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

<table>
<thead>
<tr>
<th>Preventive Service</th>
<th>All (+)</th>
<th>At Risk (+)</th>
<th>Screening Test/Procedure and Other Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition/exercise/obesity</td>
<td></td>
<td></td>
<td>Screen every 3-5 years with BP &lt; 130/85 mm Hg w/o other risks</td>
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<tr>
<td>Hypertension/Blood Pressure</td>
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<tr>
<td>Dyslipidemia Screening</td>
<td></td>
<td></td>
<td>Bright Futures screen once between 17-21 years of age</td>
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<tr>
<td>Obesity/BMI</td>
<td></td>
<td></td>
<td>(Weight (lb.)/Height (in)) x 703</td>
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<tr>
<td>Healthy diet</td>
<td>+</td>
<td></td>
<td>Intensive behavioral dietary counseling</td>
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<tr>
<td>Substance Use</td>
<td></td>
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<tr>
<td>Alcohol (screening and counseling)</td>
<td></td>
<td></td>
<td>NAAC Alcohol AUDIT, Bright Futures</td>
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<tr>
<td>Tobacco screening and counseling for non-pregnant adults</td>
<td></td>
<td></td>
<td>5-A Framework (Ask, Advise, Assess, Assist, Arrange), combination pharmacotherapy and behavioral interventions</td>
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<tr>
<td>Tobacco screening and counseling for pregnant women</td>
<td></td>
<td></td>
<td>5-A Framework (Ask, Advise, Assess, Assist, Arrange), should undergo behavioral interventions</td>
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<tr>
<td>Illicit Drugs (screening and counseling)</td>
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<td></td>
<td>Bright Futures* and ACOG**, USPSTF insufficient evidence</td>
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<tr>
<td>Mental Health/Depression</td>
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<td>Screenings: PHQ, EPDS</td>
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<tr>
<td>Depression (screening and treatment)</td>
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<td></td>
<td>Bright Futures and ACOG, USPSTF insufficient evidence</td>
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<tr>
<td>Suicide Screening</td>
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<tr>
<td>Family/partner violence</td>
<td></td>
<td></td>
<td>HITS, GASOFAT, STI, HARK, CTQ-SF, and WAST</td>
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<tr>
<td>Fighting</td>
<td></td>
<td></td>
<td>Bright Futures and ACOG</td>
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<td>Helmets</td>
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<td></td>
<td>Bright Futures and ACOG</td>
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<tr>
<td>Seat belts</td>
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<td>Bright Futures and ACOG</td>
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<tr>
<td>Guns</td>
<td></td>
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<td>Bright Futures and ACOG</td>
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<tr>
<td>Bullying</td>
<td></td>
<td></td>
<td>Bright Futures only</td>
</tr>
</tbody>
</table>

Reproductive Health
- STI (screening and counseling)*
- Syphilis
- Gonorrhea (female)
- Chlamydia (female)
- Chlamydia & Gonorrhea (male)
- Birth Control Methods
- Pregnancy
- Folic Acid

Cancer Screening
- Cervical Cancer
- Skin Cancer
- Testicular Cancer and other tests
- BRCA-related Cancer

Infectious Diseases including CCR Immunization Recommendations
- Tetanus
- Human papillomavirus
- Varicella
- Measles, mumps, rubella
- Influenza
- Pneumococcal
- HEPatitis A
- HEPatitis B
- Meningooccal Quand/Val
- Hepatitis C Screening

Guidelines as of 10/2018, subject to change.
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?