

Health Maintenance for Adolescents

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The delivery of health care to adolescents (11-21 (13 to 18) years old) is a challenge that can be met through an organized, coordinated approach that includes health risk assessments, health guidance, prevention, and acute and chronic health care service delivery.

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Many preventive interventions provide teens with positive benefits immediately and may continue as the teens mature into adults.

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Four causes of death result in 72% of death among 10-24 years old; motor vehicle accidents 31%, homicide 18%, suicide 12% and unintentional injuries... falls, fires and drowning 11%.

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Among adults (>25 years old), two third of mortality is attributable to just two causes: CVD 42% and cancer 24%. Therefore CDC suggests that six behaviors that are initiated in adolescence are interrelated and impact on the cause of both teen and adult morbidity and mortality.

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These behaviors: 1- acts the result in intentional and unintentional injuries. 2-use of alcohol and other drug...3- sexual behaviors. 4-tabacco use. 5- unhealthy dietary patterns. 6- physical inactivity.

By focusing on these behavioral (lifestyle) areas, premature deat and disability into adulthood can be reduced

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Suggested preventive health care guidelines
for 11-20 years olds...

Guidelines for Adolescent Preventive
Services (GAPS) & Bright Futures:
Guidelines for Health Supervision of Infants,
Children and Adolescents.

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I

Annual Preventive services visits. GAPS: yearly screening examination (BP, BMI, Height and Weight) and a complete clinical examination once during each age group: 11-14, 15-17 and 18-21.

Skin examination, teaching breast and testicular self examining and evaluation of dental hygiene...maturation..

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II

Preventive services should be age and developmentally appropriate and should incorporate sensitivity to individual and social differences... sex, race/ethnicity and educational level help determine both risk and interventional strategies.

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III

Confidential care for adolescents and clear policies on how parents will be involved in that care.

Adolescents are more likely to communicate with and seek health care from physicians who perceived as honest as respectful and who assure confidentiality.

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IV

Parents should receive health guidance at least once during their child's early adolescence, once during middle adolescence and once during late adolescence.

Should be counseled regarding age-appropriate changes in attitude and behaviors and will be giving opportunity to ask questions about their concerns.

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Adolescents should receive health guidance annually to promote better knowledge of their physical growth, psychosocial and psychosexual development and the importance of becoming actively involved in discussions regarding health care

Opened to questions, encourage dialogue..
Appropriate comforting reassurance of a broad range of normal developmental responses...

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VI

Annual Health Guidance to promote the reduction of injuries.... Screening the risk for intentional and unintentional (sports, hobbies or recreational activities..)... Suggest the use of helmet.. Set belt

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VII

Annual Health Guidance about dietary habits including the benefits of a healthy diet and achieving safe weight management... Frequency of fast food and high fat snack food should be assessed.... Information on healthy seating behaviors should be provided... Lack of adequate physical activities.

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VIII

Annual Health Guidance about the benefits of physical activities....Safe ones on a regular basis... Evaluate aerobic activities...

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IX

Annual Health Guidance regarding responsible sexual behaviors.. Condoms.. HIV...
Appropriate methods of birth control...

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X

Annual Health Guidance to promote avoidance of tobacco, alcohol and other abusable substances and anabolic steroids

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XI

Annual screening for hypertension.... If SBP or DBP based on gender are $>90^{\text{th}}$ percentile, repeat BP measurement three times in the next 4 weeks... complete evaluation and possible treatment.

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XII

Selected adolescents should be screened to determine their risk of developing hyperlipidemia and adult CHD

<http://www.aap.org/policy/re9805.html>

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XIII

All adolescents should be screened annually to
for eating disorders and obesity.... Body image..
Weight control...

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XIV

All adolescents should be asked annually about their tobacco use....

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XV

All adolescents should be asked annually about their alcohol and other abusable substances use.... Herbal preparation for weight loss, weight gain, strenght... Parental use... Abuse...

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XVI

All adolescents should be asked annually about involvement in sexual behaviors... for those who are not sexually active ... delay till the age of 19 to reduce risk of....

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XVII

Sexually active adolescents should be screened for STDs...

Adolescents at risk of HIV should be offered confidential HIV screening...

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XVIII

Sexually active female adolescents should be screened annually for cervical cancer and should receive counseling to reduce STD's and pregnancy risk...

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XIX

All adolescents should be asked annually about behaviors or emotions that include recurrent depression or risk of suicide...

Increases with age, more frequent in females but boys are more successful..

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XX

All adolescents should be asked annually about a history of sexual, emotional or physical abuse... Assure the safety of the adolescent environment...

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XXI

All adolescents should be asked annually about learning in school problems. Dramatic and subtle change in their performance is important to be investigated..

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XXII

Tuberculin test.....

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XXIII

All adolescents should be receive prophylactic immunizations....