

### **Today's Visit**

Adolescence is an extremely important time for yearly well child checks. Although adolescents tend to be very healthy, they are experiencing huge changes physically, mentally, emotionally, and socially. Annual checkups offer a great opportunity to explore and learn more about these changes in a safe, trusted, and non-judgmental environment.

### **What to Expect:**

Adolescent comfort and confidentiality are of the utmost importance to us. In our experience, we have seen that adolescents may have subjects they wish to discuss in private. We therefore recommend and seek to spend a portion of the check up alone with your adolescent to build rapport and cover any health-related topic that might be hard to talk about in front of parents. Topics such as mental health, physical health, nutrition, social and/or romantic relationships, sexuality, substance use/experimentation, personal and online safety, contraception, and making good choices may be discussed. By law, parents will be advised of these confidential issues if your adolescent gives us permission to include you in the discussion, or if they say something that makes the provider believe your child or someone else is in danger.

### **Well Visit Screenings**

In accordance with the recommendations of the American Academy of Pediatrics (AAP), there are several screenings today, all covered by insurance. Each adolescent will receive a **depression screening questionnaire** from the front desk to be filled out confidentially while waiting for the doctor or NP performing the checkup. Upon completion, your adolescent can keep it face down (*for privacy reasons*) or give it to the nurse to share with the provider. A nurse will take measurements such as height, weight, blood pressure and heart rate. A **vision screening** for those who do not see an eye doctor regularly.

A **urine sample** will be collected for all adolescents 16 years and older to screen for gonorrhea and chlamydia. These are the two most common sexually transmitted infections (STIs) in adolescents, are easily treatable, are often symptom-free (i.e. your adolescent may not have any indication they have an infection), and cause long-term effects on physical health and fertility if undetected and untreated.

Given the high prevalence of these infections, and that many adolescents are often very private about sexual activity, even when speaking in private with their provider, our practice follows the recommendation from the AAP which recommends screenings for all adolescents 16 years and older. The results of the STI screening belong to the adolescent and we can only legally share the results with parents if given permission to do so by the adolescent.

### **Thank You**

Our primary goal as your pediatricians is to promote and ensure the physical, mental, social, emotional, and developmental health of your adolescent. We thank you for the opportunity to partner with you in caring for your adolescent and appreciate the trust you have placed in us. Please ask your child's doctor or NP if you have questions about any component of the adolescent checkup.