



# High Desert Health System POLICY AND PROCEDURE

POLICY NUMBER: 361  
VERSION: 1

## **SUBJECT: 2012 ANTELOPE VALLEY HEALTH CENTER ADOLESCENT PROTOCOLS**

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**PURPOSE:** To provide adolescent counseling services in order to minimize barriers to reproductive health care and to provide accurate age-appropriate, quality reproductive health care education. Parents or guardians cannot be notified before or after a minor has requested and received Title X family planning services.

**POLICY:** Family planning clinic will provide counseling to all adolescents that access service.

### **PROCEDURE:**

Adolescents must be assured that all visits and services are confidential within the limits of the law and reporting obligations. Every attempt should be made to assure the privacy of the individual during service provision and as it relates to any necessary follow-up.

Adolescent services must include specialized counseling to ensure that adolescents receive support services and age appropriate counseling that is sensitive and nonjudgmental. Adolescent counseling must address the following issues:

1. Abstinence
2. Confidentiality
3. Family involvement
4. Methods of contraception
5. Sexual coercion
6. Sexually transmitted infections and safer sex practices

In addition, the following areas should be addressed as appropriate:

- Reproductive anatomy and physiology
- Description of the physical exam and laboratory tests
- Self-breast examinations
- Preventive health issues such as healthy nutrition and exercise for risk reduction of many degenerative diseases and health problems.

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Adolescent counseling includes discussion of the issues noted above must be documented in the patient’s medical record. Counseling and education must include information about all methods of contraception, as contraception needs of adolescents can frequently change. Abstinence as well as safer sex practices to reduce risks for STD/HIV transmission and pregnancy must be addressed as well. Encourage the use of condoms and being in a monogamous (one partner at a time) relationship.

- **Sexual Coercion** – If it becomes evident during the adolescent counseling and education session that sexual coercion or child abuse has taken place, staff must document and report the abuse according to law.
- **Family Involvement** – Adolescents should be encouraged to discuss their reproductive health care needs with their parents, guardians, or other trusted adult. They should also be assured that if they are unable to do this, services will not be denied to them.

**References:**

Department of Health and Human Services, Office of Population Affairs (OPA)  
Program Requirements Title X

California Family Health Council (CFHC)

California State Office of Family Planning (OFP)

California Department of Public Health Office of Family Planning (FPACT)

Patient Education and Counseling Protocol, Los Angeles Biomedical Research Institute at Harbor –UCLA Medical Center, Torrance, California

Approved By: Beryl Brooks (ADMR,COMP AMB HEALTH CARE CENTER), Ruth Oren (CHIEF PHYSICIAN I ANESTHESIOLOGY), Susan Knapp (CHIEF NURSING OFFICER I)	
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