



Division of Adolescent & Young Adult Medicine Retreat - 2018

# Understanding Clinical Preventative Services for Adolescents and Young Adults

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*“We’re running a little behind, so I’d like each of you to ask yourself, ‘Am I really that sick, or would I just be wasting the doctor’s valuable time?’”*

# National Adolescent Health Information Center (NAHIC)

- **Peer-reviewed research using secondary analyses and NAHIC website**
  - National survey data on adolescents and young adults
  - Healthcare access and preventive healthcare
- **Research publications have shown:**
  - Trends in A & YA risky behaviors & health status: Little progress & YAs fare worse
  - Identified guidelines for YA preventive services
  - A & YA preventive care receipt: Low rates & SES disparities
  - Adolescent time alone with provider: Low rates & SES disparities
  - Preventive visits have value: Higher rates preventive services A & YA
  - Monitoring preventive visits: Huge variation in A & YA among various national surveys (NHIS, NSCH, MEPS, BRFSS)
  - ACA helps: Pre- to Post- ACA improvements in A & YA preventive care & visits
  - Insurance is not sufficient for attendance of A & YA preventive visit
  - YA mental health/substance use treatment: Low rates & SES disparities
  - Adolescent medical home status: Low rates among those with mental health problems

# National Adolescent Health Information Center (NAHIC)

- **NAHIC website:**
  - Adolescent preventive services guidelines summary
  - Young adult preventive services guidelines summary

Summary of Clinical Preventive Services Guidelines for Young Adults Ages 18-25 (CPSG-YA Summary)  
UCSF Division of Adolescent and Young Adult Medicine

**NAHIC**

Guidelines as of 10/2018, subject to change.

| Preventive Services                                                                            | All (√) | At Risk (+) | Screening Test/Procedure and Other Notes                                                                       |
|------------------------------------------------------------------------------------------------|---------|-------------|----------------------------------------------------------------------------------------------------------------|
| <b>Nutrition/exercise/obesity</b>                                                              |         |             |                                                                                                                |
| <input type="checkbox"/> Hypertension/Blood Pressure <sup>†</sup>                              | √       |             | Screen every 3-5 years with BP < 130/85 mm Hg w/ no other risks                                                |
| <input type="checkbox"/> Dyslipidemia Screening                                                | √       |             | √ Bright Futures screen once between 17-21 years of age                                                        |
| <input type="checkbox"/> Obesity/BMI                                                           | √       |             | [Weight (lb.)/Height (in)] x 703                                                                               |
| <input type="checkbox"/> Healthy diet <sup>†</sup>                                             |         | +           | Intensive behavioral dietary counseling                                                                        |
| <b>Substance Use</b>                                                                           |         |             |                                                                                                                |
| <input type="checkbox"/> Alcohol (screening and counseling) <sup>†</sup>                       | √       |             | NIAAA Screening, AUDIT, √ Bright Futures                                                                       |
| <input type="checkbox"/> Tobacco screening and counseling for non-pregnant adults <sup>†</sup> | √       |             | 5-A Framework (Ask, Advise, Assess, Assist, Arrange), combination pharmacotherapy and behavioral interventions |
| <input type="checkbox"/> Tobacco screening and counseling for pregnant women <sup>†</sup>      | √       |             | 5-A Framework (Ask, Advise, Assess, Assist, Arrange), should undergo behavioral interventions                  |
| <input type="checkbox"/> Illicit Drugs (screening and counseling) <sup>†</sup>                 | √       |             | √ Bright Futures* and ACOG**, USPSTF insufficient evidence                                                     |
| <b>Mental Health/Depression</b>                                                                |         |             |                                                                                                                |
| <input type="checkbox"/> Depression (screening and treatment)                                  | √       |             | Screening instruments: PHQ, EPDS                                                                               |
| <input type="checkbox"/> Suicide Screening                                                     | √       |             | √ Bright Futures and ACOG, USPSTF insufficient evidence                                                        |
| <b>Safety/Violence</b>                                                                         |         |             |                                                                                                                |
| <input type="checkbox"/> Family/partner violence <sup>†</sup>                                  | √       |             | HITS; OAS/OVAT; ST <sub>2</sub> T; HARK; CTQ-SF; and WAST                                                      |
| <input type="checkbox"/> Fighting                                                              | √       |             | √ Bright Futures and ACOG                                                                                      |
| <input type="checkbox"/> Helmets                                                               | √       |             | √ Bright Futures and ACOG                                                                                      |
| <input type="checkbox"/> Seat belts                                                            | √       |             | √ Bright Futures and ACOG                                                                                      |
| <input type="checkbox"/> Guns                                                                  | √       |             | √ Bright Futures and ACOG                                                                                      |
| <input type="checkbox"/> Bullying                                                              | √       |             | √ Bright Futures only                                                                                          |

