Provider Checklist for Young Adolescent Males Ages 15-Young Adults

Thinking about Good Health

There is also a similar patient self-assessment document, Thinking about Good Health, that young males may bring to the visit to get them thinking about issues related to their mental and physical health, immunizations, and other issues. Questions and discussions included in this checklist should be done in addition to guidelines or recommendations for the physical examination and routine history taking that apply to all adolescents and young adults.

To encourage a frank conversation and build rapport:

- Build time into the visit to interview the patient outside the presence of his parents. If the parents are reluctant to leave explain that building trust and conveying respect to the patient encourages an open, honest dialogue.
- Emphasize your privacy policy to the patient at the beginning. We suggest you tell him “As your healthcare provider, I am obligated to respect your confidentiality. What we talk about will remain just between us. The only time I would share our discussions is if I am concerned about your safety or the safety of others.”
- Ask about life goals and aspirations. Talk about how healthy behaviors impact the pursuit of those goals (e.g., consistent use of contraception to avoid becoming a parent before they’re ready).

Questions

Diet and Activity

★ Do you eat lots of fast food or snacks like chip? How about fruits and veggies?
★ Do you play a sport or get regular exercise? How often? Why do you exercise?
- Are you happy with how you feel about your body and weight?
- Have you ever dieted? Do you ever overeat? How often? Does this ever worry you?
- Do you use steroids or supplements to bulk up?

Substance Abuse

★ Let’s talk about:
- Tobacco use (cigarettes, cigars, vaping, chewing tobacco)?
- Alcohol use (Do you drink? How often?)
- Drugs (marijuana, crack, or heroin or other drugs)
- Prescription pills not prescribed for you?

Safety

★ Have you ever been bullied? Have you ever bullied others?
★ Are there guns in your home? Are they locked up?
★ Do you wear a seatbelt in the car?
- Is there a lot of violence in your school? In your neighborhood?

Mental Health

★ Recently have you been feeling: Sad? Anxious? Angry?
★ Have you lost interest in any activities that you normally enjoy?
- Do you have trouble concentrating or sitting still?
- Have you had any thoughts about hurting yourself?
- Have you had any thoughts about suicide?

Sexual Health & Relationships

General Questions

★ Do you have any specific concerns related to sex or your sexuality?
Thinking about Good Health is a collaboration between the American Sexual Health Association and the School Based Health Alliance.

- **Have you ever had sex? What kind of sex have you had (oral, anal, or vaginal sex)? Do you use condoms when you have sex?**
  - Where do you get information about sex? School, friends, family members, online?
  - Have you ever hit or been violent towards anyone you date? Has anyone you date ever hit or been violent towards you?
  - How do you get consent from someone before you have sex?
  - Has anyone ever touched you inappropriately or forced you to have sex? Have you ever touched anyone inappropriately or forced them to have sex?

- **Sexually Transmitted Diseases (if sexually active)**
  - What do you do to protect yourself against STDs and HIV?
  - Do you use condoms every time you have sex?
    - Have you ever been tested for STIs?
    - Do you know STIs can be transmitted with most any type of sexual contact, including vaginal, anal, and oral sex?
    - Have you ever had the HPV vaccine?

- **Birth Control Questions (if sexually active)**
  - What are you and your female partners using for birth control? Have you talked to your female partners about birth control?
    - Do you know what “Plan B” is? Do you and your female partners know how to get it?

- **Gender Identity Questions**
  - Do you have any concerns about your gender? Do you have the sense that your body does not match how you feel about your gender?
  - [If patient identifies as transgender] Do you have anyone you can trust to talk about this?
    - Have you ever thought about coming out? Do you think your friends and family would accept your gender identity?
    - [If patient identifies as Female-to-Male transgender] Do you know that even though you identify as male, you can still get pregnant if you are having sex with men? Are you using birth control?

- **LGBT Questions**
  - Do you have sex with men, women, or both?
    - [If patient identifies as LGBT] Who do you talk to if you have questions or a problem?
  - Has anyone given you a hard time because of your sexual orientation?

The Centers for Disease Control and Prevention (CDC) offers detailed immunization recommendations by age, risk factors, and health conditions at [http://www.cdc.gov/vaccines/hcp/acip-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html)

**Adolescent/Young Adult Vaccine Recommendations from the Centers for Disease Control and Prevention (CDC)**

- **Hepatitis A:** through age 26 if not previously vaccinated or in a high risk group (e.g., men who have sex with men, travelers to regions with high infection rates, injecting drug users, occupational exposure risk; clotting factor disorders, liver disease).
- **Hepatitis B:** through age 18 if not previously vaccinated. Through age 26 with risk factors (e.g., sexually active and not in a monogamous relationship; occupational exposure risk; diabetes; liver disease; HIV infection).
- **Tetanus, diphtheria, pertussis (Tdap):** through age 26 if not previously vaccinated
- **Pneumococcal vaccines:** recommended for adolescents not previously vaccinated who have certain conditions (e.g., cerebrospinal fluid leak; cochlear implant; sickle cell disease; asplenia; immunocompromised).
- **Inactivated poliovirus:** through age 18 if not previously vaccinated
- **Influenza:** annual vaccination
- **Measles, Mumps, Rubella (MMR):** through age 18 if not previously vaccinated; through age 26 depending on indication.
- **Varicella:** through age 26 if not previously vaccinated (varicella vaccine is not recommended for patients who are pregnant or immunocompromised)
- **Human Papillomavirus (HPV):** through age 21 in not previously vaccinated (through age 26 with MSM).
- **Meningococcal:** through age 18 if not previously vaccinated. Through age 26 with certain health conditions (e.g., asplenia, travelers to areas where meningococcal disease is epidemic).