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“SAD” ...Sex, Alcohol and Drugs: The Implications in Adolescent Health Care

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Outline

- Objectives
- Adolescent Health & Behaviors
- Confidentiality & Minor Consent
- Adolescent Substance Abuse
- Adolescent Sexual Health
- Sexual Health History
- Provider/Parent Responsibilities
- Adolescent Health Resources
- Adolescent Health Care Tips



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Objectives

- To identify the essential components of a comprehensive Sexual Health History
- To capture the opportunity for sexual and reproductive health care in preventive visits
- To apply minor consent to identify adolescent risk behaviors in your Pediatric and Adolescent practice

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Adolescent Health & Behaviors

- Eating Disorders
- School Violence
- Unintentional Injuries—MVA, Homicide
- Mental Health
- Substance Abuse
- Sexually Transmitted Infections
- Teen Pregnancy

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Confidentiality & Minor Consent

- Limits to Confidentiality

Explain in *their* language...

Mandatory Reporting (It's the Law)

For example, “You can tell me anything about Sex, Drugs and Alcohol and it will stay between you and I. I will only need to get help”...if

- Someone’s hurting you
- You’re hurting yourself
- You are hurting or going to hurt someone



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Adolescent Substance Abuse



- Alcohol and other Drug Use
 - *2009 Youth Risk Behavior Surveillance System (YRBSS)
 - 72.5% of U.S. High School Students reported one drink of alcohol on at least one day
- 41% admit to current use of alcohol (within last 30 days)
- 36.8% admit to using Marijuana 1 or more times during their life
- 22.7% report being offered, sold or given an illegal drug by someone on school property

*CDC, United States, High School Youth Risk Behavior Survey 2009

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Adolescent Sexual Health



- Sexually Transmitted Diseases*
 - 19 million new infections
 - Almost half of cases ages 15-24
 - \$17 billion annual cost to the U.S. health care system
- Chlamydia*
 - Over 1.3 million Chlamydia cases reported in 2010
 - Sexually active adolescents and young adults are not receiving annual screening as recommended by CDC
- HIV/AIDS Education**
 - 13% of H.S. Students reported ever being taught in school about AIDS or HIV

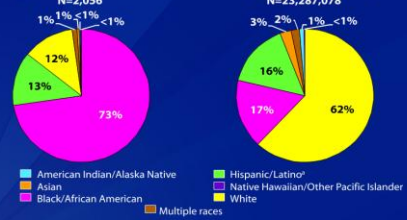
*CDC, STD Trends in the United States
 **CDC, United States, High School Youth Risk Behavior Survey 2009

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Diagnoses of HIV Infection and Population among Adolescents Aged 13-19 Years, by Race/Ethnicity, 2009-40 States

Diagnoses of HIV Infection N=2,056 U.S. Population aged 13-19 years N=23,287,078



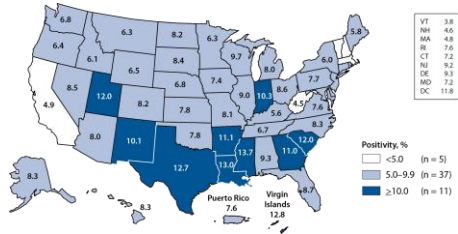
Note: Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting errors, but not for incomplete reporting.
 *Hispanic/Latino can be of any race.



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Chlamydia—Positivity Among Women Aged 15-24 Years Tested in Family Planning Clinics, by State, Infertility Prevention Project, United States and Outlying Areas, 2010



NOTE: Includes states and outlying areas that reported chlamydia positivity data on at least 500 women aged 15-24 years screened during 2010.



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Optimal Adolescent Sexual Health

- Absence of Sexually Transmitted Infections and Diseases
- Control of Fertility
- Avoidance of Unwanted Pregnancies
- Healthy Sexual Expression
 - Free from Abuse
 - Free from Oppression
 - Free from Exploitation

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Sexual Health History



- Guide to Risk Reduction
 - Identify those at risk for STI's
 - Identify anatomic sites for screening
- Adolescents need understanding and factual information
- Guidance to help choose ABSTINENCE as a viable choice
- Use contraception and condoms responsibly

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5 P's of the Sexual Health History

- Partners
- Prevention of Pregnancy
- Protection from STDs
- Practices
- Past STDs



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Sexual Health History—Partners

Purpose: To Determine Number of Partners and Gender

- Never assume gender of partner
- Determine Sexual Debut
 - Have you ever had sex before in your entire life?
- Sample Questions*
 - Do you have sex with girls, boys or both?
 - “How many people have you had sex with in your entire life?”
 - In the past three months?
 - In the past six months?