|                                                                       |      |   |                                                                           |
|-----------------------------------------------------------------------|------|---|---------------------------------------------------------------------------|
| <b>Reproductive Health</b>                                            |      |   |                                                                           |
| <input type="checkbox"/> HIV <sup>†</sup>                             | √    |   | HIV Screening                                                             |
| <input type="checkbox"/> STI (screening and counseling) <sup>†</sup>  |      | + | High-Intensity Counseling Interventions                                   |
| <input type="checkbox"/> Syphilis                                     |      | + | RPR or VDRL followed by TPPA or FTA-ABS if first test result positive     |
| <input type="checkbox"/> Gonorrhea (females)                          |      | + | NAAATs; test if ≤ 24 and sexually active or if ≥ 25 and at increased risk |
| <input type="checkbox"/> Chlamydia (females)                          |      | + | NAAATs; test if ≤ 24 and sexually active or if ≥ 25 and at increased risk |
| <input type="checkbox"/> Chlamydia & Gonorrhea (male)                 |      | + | √ Bright Futures only                                                     |
| <input type="checkbox"/> Birth Control Methods                        | √    | + | √ ACOG, + Bright Futures                                                  |
| <input type="checkbox"/> Pregnancy                                    |      | + | + Bright Futures                                                          |
| <input type="checkbox"/> Folic Acid                                   |      | + | Women planning/capable of pregnancy should take folic acid daily          |
| <b>Cancer Screening</b>                                               |      |   |                                                                           |
| <input type="checkbox"/> Cervical Cancer                              |      | + | Females ages 21+; Cytology (pap smear) every 3 years                      |
| <input type="checkbox"/> Skin Cancer                                  |      | + | Counseling for individuals aged 6 months – 24 yrs with fair skin type     |
| <input type="checkbox"/> Testicular Cancer (self/clinician exam)      | √    |   | √ Bright Futures for all males 18-21, USPSTF recommends against           |
| <input type="checkbox"/> BRCA-Related Cancer <sup>†</sup>             |      | + | Family Hx of breast, ovarian, tubal, or peritoneal cancer                 |
| <b>Infectious Diseases including CDC Immunization Recommendations</b> |      |   |                                                                           |
| <input type="checkbox"/> Td/Tdap                                      | √    |   | Td booster every 10 years                                                 |
| <input type="checkbox"/> Human papillomavirus                         | √    |   | 9-HPV vaccine for males and females up to age 26; 3 lifetime doses        |
| <input type="checkbox"/> Varicella (LIVE VACCINE)                     | √*** |   | 2 lifetime doses at least 4 weeks apart ***See below                      |
| <input type="checkbox"/> Measles, mumps, rubella                      | √    |   | 1 or 2 lifetime doses at least 4 weeks apart                              |
| <input type="checkbox"/> Influenza                                    | √    |   | 1 dose annually                                                           |
| <input type="checkbox"/> Pneumococcal                                 |      | + | PCV13: 1 lifetime dose   PPSV23: 1-2 lifetime doses                       |
| <input type="checkbox"/> Hepatitis A                                  | √    |   | 2 or 3 lifetime doses                                                     |
| <input type="checkbox"/> Hepatitis B                                  | √    |   | 3 lifetime doses                                                          |
| <input type="checkbox"/> Meningococcal Quadrivalent                   | √    |   | 2 lifetime doses                                                          |
| <input type="checkbox"/> Serogroup B Meningococcal                    |      | + | Men B vaccine (2 or 3-dose series) to those 16-23 years old               |
| <input type="checkbox"/> Hepatitis C Screening <sup>†</sup>           |      | + | Anti-HCV antibody testing, polymerase chain reaction testing              |

# The future of improving Clinical Preventive Services

- How do we convince consumers that preventive care is of value for them?
- How do we improve the quality of what patients receive when they see clinicians – “the value of the visit for the patient”?
- How do we measure short term and long term health outcomes of the visit?
- How do we measure and explore alternatives to face to face clinical encounters for preventive care?