

CHA - Child Health Adolescent (12-18 Years)

CHA-AOD ALCOHOL AND OTHER DRUGS

OUTCOME: The patient/family will understand the dangers posed by use of tobacco, alcohol, street drugs, or abuse of prescription drugs.

STANDARDS:

1. Explain that adolescence is a high-risk time for using drugs and other risky behaviors.
2. Describe some of the possible dangers of illicit drug use, including but not limited to:
 - a. Marijuana is known to interfere with the actions of male hormones and may reduce fertility and male secondary sex characteristics.
 - b. Cocaine, methamphetamine (“speed”), and other stimulant use is often associated with heart attacks, strokes, kidney failure, and preterm delivery of infants.
 - c. Narcotics cause sedation, constipation, and significant impairment of ability to think.
 - d. Inhalants (huffing) can cause permanent brain damage.
 - e. Diet pill use has been known to cause heart attacks and tachycardia with palpitations, impotence and dizziness.
 - f. Anabolic steroid can cause severe, long-lasting, and often irreversible negative health consequences. These drugs can stunt the height of growing adolescents, masculinize women, and alter sex characteristics of men. Anabolic steroids can lead to premature heart attacks, strokes, liver tumors, kidney failure and serious psychiatric problems.
 - g. All drugs of abuse impair judgment and dramatically increase the risk of behaviors which lead to AIDS, hepatitis, and other serious infections, many of which are not curable as well as increase the risk of injury.
 - h. Illicit drug use often results in arrest and imprisonment, creating a criminal record which can seriously limit the offender’s ability to get jobs, education, or participate in government programs.
3. Explain that nicotine, found in smoke and smokeless tobacco products, is an extremely addictive drug and that almost everyone who uses tobacco for very long will become addicted. Risks of tobacco use include:
 - a. Emphysema and severe shortness of breath which often will limit the patient’s ability to participate in normal activities such as sports, sex, and walking short distances.

- b. Greatly increased risk of heart attacks, strokes, and peripheral vascular disease.
 - c. Significant financial cost. (Smoking one pack of cigarettes per day at \$3.00 per pack will cost almost \$1,100.00 per year. Suggest that there are lot of things the patient may prefer to do with that much money.)
 - d. Cancer of the lung, bladder, and throat (smoking) as well as of the lip and gum (smokeless tobacco). These tumors are typically very aggressive and often cannot be successfully treated.
4. Explain that alcohol use is a major cause of illness and death in the United States and that addiction is common. Some of the risks of alcohol use are:
- a. Significant impairment of judgment and thinking ability leading to behaviors which the patient might not otherwise engage in, such as indiscriminate sex, fighting, and use of other drugs.
 - b. Liver disease, up to and including complete liver failure and death.
 - c. Arrest and imprisonment for alcohol-related behaviors such as drunken driving or fighting.
 - d. Loss of employment, destroyed relationships with loved ones, and serious financial problems.

CHA-CAR AUTOMOBILE SAFETY

OUTCOME: The patient/family will understand measures that will improve car safety.

STANDARDS:

1. Discuss the importance of using a seat belt when traveling in a vehicle.
2. Explain that the youngest child should be restrained in a car seat in the middle of the back seat of the vehicle.
3. Explain the dangers posed by things that might divert attention from driving, such as smoking, cell phone use, eating, CDs and radios, etc.
4. Emphasize the importance of never driving while under the influence of alcohol, sedatives, and/or street drugs.
5. Discuss the dangers in riding on the outside of the vehicle, such as in the back of a pick-up truck, on the hood of the vehicle, or on running boards of a vehicle.
6. Emphasize not to leave sibling/infant/child unattended in a vehicle (motor running, not running, keys in car) due to potential incidents; e.g., vehicle gears shifted and car goes in motion, electric windows cause injury to child, keys locked in vehicle with child, heat/cold exposure, abduction, or child wandering away.

CHA-DC DENTAL CARIES

OUTCOME: The patient/family will understand the importance of good oral hygiene.

