

Youth Health

Funded Assessment Consultation for 12 – 19-year-olds

Purpose

Undertake a comprehensive assessment for young people/rangatahi as they transition from childhood to adolescence.

Introduction

Youth have their own specific health needs as they transition from childhood to adulthood. Young people/rangatahi, particularly those aged 12 – 19 years, like their health needs, are diverse and their experience and interaction with health care services can affect their ongoing engagement and relationship with their general practice team and their health outcomes.

Research shows that youth/rangatahi whose healthcare needs are unmet can lead to increased risk for poor health as adults and overall poor life outcomes through disengagement and isolation from society and riskier behaviours in terms of drug and alcohol abuse and criminal activities.

A number of factors can impact on a young person's engagement with health services. Access to primary care is difficult for a fifth of adolescents; particularly for those living in poverty and/or living rurally.

We recognise that primary care services have a responsibility to develop youth friendly health care and therefore Auckland PHO have resources that enable young people/rangatahi to easily access health services and provide the tools for general practice teams to support young people as they transition from childhood to adulthood.

One way that general practice can support an easy transition from childhood to adolescence is to provide a free transition/assessment consultation that allows the young person to develop a trusting relationship with their medical home and the staff that work there that supports the young person's increasing independence with health care and literacy.

Pro Equity Approach

The Practice Mōhio report displays a list of young people/rangatahi aged 16 years that can be utilised as a basis to invite this cohort to the practice for a health check.

SMS is the best method to communicate to young people/rangatahi and it is recommended that a text message is sent to the young person/rangatahi with an invite for a free health check. Alternatively, an appointment can be arranged when the young person/rangatahi is attending the practice for other reasons.

Adolescent well-being is profoundly shaped by the environments in which they live, grow, and learn. Exposure to poverty and ethnic discrimination are strongly associated with poorer access to healthcare and worse health outcomes.

[https://www.thelancet.com/pdfs/journals/lanwpc/PIIS2666-6065\(22\)00169-9.pdf](https://www.thelancet.com/pdfs/journals/lanwpc/PIIS2666-6065(22)00169-9.pdf)

It is, therefore, recommended that the practice prioritises rangatahi and Pacific people where possible when considering their approach to youth health.

Enrolling Adolescents

It is recommended that each child is enrolled on their own Enrolment Form as ethnicity and next of kin information may differ from parents (or authorised representatives). When a dependent child reaches 16 years of age, a new Enrolment Form does NOT need to be signed if they remain enrolled with the same general practice.

In the case of a dependent child under 16 years old, the Enrolment Process may be completed by a parent or caregiver who is the legal guardian or who has custody of the child, or the child themselves if they are competent to do so.

See clause 3.5 in Enrolment Requirements for Contracted Providers:

<https://www.tewhātuora.govt.nz/assets/For-the-health-sector/Primary-care/Referenced-documents/Enrolment-Requirements-for-Contracted-Providers-and-PHOs-Version-4.1.pdf>

Although, the Enrolment Requirements state that any person over 16 years **MUST** sign their own enrolment form, it does not preclude a person who is under 16 years from signing their own enrolment form.

As the NZ Medical Journal article (link below) alludes to, it is important to assess the young person's 'competence'. In this instance the young person's understanding of the benefits and implications of enrolment. Therefore, as well as consenting to health services, these young people, if competent, can also consent to the enrolment process.

https://assets-global.website-files.com/5e332a62c703f653182faf47/5e332a62c703f6ac4c2fd562_van-Rooyen-1628FINAL1426.pdf

Funded Consultation

The Mōhio Youth Health Assessment form is designed to assist clinicians through the consultation. A HEADSS Assessment is included in the Form.

The Form is designed to be used for all youth health consults (12 – 25 years). Auckland PHO funds the first youth health assessment/consult for 12 – 19 year olds.

There are links to the Auckland PHO Sexual Health and M2M Mōhio forms on the Youth Health form if these services are required as a result of the assessment. A separate claim can be made.

Practice Requirements

It is expected that:

- There is one GP or Practice Nurse in the practice who has completed the online Goodfellow Unit – Introduction to HEADSS Assessment and is the Practice Youth Champion
- The practice has a policy on Transitioning from Child to Adolescent patient in Primary Care
- The practice is working towards completing audits for developmentally appropriate health care for young people and inclusive primary health care for gender diverse clients

Funding Eligibility/ Business Rules

Mōhio Form

Initial Assessment \$60.00 (exclusive of GST)

- Patient is enrolled and;
- Under 19 years
- All ethnicities and quintiles

Follow up Appointment \$40.00 (exclusive of GST)

A second appointment can be arranged if the clinician needs a follow up/review appointment following the initial assessment.

Note: there needs to have been an initial assessment to claim a follow up appointment. The practice may claim one initial assessment and one follow up appointment only.

Endorsed by Auckland PHO Senior Management Team on 6th June 2023

Youth Health Initial Consultation Form

Youth Health - Assessment(9025)
Information and Eligibility
Main
Claims
Decision Support

Consultation Date dd/mm/yyyy

Assessment: 0/1 Allow claiming assessment

Preferred Contact Method

Best time to contact via text

Email

Home phone number

Mobile phone number

Confidentiality

Name of confidential support person

Can we contact this person if required

Confidentiality statement with exception provided

Individual enrolment completed

Enrolled with a dentist [The List of dentists under ARDS](#)

Dentist information given

Physical Assessment

Tanner stage self reported

Menarche

Height cm

Weight kg

BMI calculated [AKL clinical pathway](#)

Smoking history

Skin condition

Adolescent Immunisations

HPV

MMR

Tetanus

Hep B

Influenza

Purpose

Reason for visit

Seen alone

+ Medication

HEEADSS Assessment

Fill up the form of HEEADSS Assessment

Home & Culture discussed

Religion discussed

Education discussed

Eating/Exercise discussed

Activities discussed

Drugs & Alcohol discussed

Sexuality & Gender discussed

Suicide & Mood discussed

Safety discussed

HEEADSS summary

Youth Health Follow Up Consultation Form

[Youth Health - Follow Up\(9026\)](#)
[Information and Eligibility](#)
[Main](#)
[Claims](#)
[Decision Support](#)

Consultation Date:

Follow Up: 0 Please fill out Assessment form first

Preferred Contact Method

Best time to contact via text:

Email:

Home phone number:

Mobile phone number:

Confidentiality

Name of confidential support person:

Can we contact this person if required:

Confidentiality statement with exception provided:

Individual enrolment completed:

Enrolled with a dentist:

[The List of dentists under ARDS](#)

Dentist information given:

Physical Assessment

Tanner stage self reported:

Menarche:

Height: cm

Weight: kg

BMI: calculated

[AKL clinical pathway](#)

Smoking history:

Skin condition:

Adolescent Immunisations

HPV:

MMR:

Tetanus:

Hep B:

Influenza:

Purpose

Reason for visit:

Seen alone:

Medication

HEEADSS Assessment

[Fill up the form of HEEADSS Assessment](#)

Home & Culture discussed:

Religion discussed:

Education discussed:

Eating/Exercise discussed:

Activities discussed:

Drugs & Alcohol discussed:

Sexuality & Gender discussed:

Suicide & Mood discussed:

Safety discussed:

HEEADSS summary:

For further Information contact:

Julia Burgess Shaw – julia@aucklandpho.co.nz – 09 379 4022