



Adolescent Health Check – Information for GPs

The Adolescent Health Check has been developed by the National Divisions Youth Alliance (NDYA) and the Complete Primary Care (CPC) programs within the Australian Divisions of General Practice (ADGP). The template provides GPs with a framework to collect psychosocial and physical health data to assist in patient assessment and the development of a patient management plan.

The Adolescent Health Check incorporates a number of tool including the HEADSS mnemonic which is a widely used history collection tool that can be used by GPs to assist with; developing a rapport with a young person, gain an understanding of a young person’s psychosocial health as well as specific risk and protective factors in their life and to identify areas for intervention and the provision of health education.

This Adolescent Health Check has been put together with clinical input from the NDYA Reference Group in consultation with the CPC program and several Divisions of General Practice and stakeholders.

It is important to recognise that the Adolescent Health Check is a guide and not intended to be a prescriptive tool. The health data contained in the template can also be collected over a series of consultations and can be used in a paper form if GP data input at the desktop poses a barrier to effective communication, eye contact and rapport building.

NDYA and CPC would appreciate your feedback on using this tool by e-mailing feedback to ndya@adgp.com.au.

If you are a GP with a particular interest in adolescent health and/or would like to participate in a secure, unmoderated on-line forum for GPs on adolescent health issues, please e-mail NDYA, or visit the NDYA website <http://ndya.adgp.com.au> for further information.

Using the HEADSS Mnemonic- Sample Questions & Prompts

HEADSS	Possible Sample Questions & Prompts
H- Home	<p>Home</p> <ul style="list-style-type: none"> • How’re things going where you live? Have you had any recent moves/changes/losses concerning your home environment? • Who lives with you/ how do you get on with them? • Explore family/other supports/cultural identity • Who do you consider to be the most significant adult/s in your life? What kind of relationship do you have with them?
E- Education, Employment, Eating, Exercise	<p>Education, Employment</p> <ul style="list-style-type: none"> • Are you doing any study or work at the moment? (don’t assume they are at school) Where & what/ How’s it going / do you like it? • How are your grades/work performance —any recent changes? • Explore favorite and worst subjects/ aspects of the job/ what are they good/bad at? • Do you have any future education/employment plans? • Explore bullying • How do you get on with your teachers/boss/school or work mates?? • Do you ever get hassled by people at places like school or work? What

	<p>happens?</p> <ul style="list-style-type: none"> Do you miss much work/ school? <p>Eating</p> <ul style="list-style-type: none"> What is your usual breakfast/ lunch/ dinner? Explore vegetarianism, rigid dieting/exercising, perceived body image, laxative use/ diuretics use/ bingeing/ purging Have you had any recent and past weight gain/ losses <p>Exercise</p> <ul style="list-style-type: none"> Do you like to do any exercise? How much/ how often/ what type? What are your energy levels like?
A- Activities, Hobbies & Peer Relationships	<p>Activities, Hobbies & Peer Relationships</p> <ul style="list-style-type: none"> What do you like to do for fun or in spare time (e.g. hobbies/sports/youth clubs/ parties / where do you hang out? Do you take any measures to help protect yourself from getting hurt? Do you wear hats and sunscreen when you are outdoors? Do you have any close friends you spend time with, trust or can talk to? What do you like to do with your friends? By yourself? With family?
D- Drugs Use	<p>Drug Use</p> <ul style="list-style-type: none"> Many young people experiment with drugs. Do any of your friends? How about you? Consider- alcohol, cigarettes, caffeine, prescription/Illicit drugs How much and how often? Do you take tablets, inject- what method do you use to take drugs? What effect does it have on you? At the time? Afterwards? Do you ever mix drugs? Explore access and changes in usage (increase / decrease)? Do other family/ friends take drugs? Have you ever had any treatment/ sought help?
S- Sexual Activity & Sexuality	<p>Sexuality</p> <ul style="list-style-type: none"> Be non judgmental - e.g. if sexually active early or not sexually active late, don't assume heterosexuality) Some young people around your age start developing sexual /romantic relationships. Have you ever had a sexual/romantic relationship with a girl or a boy? If appropriate explore comfort with own sexuality Has anyone ever spoken to you about contraception and protection against STDs so you can protect yourself? Have you found a method of contraception that you feel comfortable with? Provide sexual health education as required. Have you ever been tested for STI's? Do you have any children? Has anyone ever touched you in a way that has made you feel uncomfortable or forced you into a sexual relationship? Females- Have you ever had a pap smear? Been pregnant?
S- Suicide, Depression & Mental Health	<p>Suicide, Depression & Mental Health</p> <ul style="list-style-type: none"> People sometimes feel down or sad. How about you? When did you last feel like this? Distinguish between normal mood swings of adolescence and more severe depression Have you ever thought about suicide or attempted suicide in the past? What stopped you? Explore current suicidal ideation /intent//method /past attempts/ any treatment Explore for anxiety and stress related disorders Consider depression score, mental status examination, risk

ACKNOWLEDGEMENTS

The HEADSS framework used in this template is adapted from the HEADSS tool developed by Goldenring and Cohen (1988).

NDYA would also like to acknowledge the work done by the Centre for the Advancement of Adolescent Health, NSW, and the Centre for Adolescent Health, Victoria, in the area of GP Training in adolescent health and using the HEADSS mnemonic.