STANDARDS:

1. Explain that an important factor in the prevention of cavities is the removal of plaque by brushing the teeth and flossing between them daily. Discuss and/or demonstrate the current recommendations and appropriate method for brushing and flossing.
2. Explain that the frequency of carbohydrate consumption increases the rate of acid attacks, thereby increasing the risk of dental decay. **Refer to DC-N.**
3. Explain that pathogenic oral bacteria may be transmitted from one person to another; therefore, it is especially important that families with small children (ages 6 months to 8 years) control active tooth decay in all family members.
4. Explain that the use of fluoride strengthens teeth and may rebuild the early damage caused by bacteria/acid attacks. Explain that the most common source of fluoride is unfiltered, fluoridated tap water. It is also available in toothpastes and rinses, varnishes, or fluoride drops/tablets. Consult with a dentist/physician to determine if the drinking water contains adequate fluoride and if supplementation is needed.
5. As appropriate, discuss sealants as an intervention to prevent dental caries.
6. Discuss that tobacco use increases the risk of tooth decay.

CHA-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of keeping routine well visits.

STANDARDS:

1. Discuss the reasons for well visits.
2. Inform the patient/family of the timing of the next well visit.
3. Discuss the procedure for making appointments.

CHA-GD GROWTH AND DEVELOPMENT

OUTCOME: The patient/family will understand the physical and emotional changes that are a natural part of adolescence.

STANDARDS:

1. Explain that adolescence is a time of rapid body growth. This often results in awkwardness as the brain is adjusting to the new body size.

2. Discuss the natural increase in sex hormones during adolescence. Explain that this often results in an increased interest in members of the opposite sex. Encourage abstinence.
3. Discuss school transitions and the need to become responsible for school attendance, homework and as appropriate, course selection. Encourage participation in school activities. Encourage identification and pursuit of talents.
4. Encourage active participation of the child in time management to get chores, school work, and play accomplished.
5. Review the increasing importance of hygiene.
6. Discuss prepubescent/pubescent body changes and the accompanying emotions:
 - a. Review the information needed to explain menses and nocturnal emissions, as appropriate.
 - b. Explain that emotional and social maturity often do not keep pace with physical maturity. It is very important to keep open lines of communication between parents and teenagers.
 - c. Explain that puberty and the associated growth spurt begins and ends at an earlier age in girls than in boys.

CHA-L LITERATURE

OUTCOME: The parents/family will receive literature about adolescent health issues.

STANDARDS:

1. Provide the parents/family with literature on adolescent health issues.
2. Discuss the content of literature.

CHA-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.

3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

CHA-N NUTRITION

OUTCOME: The parent(s)/family and adolescent will relate nutrition to growth and development.

STANDARDS:

1. Stress the importance of reducing fats, sugars, and starch to avoid obesity and diabetes and subsequent self-image problems. Emphasize the role peers play in food intake. Discuss the child's predilection for junk food. Stress ways to improve the diet by replacing empty calories with fresh fruits, nuts and other wholesome snacks. **Refer to HPDP-N.**
2. Review the basics of a nutritious meal plan. Teach the teen to make healthy food choices. Emphasize the role peers play in food intake and ways to resist negative peer pressure. Encourage three nutritious meals a day and healthy snacks.
3. Encourage parents to model healthy nutritional habits and to eat as a family as often as possible. Encourage parents/teens to read food and beverage labels and then make healthy choices, e.g., whole fruits, vegetables; grains; lean meat, chicken, fish, low-fat dairy products. Refer to a registered dietitian or other appropriate resource.
4. Emphasize that large portions of sweetened drinks have no nutritional value and increase the risk for obesity.
5. Encourage maintenance of a healthy weight with good nutrition and physical activity. Discuss the warning signs and risks of anorexia and bulimia in adolescence. Refer to a registered dietitian.
6. Emphasize the importance of not skipping meals, especially breakfast.

