

## #StayWell Adolescent Well Visit Learning Collaborative 2019

### Global Aim

To empower adolescents to be actively engaged in their preventative health care and equip them with the knowledge and skills for a healthy transition into adulthood

### Specific Aim

*From January to September 2019, physician practices will increase of adolescent well child visits (WCV) by 10%*

### Measures/Goals:

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- Increase attendance at adolescent preventative well child visits by 10% above baseline
- Review practice confidentiality policy at 80% of adolescent well visit

#### Optional measures: complete 80% at recommended intervals

- Adolescent vaccines
- Obesity: Body Mass Index assessment and nutrition and physical activity counseling
- HIV, GC and Chlamydia screening
- Tobacco use and exposure
- Alcohol use, marijuana/illicit drug use screening
- Birth control counseling
- Risk behavior screening

### Key Drivers

Improve Office Reminder System and Outreach

Encourage Teen-centered care

Leverage Missed Opportunities

Raise awareness of importance of Adolescent WCV

Develop Sustainability Plan for Optimal Adolescent Well Visit Care

### Interventions

- Establish data system to identify adolescent patients and WCV components
- Recall teens behind in WCV or vaccines
- Enhance Reminder Systems
  - Implement testing – patients and caregivers
  - Utilize annual reminder mailers (emails, patient portals, birthday cards)
  - Interact with patients and families through charting portal
- Utilize social networking
  - Interact regularly through Facebook, Twitter, Mobile Applications and Practice website

- Involve Parents/Families in workflow design
- Educate Staff about practice confidentiality policy
- Inform adolescents about rights to confidentiality
- Discuss confidentiality policies with parents present
- Implement transition policy
- Provide age appropriate material suited to the needs of the adolescent population
- Create an adolescent friendly waiting area and exam rooms
- Foster a trusting relationship with the adolescent population
- Link teens to community resources

- Use acute care to increase WCV attendance
  - Convert minor illness to SCV when possible
  - Use chart flags/alerts to remind patients to schedule WCV before leaving the office
- Use and convert sports physicals to WCVs

- Describe the difference between sports physicals and the WCV
  - WCV = sports physical + comprehensive care
  - Sports physical = clearance for sports
- Promote protocols for additional components of the WCV
  - Academic and personal development to prepare for college and beyond
  - Mental health surveillance and treatment when appropriate
  - Risk reduction regarding nutrition and weight management, safe driving, smoking and drug/alcohol avoidance, reproductive health

- Select and customize evidence-based protocols for your office
- Determine staff workflow to support protocols, including standing orders
- Use protocols with all patients
- Maintain protocols and update as needed