How to Provide Confidential Care to Adolescents

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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?
Communication

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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
<table>
<thead>
<tr>
<th>Method</th>
<th>How well does it work?</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Implant</td>
<td>&gt; 99%</td>
</tr>
<tr>
<td>Nexplanon®</td>
<td></td>
</tr>
<tr>
<td>Progestin IUD</td>
<td>&gt; 99%</td>
</tr>
<tr>
<td>Liletta®, Mirena®,</td>
<td></td>
</tr>
<tr>
<td>Skyla® and others</td>
<td></td>
</tr>
<tr>
<td>Copper IUD</td>
<td>&gt; 99%</td>
</tr>
<tr>
<td>ParaGard®</td>
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</tr>
<tr>
<td>The Shot</td>
<td>94%</td>
</tr>
<tr>
<td>Depo-Provera®</td>
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</tr>
<tr>
<td>The Pill</td>
<td>91%</td>
</tr>
<tr>
<td>Progestin-Only Pills</td>
<td>91%</td>
</tr>
<tr>
<td>External Condom</td>
<td>82%</td>
</tr>
<tr>
<td>The Patch</td>
<td>91%</td>
</tr>
<tr>
<td>Ortho Evra®</td>
<td></td>
</tr>
<tr>
<td>The Ring</td>
<td>91%</td>
</tr>
<tr>
<td>Nuvaring®</td>
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</table>
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

<table>
<thead>
<tr>
<th>Medical</th>
<th>Surgical</th>
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<tbody>
<tr>
<td>- 4-9 weeks after LMP</td>
<td>- 6-14 weeks after LMP</td>
</tr>
<tr>
<td>- 2 visits – take medications at home then f/u</td>
<td>- 1 visit – procedure</td>
</tr>
<tr>
<td>- Heavier, longer bleeding at home</td>
<td>- Anesthesia/sedation</td>
</tr>
<tr>
<td></td>
<td>- Lighter bleeding at home</td>
</tr>
</tbody>
</table>
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