CHA-PA PARENTING

OUTCOME: The parent/family and adolescent will understand the transitional phase of adolescence from childhood to adulthood.

STANDARDS:

1. Discuss the teenager's changing self-image and the effect of peer pressure. Explain the importance of teaching adolescents to respect others and accept their differences. Discourage bullying and belittling behaviors.
2. Parent/teen relationship:
 - a. Stress the importance of communicating (especially LISTENING) and providing a supportive environment.

- b. Discuss the importance of spending quality time with the teenager.
 - c. Emphasize that teens need praise for good behavior.
 - d. Discuss the importance of establishing realistic expectations, clear limits, and consequences.
 - e. Discuss that the parent teen relationship will likely be better if the parent minimizes criticism, nagging and negative messages.
 - f. Emphasize the importance of consistency in parenting.
 - g. Discuss the importance of respecting the teen's need for privacy.
 - h. Provide an environment that allows for increased independence and decision-making.
 - i. Emphasize the importance of knowing the child's friends and their families.
 - j. Discuss monitoring for alcohol, drug and tobacco use as well as sexual activity.
 - k. Discuss the destructiveness of parent/teen violence. Refer to BH.
3. Emphasize that school activities are often very important to teenagers. Encourage parents to show interest in school activities.
 4. Discuss how fluctuating hormone levels affect emotions. Be alert for significant changes in behavior which may indicate psychosocial stressors or negative peer influences.
 5. Parent/Family behaviors:
 - a. Discuss that drinking and smoking in the presence of children/teens may promote this behavior in the child.
 - b. Discuss that children/teens who witness violent or abusive behaviors may mimic these behaviors.
 - c. Emphasize the importance of modeling respect, family values, safe driving practices, and healthy behaviors.
 - d. Discuss that guns should be handled responsibly. Encourage gun safes/gun locks or removing guns from the home as appropriate.

CHA-S SAFETY

OUTCOME: The parent/family and adolescent will understand the principles of injury prevention and avoidance of risk behaviors.

STANDARDS:

1. Review that motor vehicle crashes are the most common cause of injury and death in this age group. Encourage the use of seat belts. Promote driving education

courses and the importance of following the speed limit and other rules of the road. Refer to **CHA-CAR**.

2. Promote the safe use of all recreational vehicles (e.g., all terrain vehicles (ATVs), snow machines, boats, horses), discuss personal protective equipment, e.g., helmets, knee pads, elbow pads, mouth guards. Refer to community resources as appropriate.
3. Discuss learning to swim to reduce the risk of drowning death and never using drugs or alcohol while swimming.
4. Discourage sun tanning or use of tanning beds. Encourage the use of sunscreen to decrease the risk of skin cancer. **Refer to SUN**.
5. Review personal safety strategies, e.g., sexual molestation, date rape, strangers, chat rooms, etc. Discuss home safety rules.
6. Review self-destructive behaviors (negative peer pressures, suicidal gestures and comments, improper/inappropriate use of firearms, gangs, cults, hazing, alcohol and substance use/abuse). Refer to BH.

CHA-SHS SECOND-HAND SMOKE

OUTCOME: The patient and/or family will understand the adverse health consequences associated with exposure to second-hand tobacco smoke, and discuss methods for limiting exposure of nonsmokers to tobacco smoke.

STANDARDS:

1. Define “passive smoking” ways in which exposure occurs, e.g., moldering cigarette, cigar, or pipe, smoke that is exhaled from active smoker, smoke residue on clothing, upholstery, carpets or walls.
2. Discuss harmful substances in smoke, e.g., nicotine, benzene, CO, carcinogens.
3. Explain the increased risk of illness in children when exposed to cigarette smoke either directly or via second-hand smoke, e.g., increased colds, asthma, ear infections, pneumonia.
4. Explain that cigarette smoke gets trapped in carpets, upholstery, and clothing and still increases the risk of illness even if the patient is not in the room at the time that the smoking occurs.
5. Discuss factors that increase level of exposure to second-hand smoke and preventive methods for minimizing this exposure.
6. Encourage smoking cessation or at least never smoking in the home or car. **Refer to TO**.

