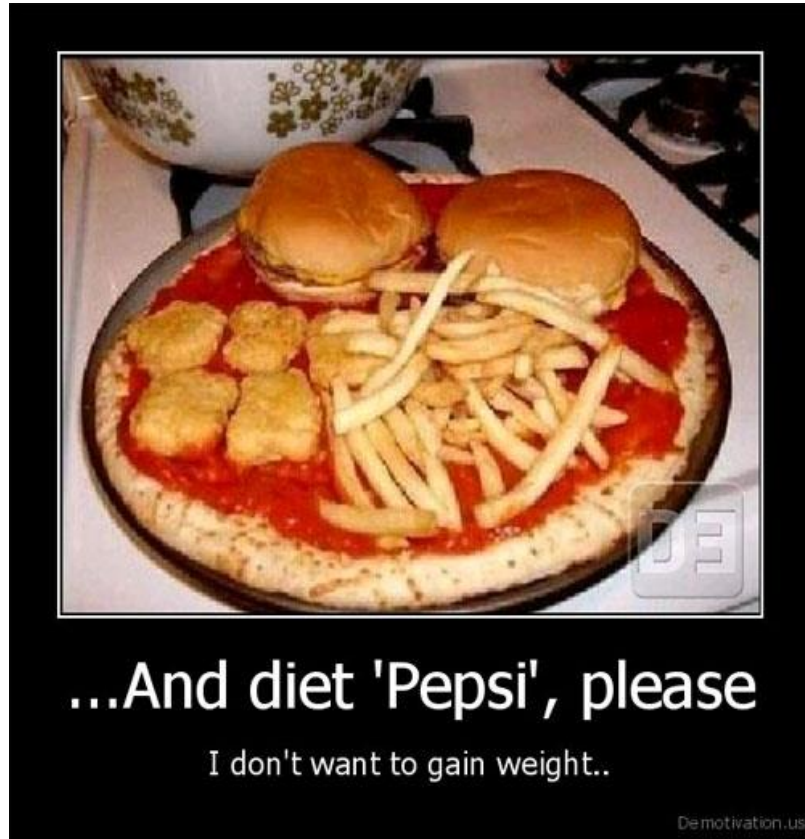
Education and Employment

- Where do you go to school?
- What's the last grade you completed?
 - How are your grades? Favorite classes?
- Do you feel safe at school?
- What are your education goals?
- Are you working?



