

Adolescent Preventive Care

You play an important role in helping teens recognize that their present behavior can affect their future health. When your teen patients come in for a visit, discuss the following indicators and document as indicated below.

1. Body Mass Index (BMI)

- Notation of BMI percentile or BMI percentile on a graph for adolescents from 12 – 15 years old.
- Notation of either BMI calculation or percentile or BMI calculation or percentile on a graph for adolescents 16, 17 and 18 years old.

2. Nutrition/Diet

- Notation of current behaviors, counseling, referral or educational handouts

3. Physical Activity/Exercise (*must be specific to physical activities/sports*)

- Notation on current behaviors, counseling, referral or educational handouts

4. Sexual Activity

- Notation of current behaviors, abstinence, family planning, condom use, contraceptives, HIV, STDs, pregnancy prevention and/or safe sex.

5. Depression (*must be specific to depression only*)

- Screen for depression (yes/no, symptoms, mood, suicidal ideation) for members 12 years and older, referral to or in treatment for depression, *or*
- Notation that depression is addressed as part of counseling

6. Tobacco Use/Smoking

- Notation on current behaviors, counseling or educational handouts

7. Substance Abuse

- Notation on current behaviors, counseling or educational handouts

- 🌐 Avoid generic statements such as “activities”, “mental health”, “toxic habits”, “HEADS”)
- 🌐 Affinity has developed a “SAFE TEEN” questionnaire that teens complete at the time of their visit, which provides information to begin discussions with the teens on all the indicators.
- 🌐 Affinity has also developed a sticker for ease of documentation.

Adolescent Screening/Counseling	
× BMI ___%___	× Tobacco
× Diet	× ETOH/Drugs
× Exercise	× Sexual Practices
× Y × N	Depressive Symptoms
× Y × N	Relationship Violence

It is important to address these issues during any visits with teens, as they tend not to come expressly for well visits. Use the opportunity of vaccine administration, school physicals or GYN exams to cover these very important issues with all teens aged eleven through twenty-one.

For further information on either of these tools, or additional information about adolescent care, contact the Quality Management Department: Judith Frederic, RN at 718-794-6037.