CHS-SOC SOCIAL HEALTH

OUTCOME: The patient/family and adolescent will understand factors in developing social competence.

STANDARDS:

1. Encourage the pre-teen to learn about the teen's personal strengths and engage in activities to build upon these. Encourage taking on new challenges to build confidence.
2. Discuss coping mechanisms:
 - a. Discuss the importance of a mentor or trusted adult to discuss feelings and ideas. This is especially true if things do not seem to be going well.
 - b. Discuss mechanisms to recognize and deal with stress. Learn to recognize self-destructive behaviors and to seek help for feelings of hopelessness. Refer to Social Services.
 - c. Discuss the influence of peer pressure and mechanisms for resisting negative peer pressure.
 - d. Discuss the importance of respecting the rights of others.
 - e. Discuss the importance of listening and communicating.
3. Discuss increased independence in decision making, and taking on new responsibilities.
4. As appropriate discuss athletic conditioning.
5. Discuss physical/emotional health:
 - a. Sleep about 8 hours per night.
 - b. Engage in physical activity 30-60 min. 3+ times per week.
 - c. Drink plenty of fluids (especially water).
 - d. Maintain a healthy weight.
 - e. Avoid loud music.
6. Discuss the importance of time management to keep all aspects of life balanced:
 - a. Spiritual/cultural needs
 - b. Family activities (including household chores)
 - c. School, social, and community activities
 - d. Sports and exercise

CHA-SX SEXUALITY

OUTCOME: The parent(s)/family and adolescent will understand the challenges of adolescent sexual development.

STANDARDS:

1. Discuss the importance of identifying an adult (such as a healthcare professional) who can give accurate information about puberty, sexual development, contraception, and sexually transmitted infections.

2. Explain the physical changes that result from increased hormonal activity.
 - a. Discuss that this is happening at a earlier age and may produce an expectation of a more mature behavior which is often unrealistic and can lead to self esteem issues.
 - b. Discuss as appropriate the anatomy and physiology of the male/female reproductive tract. Discuss that as a rule girls mature earlier than boys. **Refer to HPDP-SX.**
 - c. Explain that as a general rule, menarche occurs within two years of thelarche (breast development). (Discuss as appropriate)
 - d. Discuss menses and nocturnal emissions as appropriate.
3. Discuss the elements of a positive, nurturing interpersonal relationship versus a potentially abusive relationship.
4. Review the physical and emotional benefits of and encourage abstinence (e.g., self-respect, negating the risk of STIs, and pregnancy, dramatically reducing the risk of cervical cancer, having the first sexual encounter be in the context of a stable, loving relationship). Explain that it is normal to have sexual feelings but that having sex should be delayed. Detail some ways that the teen could say “no” to having sex.
5. As appropriate discuss contraception and safer sex (including correct use of latex condoms) if sexually active. Identify community resources available for teenage sexuality counseling.
6. As appropriate, discuss any concerns about feelings for persons of the same or opposite sex.

CHA-TO TOBACCO

OUTCOME: The patient/family will understand the dangers of tobacco or nicotine use and make a plan to never initiate tobacco use or if already using tobacco make a plan to quit.

STANDARDS:

1. Review the current factual information regarding tobacco use. Explain that tobacco use in any form is dangerous.
2. Explain nicotine addiction.
3. Discuss the common problems associated with tobacco use and the long term effects of continued use of tobacco, e.g., COPD, cardiovascular disease, numerous kinds of cancers including lung cancer.
4. Review the effects of tobacco use on all family members: financial burden, second-hand smoke, greater risk of fire and premature death.
5. Explain dependency and co-dependency.

6. Discuss that tobacco use is a serious threat to health. If the patient is already using tobacco, encourage tobacco cessation and refer to cessation program. **Refer to TO.**