



PRIMARY HEALTHCARE TEAMWORK

## Approach to Adolescent Health

### Objectives:

- ★ Define adolescence age according to World health organization.
- ★ Describe adolescence physiological and behavioral characteristics.
- ★ Determine adolescence health problems according to physical, psychological and social aspects based on best available evidence in the KSA.
- ★ Summarize the Comprehensive approach to common adolescent health problems in primary health care
- ★ Assess the Role of family, school and community in adolescent health care.

### Color index:

Original text **Important** Doctor's notes **Golden notes** Extra

# Approach to Adolescent Health

## Adolescent age group (WHO's definition)

- WHO defines 'Adolescents' as individuals in the 10-19 years age group.

## Adolescent Characteristics:

- Adolescent Physiological Characteristics (Puberty period)
- Adolescent behavioral characteristics (Violent, Self independent)
- Physical, psychological, social and environmental aspects (Friends, School etc..)

## Adolescent Health Problems:

### A. Injuries

- Unintentional injuries are the **leading** cause of death and disability among adolescents (Globally).
- **Road Traffic Accidents:** In many countries, road safety laws need to be made more comprehensive, and enforcement of such laws needs to be strengthened.

### B. Mental Health

- **Depression** is one of the leading causes of illness and disability among adolescents, and suicide is the **second** leading cause of death in adolescents. (Any case in OSCE regarding mental health you should ask about suicide)

### C. Violence

- Interpersonal violence is the **third** leading cause of death in adolescents globally after injuries and suicide.
- **How to solve violence?** By promoting good relationships between parents and children early in life, providing training in life skills, and reducing access to alcohol and firearms can help to prevent injuries and deaths due to violence & give him/her some responsibilities so they can be preoccupied.

### D. Psychosocial support

- Building life skills in children and adolescents and providing them with psychosocial support in home, schools and other community settings can help promote good mental health.

# Approach to Adolescent Health

## Adolescent Health Problems:

### A. Alcohol and drug abuse

- Harmful drinking and drug abuse among adolescents is a major concern in many countries.

### B. Smoking

- Smoking is a major health problem among adolescent. (Percentage of smokers among KSU medical students is around 13.6% according to a recent study)
- In any OSCE station you should ask about smoking, alcohol and drug abuse.

### C. Undernutrition and Obesity

- Many boys and girls in developing countries enter adolescence undernourished, making them more vulnerable to disease and early death. At the other end of the spectrum, the number of adolescents who are overweight or obese is increasing in low- middle- and high-income countries.
- Start with lifestyle modification.

### D. Sexually Transmitted Diseases

- Given the high prevalence of HIV in many countries, to achieve this target, adolescents will need to be central to control efforts.
- Strengthening of the Islamic rule in prevention of STDs among adolescents in the community.

### E. Early Pregnancy and childbirth

- One of The leading cause of death for 15-19 year-old girls globally as complications from pregnancy and childbirth. (due to no access to antenatal care)
- Girls who do become pregnant need access to quality antenatal care
- Role of Marriage in Islam and Family care.

### F. Lack of Physical Activities

- WHO recommends for adolescents to accumulate at least 60 minutes of moderate- to high-intensity physical activity daily, which may include play, games, sports, but also activity for transportation (such as cycling and walking)
- Globally, only 1 in 5 adolescents are estimated to meet these guidelines.
- Prevalence of inactivity is high across all WHO regions.

# Approach to Adolescent Health

## The Most Common Adolescent Health Problem In Saudi Arabia:

1. **Road Traffic Accidents**
  - In Saudi Arabia, the motor vehicle is the main means of transportation with one person killed and four injured every hour. Over 65% of accidents occur because of vehicles travelling at excess speed and/or drivers disobeying traffic signals.
2. **Mental health:** depression and anxiety. (may lead to suicide)
3. **Smoking.**
4. **Obesity.**
5. **Others:** STD, drug and alcohol abuse, violence and lack of exercise.

## Comprehensive Approach To Adolescent Health Problems

### Role of Family

Has the main role to deal with adolescents

### Role of School

### Role of Community

### Role of Family Physicians

## Clinical Scenario

- Ahmed 16 years old came to family Medicine clinic complain of Insomnia and headache. He had History of urethral discharge for the last week, history of alcohol and drug abused for one year. He is smoker for the last 5 years. He request a medication to stop his urethral discharge and to give sleeping pill for his insomnia.
- **What is the Management plan for such a case,including preventive measures?**

- Approaching adolescents: Physical, Social, Psychological and Environmental.
- In OSCE don't say I would refer the patient unless there is serious reason like severe depression, suicidal thoughts or failure of treatment.
- Most of anxiety or depression cases family physician can deal with it.

## Summary (Doctor's Slides)

- Adolescent age is an important period in life.
- It is important to recognize and prevent adolescent health problems as early as possible.
- Strengthen the healthy relationship with adolescent in the home, school and community will improve adolescent health.
- There is a great need for more Evidence Based Data and Researches to help in recognize and solve adolescent health problems

**HEALTHY BEHAVIOURS  
THAT START IN ADOLESCENCE  
MAKE HEALTHY ADULTS**

World Health Organization

**HEALTHY DIET**

**NO TOBACCO AND ALCOHOL USE**

**PHYSICAL ACTIVITY**

Invest in adolescent health to prevent noncommunicable diseases.

# Lecture Quiz

**Q1: Ahmad, 16-year-old boy smoker came to primary clinics for checkup. What's the appropriate thing to do (to promote adolescents healthcare)?**

- A. Counsel and advise him into smoking cessation.
- B. Do nothing and build a good relationship then advise him into smoking cessation on the next visit.
- C. Screen him for STDs
- D. Screen him for alcohol use

**Q2: The leading cause of death and disability among adolescents?**

- A. Unintentional injuries
- B. Intentional injuries
- C. Unintentional violence
- D. intentional violence

**Q3: The Most Common Adolescent Health Problem In Saudi Arabia?**

- A. RTA
- B. STDs
- C. Drug abuse
- D. Obesity

# THANKS!!

*Obtained and edited from Team 437, by:*

- Muaath Aljehani

*Original creators:*

*Special thanks to..  
437 team*



**Team Leader:**  
Raed Alojairy

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We are all ears!*