



#StayWell: An Adolescent Well Visit Learning Collaborative Overview

Collaborative Purpose

Alabama Child Health Improvement Alliance (ACHIA) Collaboratives have a dual purpose: to improve a specific content area – in this case adolescent well visit outcomes – as well as to foster a culture of quality improvement (QI) to ensure that gains are sustained long after the collaborative concludes. ACHIA collaboratives emphasize the “Local” nature of improvement by connecting with local content experts, local community resources – and perhaps most importantly – by providing a platform for Alabama practices to learn from parents and patients as well as from one another.

The Adolescent Challenge

Adolescents are among those least likely to have access to health care, and they have the lowest rate of primary care use of any age group in the United States. Adolescents have unique health care needs that are not always addressed, and young people often face significant barriers to obtaining needed health care, including lack of insurance, financial difficulty, fragmented care and lack of (or perceived lack of) confidentiality. Most adolescent morbidity and mortality are attributable to preventable risk factors, and AAP guidelines for quality adolescent health care include screening and counseling to promote healthy behaviors and prevent risky behaviors and for the provision of confidential care.

Starting with the End in Mind

Global Aim: *#StayWell* practices will 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.

Over the 9 months, participants will increase knowledge of best practices for the adolescent well visit by reviewing online educational modules and engaging with faculty experts on monthly webinars. Practices will conduct assessments of current practices through surveys and will implement change ideas by applying QI tools such as plan-do-study-act cycles under the guidance of the ACHIA QI coach.

The *#StayWell* curriculum includes:

- helping youth become educated consumers of healthcare and communicating importance of the medical home
- applying data to improve the quality of youth services
- supporting provider and staff efforts to respond and communicate appropriately to developmental needs of adolescents
- reviewing office policies for ease of accessibility to youth

- ensuring providers, staff and parents support and engage youth in transitioning from the pediatric to adult healthcare
- ensuring providers, staff, teens and parents understand parameters of confidentiality
- involving youth in their care
- reviewing guidelines for clinical care.

Specific Interventions: From January to September 2019, practices will collect baseline data, intervention data (6 months), and post project data to assess whether interventions are leading to improvements.

Measures/Goals:

- Incorporate change ideas to standardize reminder/recall processes and to decrease missed opportunities to increase attendance at adolescent preventative well child visits by 10% above baseline
- Establish a practice wide confidentiality policy to review at a minimum of 80% of adolescent well visits
- Increasing practice delivery of core components of transition to adult care
- As a balancing measure, assess impact of collaborative changes on other aspects of clinical care