*California Chlamydia Action Coalition, December 2008

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Sexual Health History—Prevention of Pregnancy

Purpose: Desire of Pregnancy

Risk of becoming or causing Pregnancy

- Questions*
 - “Are you trying go become pregnant?”
 - “Are you and a partner trying to become pregnant?”
 - “What are you doing to prevent a pregnancy?”



*California Chlamydia Action Coalition, December 2008

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Sexual Health History—Protection from STI's

Purpose: Risk Reduction Counseling

- Condom Use
- Monogamy
- Self Perceptions
- Partner Perceptions
- Question*
 - “What do you do to protect yourself from sexually transmitted infections and HIV?”



*California Chlamydia Action Coalition, December 2008

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Sexual Health History—Practices

Purpose: Explore Sexual Practices

Guide Risk Reduction strategies

- Questions*
 - “Do you have vaginal sex?” (say--penis in vagina)
 - “Do you have anal sex?” (say--penis in rectum)
 - “Do you have oral sex?” (say--mouth on penis/vagina)
 - “Do you use condoms?”
 - Never—“Why don't you use condoms?”
 - Sometimes—“In what situations? With whom?”

*California Chlamydia Action Coalition, December 2008

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Sexual Health History—Past History of STI's

Purpose: Assess Risk Behaviors

Risk of Repeat Infections

- Questions*
 - “Have you ever had an STI?”
 - “Do you know what the infection was and when was it?”
 - “Have any of your partners had an STI?”
 - “Do you know what the infection was and when was it?”



*California Chlamydia Action Coalition, December 2008

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A Routine Visit with Whitney...



Whitney is a 15 y/o AA female who presents to your clinic with her mom for a sports physical. You are reviewing her patient questionnaire and notice she is sexually active and experimented with alcohol.

- 1) What is the first thing you can do for Whitney?
- 2) What questions would you ask Whitney?
- 3) Would you schedule a follow-up visit? Why? Why not?

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Health Provider/Parent Responsibilities

Health Care Provider

- Preventive Medicine
- Teen-Friendly Office/Clinic
 - Confidentiality
- Integrate Sexual and Social Health in Routine Visits
- Screenings
 - What have you done to protect yourself from Pregnancy/STI's/HIV/AIDS?
 - Annual Chlamydia , HIV and other STI Screenings

Parent Communication

- Avoid direct questions—Do you have sex?
- Allow separate visits with Health Care Providers
- Leave the Exam Room
- Reinforcing positive behaviors
- Open-ended questions
- Expression of Concern not Punishment
- AVOID JUDGMENTAL ATTITUDE

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Adolescent Health Resources

- National Chlamydia Coalition
 - Chlamydia Information and Resources for Providers and the Public
 - www.ncc.prevent.org
- Advocates for Youth
 - Adolescent and Reproductive Health Information
 - www.advocatesforyouth.org
- California Family Health Council, Inc.
 - Free and low cost patient and clinical resources
 - www.cfhc.org
 - www.healthedworks.org low cost, print-on-demand patient education
- Teen Source
 - Sexual health information for youth
 - www.teensource.org



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Adolescent Health Resources

- C.H.A.I.N. Reaction, Inc.
 - Peer Health Advocate Program, Foster Care & Probation Youth Services, Transitional Housing for Emancipated Youth
 - www.chainreactioninc.org
- Adolescent Health Working Group
 - Free and low cost downloadable online resources and toolkits
 - Adolescent Provider Toolkit Series
 - www.ahwg.net
- Centers for Disease Control and Prevention
 - Online source of credible health information—for Patients and Clinicians
 - www.cdc.gov



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Adolescent Health Resource: School-Based Health Clinics (SBHC's)

- Collaborate with your local SBHC to integrate care for your pediatric and adolescent patient
 - Early identification, intervention and follow-up with students are effective when services are available in school.
 - SBHC Clinicians work together with school Faculty and Administration to detect health behavior challenges.
- SBHC's provide primary and preventive physical and mental health services on-site.
- SBHC's help to reduce barriers to accessing health care, confidentiality and compliance.



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Adolescent Health Care Tips

- Never assume the type of relationship with Parents, Caregivers or Partners
- Take an opportunity to screen for STI's if time does not allow for a Comprehensive Sexual Health History
- Ask questions separate from Parents and Caregivers
 - Revisit the Sexual Health and Social History if private time is not an option
 - Review Minor Consent Laws with *your* patient and parents
- Adolescents usually visit once a year—Make it Count!



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