

Primary Care Guide: Youth Health

These pertinent points were collated from communication with multiple Youth Health Professionals in New Zealand (Please read alongside the Kidz First Centre for Youth Health HEeADSSS assessment Guideline)

- ❖ *Routinely introduce youth services/processes to young people (e.g. at 11 year old immunisations if applicable)*
- ❖ *Provide written information to support this information (e.g. Practice Policy on Transition from Child patient to Adult patient in Primary Care)*
- ❖ *Provide privacy and routinely explain confidentiality (at initial visit and as new issues arise)*
- ❖ *Offer young people the opportunity to be seen alone and engage in HEeADSS assessment from age 12 (earlier or later dependant on clinician judgement re: developmental stage and presence of risk factors)*
- ❖ *Full HEeADSSS assessment at least 6-12 monthly*
- ❖ *At each visit that a full HEeADSSS assessment is unable to be completed the following should be assessed as a minimum: Home relationships; Engaged in education/training/employment; Drugs including alcohol and tobacco; Emotional wellbeing (e.g. PHQ2)*
- ❖ *Care plans should always involve following up red flags and consideration of future access to health care services*