

Comprehensive Adolescent Visits 2015: Frequently Asked Questions

Where are the Comprehensive Adolescent Visits?

St. Luke's Eastern Oregon Medical Associates
3950 17th Street
Baker City, OR 97814
(541) 523-1001

When are the Comprehensive Adolescent Visits?

- Monday, August 3 – 7th graders
- Tuesday, August 4 – 9th graders
- Wednesday, August 5 – 11th graders
- We suggest girls start at 5 PM and boys start at 6 PM.
- Patients must arrive before 7 PM.
- Our goal is to finish by 8PM for all students, and to have the visit take about 1 hour total – beginning at the first station. There may be a wait to get started depending on how many students show up at one time.
- Nobody will be turned away (i.e. if an 11th grader shows up on Monday, we'll still see them)

Who is invited?

- **ALL 7TH, 9TH AND 11TH GRADERS.**
- **NOT JUST ATHLETES!**
- Why not all ages? (i.e. all grades 7th -12th). If this is a well-attended event and we have continued support from volunteers, our goal is to expand the visit to all ages in coming years.

How much does it cost?

- **NOTHING, IT'S FREE**
- (But adolescent well exams are nearly 100% covered by all insurance programs)

Will there still be a School Sports Pre-Participation Examination (Sports Physical)?

- YES. Students will still be cleared for sports activities

What will be different?

- In addition to the "sports physical", additional topics will include:
 - General advice about diet and exercise habits, and a healthy body weight
 - Questions about depression and anxiety
 - Questions about drug, alcohol and tobacco use
 - A review of each student's immunization status
 - Questions about dental health

- Questions about injury prevention (i.e. seat belts, helmets, etc.)
- Questions about sleep health
- Anemia screening for girls only (i.e. asking about heavy or prolonged periods)
- There will be 5 “stations” and students will move from one station to the next
 - Vital Signs and Body Measurements (with Medical Assistant)
 - Physical Health (with Physical Therapist)
 - Mental and Behavioral Health (with Mental Health Counselor)
 - Immunizations (with Nurse from the health department)
 - Medical Health (with Medical Provider)

Will this be confidential?

- YES! Each station will be private and separated from other students. Students will have the same confidentiality and privacy as any other office visit at St. Luke’s EOMA.

Will students get asked additional questions about sexual health?

- Not this year. This will likely be something that is expanded next year. However, providers have always had the discretion to ask about sexual activity during a sports physical. (It is relevant whether a student is sexually active – imagine if a pregnant teenager was cleared for sports participation).

Are students required to attend the Comprehensive Adolescent Visit?

- No. A student can be scheduled for an adolescent well visit (preferred) or a limited sports physical with their provider of choice.

Do students have to participate in every aspect of the Comprehensive Adolescent Visit?

- It is expected that students will participate in all aspects. Of course, no student will be forced to answer questions or discuss topics that they don’t want to.

What if there are health issues or problems that are identified during the Comprehensive Adolescent Visit?

- Follow-up with the appropriate provider(s) will be arranged at the end of the visit.

Why do providers feel like we need to make changes to “Sports Physicals”?

- Because we’re not addressing the most important health issues that affect adolescents.
- Here’s some sobering statistics about Baker County. Most statistics are from the Oregon Health Authority and are available on their website.
 - Overall Health: Baker was ranked 30th out of 33 counties in Oregon for overall health outcomes of morbidity (health) and mortality (lifespan) in 2012.

- Tobacco Abuse: Baker County has one of the highest rates of smoking for adults in the entire state. Baker County has the highest rate of smoking among pregnant women.
 - Alcohol Abuse: Baker County has a higher rate of binge use and heavy use of alcohol than the state average, for both teens and adults. The rate of binge use of alcohol in women is twice the state average. Significantly more people die in Baker County from alcohol-related illness than the state average. According to the Oregon Health Authority, 21% of 8th graders and 34% of 11th graders drank alcohol in the last 30 days.
 - Drug use: Baker County has a higher rate of death from drug-induced causes than the state average (since 2004 through 2011). About 9% of 8th graders and 20% of 11th graders have used marijuana in the last 30 days (2012).
 - Driving Safety: Baker County exceeded the 4-year state average every year from 2000-2011 for deaths related to motor vehicle accidents. You are 50-75% more likely to die in a motor vehicle accident in Baker County than in the rest of the state.
 - Depression: In 2012, 23% of 8th graders, and 22% of 11th graders reported having a depressive episode in the past year.
 - Suicide: Baker County's suicide rate has been higher than the state average every year from 2000-2011. A person in Baker County is almost twice as likely to die from suicide. In 2012, 11% of 8th graders reported that they attempted suicide in the last year. In 2012, 4% of 11th graders reported that they attempted suicide in the last year.
 - Gambling: 8th graders and 11th graders were more likely to have gambled in the last 30 days than the state average.
 - Teen Pregnancy:
 - In Oregon, an estimated 12% of all 8th graders are sexually active, rising to 40% by 11th grade and 49% by high school graduation.
 - Baker County's statistics change a bit from year to year, but in the last reportable year (2013), Baker County had the 3rd highest rate of teen pregnancy for 15-17 year-olds and was tied for the 5th highest rate of teen pregnancy for 18-19 year olds. That's out of 36 counties in the state. Nationally, about 80% of all teen pregnancies are unplanned.
- **All the above health issues START IN ADOLESCENCE. This is the best time to intervene early. That's why providers in our community aren't comfortable just doing the minimum sports physical any longer.**