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Eating

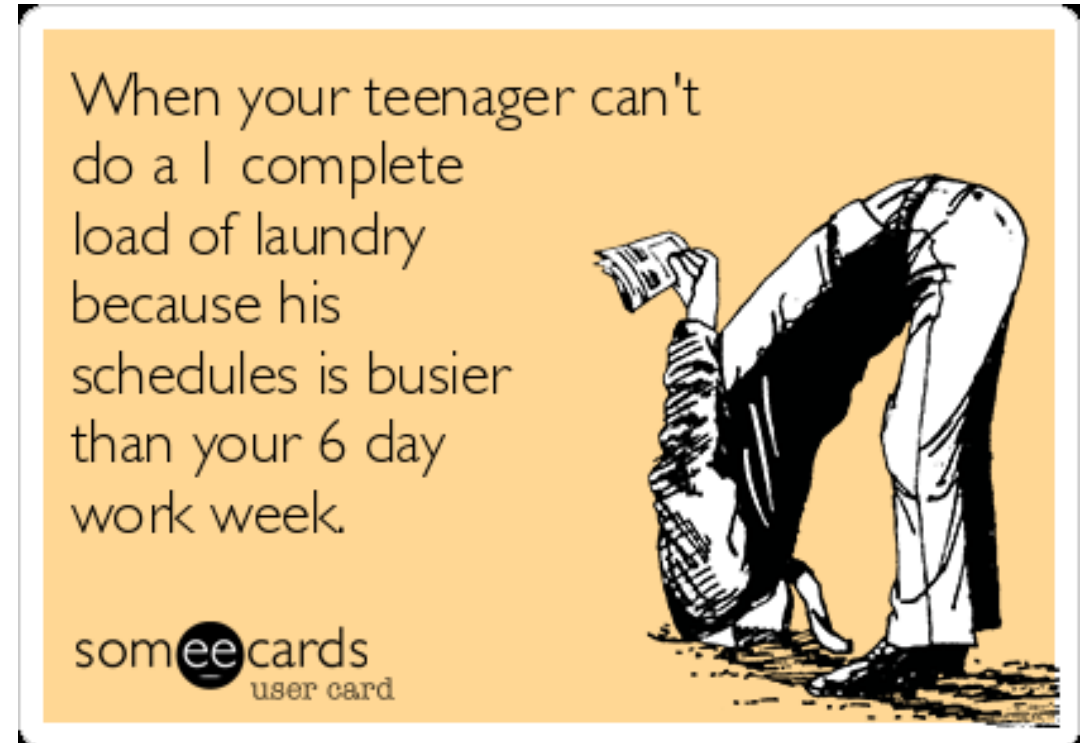


- Any concerns regarding your weight today?
- Tell me about some of the foods/meals you eat?
- Have you tried to lose weight before? How?

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Activities

- What do you do for fun?
- Do you have you license?
- Do you use social media?
 - Ever been bullied online?



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Drugs (PRIVATE)

- Have you ever tried/used tobacco? E-cigs? Alcohol? MJ? Other Drugs?
- Do your friends use anything?
- Ever use someone else's meds?



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Sex and Sexuality (PRIVATE)

- Are you in a relationship?
 - Boys? Girls?
- Have you ever had sex?
 - Boys? Girls?
- What type of protection do you use?
 - Protection?
- Ever had sex with someone of your own gender?



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Suicidality and Sadness (PRIVATE)

- What's your current stress level?
- Have you ever felt sad or worried?
- Have you ever had thoughts of hurting or killing yourself?
- Have you every tried to hurt or kill yourself?

Sometimes the
worst place you
can be is in
your own head.

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Safety (PRIVATE)

- Have you ever felt unsafe?
 - Home/School/Online
- Have you ever experienced or witness violence?
 - Between Parents? In neighborhood?
- Have you ever been pressured to do something you didn't want to do?
 - Physical? Sexual
- Do you wear your seatbelt when driving?

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Ensuring Confidentiality = Ensuring Comfort

- Visit should start with introductions and statement of confidentiality
- Expression of space being safe and non-judgmental
- Include parents in this discussion
- Be clear on when confidentiality must be breached

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Guidelines for Screening: Sexual Health

- **HIV**

- Routine HIV testing to be offered at least once to all adolescents (despite report of sexual activity) by 16-18yo in clinic settings where HIV prevalence is $>0.1\%$
- Prevalence $<0.1\%$: HIV testing for all sexually active adolescents and those with other risk factors

- **GC/CT**

- Annual routine screening for all sexually active females ($<25yo$)
- Consider screening males annually in high prevalence rate areas

- **Syphilis**

- Routine screening for non-pregnant, heterosexual adolescents **not recommended**

- **Trichomonas**

- Routine screening **not recommended**



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Integrating Adolescent Health Screening Into Health Supervision Visits



