

# The Initial Reproductive Health Visit

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# Faculty Disclosure

- Nothing to disclose
- I am simply not that exciting
- Yet.

# Practice Gap/Expected Outcome

- Sexual and reproductive health needs of adolescents are not being reliably met
- The primary care office is well-positioned to include sexual and reproductive health visits/counseling
- Primary care physicians are part of the community that can provide comprehensive sex education which can lead to
  - Safe and positive views on sexuality
  - Healthy interpersonal relationships
  - Informed choices about sexuality and sexual

# Objectives

- Determine appropriate timing, counseling, exam, and testing for each adolescent based on their needs
- Compare and contrast the adolescent reproductive visit with the adult reproductive visit
- Integrate the initial reproductive visit into the progression of preventative care visits

# Goals

- Preventative Health Care
- Educational Information
- Guidance
- Problem-Focused Care



# Recommendations

- Timing
- Creating the environment
- Confidentiality
- What the visit entails (and doesn't entail)
- Counseling
- Treatment Plan
- Follow-up

# Creating the environment

- Inclusive and adolescent-friendly environment
- Staff training
- Information-gathering
- Information-distribution



# Confidentiality

- Informed assent vs. informed consent
- Adolescents in Kentucky
- Systematic discussions (group work)

# Adolescents in Kentucky

- General medical care
- Immunizations
- Dental care
- Sexual assault evaluation
- STI testing and treatment
- HIV testing and treatment
- Contraceptive care
- Prenatal care
- Substance abuse treatment
- Mental health care

# What the visit entails

- Timing
- Scope
- Time alone with patient and parent/guardian
- Gender identity
- Sexuality
- Sexual and reproductive history
- Physical examination

# Counseling

- Confidentiality
- Risky behaviors
- Unhealthy behaviors
- Healthy behaviors

# Treatment Plan

- STI testing
- Physical findings
- Diagnosis and treatment options
- Confidentiality (again)

# Follow-up

- Preventative care
- Medication follow-up
- Resources for parent/guardian and patient

# Special Considerations

- Developmental Delay
- Pregnancy
- Physician scope

# Bibliography

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