

# Counseling Adolescents Seeking Family Planning Services

## A CHECKLIST FOR PROVIDERS



Every family planning visit with an adolescent is an opportunity to promote optimal health outcomes.<sup>1</sup> This checklist outlines components of comprehensive family planning and other preventive health services for adolescents in accordance with recommendations from CDC and OPA,<sup>2</sup> and AAP,<sup>3,4</sup> and ACOG.<sup>5</sup>

## Initiating the Adolescent's Visit

Title X services must be provided to adolescents on a voluntary basis and without required parental consent. Always see an adolescent client alone for a portion of the visit.<sup>5</sup>

### REASON FOR VISIT

- Primary reason for visit
- Other sources of care  
*(if no other regular source of primary care, provide other preventive health services. See other side.)*

Adolescents benefit from having some private, independent time to talk with their providers, so I'd like to speak with [the client] alone for a few minutes. I'll invite you [the parent] to rejoin us when we finish.



### MEDICAL AND FAMILY HISTORY

- General health status
- Review of systems
- Health conditions
- Allergies
- Medication use
- Mental health and depression
- Past surgeries, specialty care, or emergency care
- Immunization status
- Family history

Everything we talk about here is confidential unless you tell me you're hurting yourself or someone else, or if you've been harmed, in which case I will need to reach out to get some more help.



## Comprehensive Family Planning Services for Adolescents

### REPRODUCTIVE HEALTH HISTORY

- Menstrual history
- Reproductive history and goals
- Physical/sexual development; gender identity
- Sexual history (partners, practices, protection, past history of STDs, pregnancy prevention)
- Sexual coercion

Delaying sex or not having sex is a healthy choice. I'm happy to share more about this if you'd like so you can make the best decision for yourself.



We routinely screen everyone your age for chlamydia and HIV. Do you have questions before we do that today?<sup>6</sup>

Do you think you might like to have (more) children? When do you think that might be? How important is it to you to prevent pregnancy (until then)?



It's never okay for anyone to make you feel like you should have sex if you don't want to.

### SOCIAL HISTORY AND DEVELOPMENT

- Strengths and protective factors
- Social risks
- Family participation

I tell all of my patients that it can be helpful to have a trusted adult you can talk to about things like dating, relationships, and pregnancy prevention. Do you have a parent or trusted adult you can speak to about why you are here today?



## Other Preventive Health Services for Adolescents

Assess the adolescent client's need for other preventive health services and provide or refer for these services in accordance with clinical recommendations.<sup>2</sup>

### HEALTH PROMOTING BEHAVIORS

- Body mass index
- Physical activity
- Healthy diet
- Sleep quality and quantity
- Body image

### ALCOHOL, TOBACCO, AND OTHER DRUG USE<sup>7</sup>

- Alcohol
- Marijuana
- Tobacco or nicotine products
- Substances to get high, relax, or sleep

I'm going to ask you a few questions that I ask all my patients. During the past 12 months, did you use...



### OTHER SAFETY AND HEALTH RISKS

- Oral health, including fluoride supplementation
- Skin exposure to ultraviolet rays
- Injury prevention
- Screen time and internet/phone safety
- Safe driving/riding practices
- Piercings and tattoos

You are due today for four important vaccines that prevent against meningitis, tetanus, HPV, and while you're here we can give you a flu shot. We'll give those shots at the end of the visit. Do you have any questions?



### IMMUNIZATIONS<sup>8</sup>

- Universal: flu, meningococcal, Tdap, HPV
- Catch up: inactivated poliovirus, MMR, varicella, hepatitis A
- At clinical discretion: meningococcal B

### OTHER SERVICES AND SCREENINGS<sup>4</sup>

- Based on age: hearing and vision
- Based on risk: anemia, TB, dyslipidemia
- Other resources or referrals

### NEXT VISIT

- Schedule follow-up visit as indicated

#### REFERENCES

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- 4 Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents: Adolescence Visits 11 Through 21 Years. Accessed at [https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4\\_AdolescenceVisits.pdf](https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_AdolescenceVisits.pdf)
- 5 ACOG. Well-Woman Recommendations: Ages 13-18. Accessed at: <https://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations>
- 6 Workowski K, Bolan G. Sexually transmitted diseases treatment guidelines, 2015. *MMWR Recomm Rep*. 2015 Jun 5;64(RR-03):1–137.
- 7 CRAFFT+N. Accessed at: <http://craftt.org/get-the-craftt>
- 8 CDC. [Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger](#), United States, 2019