	Universal	Selective
Early Adolescence (11 Year Visit through 14 Year Visit)	<ul style="list-style-type: none"> • Depression (beginning at 12Y) • Dyslipidemia (once between 9Y and 11Y) • Hearing (once between 11Y and 14Y) • Tobacco, Alcohol, or Drug Use • Vision (12Y) 	<ul style="list-style-type: none"> • Anemia • Dyslipidemia (if not universally screened) • HIV • Oral Health • Sexually Transmitted Infections (STIs; Chlamydia, Gonorrhea, Syphilis) • Tuberculosis • Vision
Middle Adolescence (15 Year Visit through 17 Year Visit)	<ul style="list-style-type: none"> • Depression • Dyslipidemia (once between 17Y and 21Y) • Hearing (once between 15Y and 17Y) • HIV (once between 15Y and 18Y) • Tobacco, Alcohol, or Drug Use • Vision (15Y) 	<ul style="list-style-type: none"> • Anemia • Dyslipidemia (if not universally screened) • HIV (if not universally screened) • Oral Health (through 16Y) • STIs (Chlamydia, Gonorrhea, Syphilis) • Tuberculosis • Vision
Late Adolescence (18 Year Visit through 21 Year Visit)	<ul style="list-style-type: none"> • Cervical Dysplasia (all young women at 21Y) • Depression • Dyslipidemia (once between 17Y and 21Y) • Hearing (once between 18Y and 21Y) • HIV (once between 15Y and 18Y) • Tobacco, Alcohol, or Drug Use 	<ul style="list-style-type: none"> • Anemia • Dyslipidemia (if not universally screened) • HIV (if not universally screened; those at increased risk of infection should be tested for HIV and reassessed annually) • STIs (Chlamydia, Gonorrhea, Syphilis) • Tuberculosis • Vision

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Guidelines for screening: Preventative Health

- **Vitals:**

- Assess for HTN annually
- Assess BMI at least annually (likely more often)

- **Vaccines:**

- Teen Specific: HPV, Men A/C/W/Y and B, Tdap, Hepatitis A/B

- **Laboratory:**

- Lipid Profile between 9-12yo and again between 17-21 (universal)
- Hgb once after menses established for girls

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Guidelines for Screening: Mental Health

- Adolescents 12+ should be screened at least annually for depression using a standardized tool
- Anxiety is a little more nebulous
 - At least assessed with every WCC starting as early as 8yo
- Other conditions screened based on symptoms/risk factors:
 - Trauma
 - ADHD

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Guidelines for Screening: LGBT Care

- Follow general preventative health guidelines with a few points of focus:
 - 1.) Sexual Health
 - Screen based on behavior, not identity
 - 2.) Mental Health
 - 3.) Substance Use
 - 4.) Resilience/Risk of Homelessness

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Guidelines for Screening: LGBT Care

MSM

- **PrEP!!!!**
- Screening at least annually:
 - HIV
 - Syphilis
 - Urine NAAT for Gonorrhea and Chlamydia if insertive anal sex
 - Rectal NAAT for GC/CT if receptive anal intercourse
 - Pharyngeal NAAT for GC if receptive oral intercourse

WSW

- Up to 28% of WSW have had sex with a man in the past year
 - Less likely to use hormonal contraception
 - Higher rates of teen pregnancy
- Transmission of HIV, HSV, Syphilis, HPV
 - Bacterial STIs less common
- Bacterial Vaginosis
 - More common in WSW
 - Transmission of vaginal flora
 - Considered an STI

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Case Scenario 1:

- A 16yo guy presents for well adolescent visit and during the private portion of the visit confides that he is having sex and does not want his parents to know.
 - How do you engage this teen?
 - What are the take away points you want him to know?

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Case Scenario 2:

- A 17yo girl presents for well adolescent visit and you notice that she has lost 15lbs since her last visit 3 months ago.
 - What parts of the HEEADSSS exam need to be explored in more detail with this patient?
 - What are some ways this patient can be engaged in this discussion?

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Resources if your begging for more

- Bright Futures
- Textbook of Adolescent Health
- Adolescent and Young Adult Health Care: A Practical Guide
- The Mount Sinai Adolescent Health Center Blueprint
 - <https://www.teenhealthcare.org/our-impact/our-model-our-blueprint/>
- The Fenway Guide

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- Zuckerbrot, Rachel A et al. Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part I. Practice, Preparation, Identification, Assessment, and initial management. Pediatrics. 141 (3). 2018
- Policy Statement: Screening for nonviral sexually transmitted infections in adolescents and young adults. The American Academy of Pediatrics
- Neinstein, Lawrence. Adolescent and Young Adult Health Care: A Practical Guide, 6th edition. Lippincott Williams and Williams 2016
- CDC: <http://www.cdc.gov>
- The Mount Sinai Adolescent Health Center: <https://teenhealthcare.org>

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