

How to Provide Confidential Care to Adolescents

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June 27th, 2018

Objectives

- Discuss tips and tricks to provide confidential care to adolescents
- Review how to discuss confidentiality with adolescents
- Discuss how to empower our adolescents

Awareness

- Many teens do not know their legal rights to confidential care

Confidentiality Statement

- What is this?

Example: Confidentiality Statement

“Now I’m going to chat with [Jane] in private which I do with all the teens I see. What we talk about is private, or confidential, meaning I won’t share it with your [parent/guardian/DCF] unless I’m concerned about your safety.”

Example: Confidentiality Statement

“Now I’m going to chat with [Jane] in private which I do with all the teens I see. What we talk about is private, or confidential, meaning I won’t share it with your [parent/guardian/DCF] unless I’m concerned about your safety.”

Private time alone with adolescent

Communication

- What useful object never leaves an adolescent's side?

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Communication

- Healthcare providers should document:
 - Teen's cell phone number and/or email
 - If no cell – friend or family member's number

Communication




- Teen should know:
 - How to contact their PCP and/or behavioral health provider/clinic
 - Their insurance information
 - 211

Birth Control

- Contraception vs treatment of a medical condition
 - Heavy periods, cramps, irregular periods, acne
- Prescriptions vs Procedures vs Provide in clinic
- Resources:
 - Planned Parenthood
 - In Hartford – Women’s Ambulatory Health Services

Method	How well does it work?
The Implant Nexplanon® 	> 99%
Progestin IUD Liletta®, Mirena®, Skyla® and others 	> 99%
Copper IUD ParaGard® 	> 99%

Method	How well does it work?
The Shot Depo-Provera® 	94%
The Pill 	91%
Progestin-Only Pills 	91%

Method	How well does it work?
The Patch Ortho Evra® 	91%
The Ring Nuvaring® 	91%
External Condom 	82%

Emergency Contraception

- “Morning after pill”, Plan B, Ella, Copper IUD
- Pregnancy test not required for pills
- Within 5 days of unprotected sex
- Prescription vs Provide in clinic vs OTC
 - Target: \$34.99 (generic) vs \$46.99 (brand)
 - Walmart: \$22 (generic)
 - CVS or Walgreens: \$39.99 (generic) vs \$49.99 (brand)

Abortion

- Medical
 - 4-9 weeks after LMP
 - 2 visits – take medications at home then f/u
 - Heavier, longer bleeding at home
- Surgical
 - 6-14 weeks after LMP
 - 1 visit – procedure
 - Anesthesia/sedation
 - Lighter bleeding at home

STD Screening

- Annual screening for gonorrhea and chlamydia for females <25 years old and high-risk males
- HIV screening should be discussed and offered to all adolescents
- Normalize urine collection in clinic
 - Urine is gold!

Substance Use

- Parental request for a urine drug screen
- Motivational interviewing

Mental Health

- Ideal to include parents/guardian in discussion
- Other options: to help with school, to improve sleep, etc

Resources

- Reproductive Health Access Project – reproductiveaccess.org; clinical information and patient fact sheets on contraception, abortion, and miscarriage
- Planned Parenthood – plannedparenthood.org
- Free STD testing – gettested.cdc.gov