Taking Action to Improve Adolescent Sexual Health in Primary Care

Improving the health and well-being of children and families

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Not-for-profit, consumer-governed, integrated care and financing system
A team of 26,000 people

**Health Plan**
- 1.8 million health and dental members in Minnesota and surrounding states

**Medical Clinics**
- 1.2 million patients
- 1,800 physicians
  - HealthPartners Medical Group
  - Park Nicollet Health Services
  - Stillwater Medical Group
  - TRIA
- 50+ medical and surgical specialties
- 50+ primary care clinics
- Multi-payer

**Dental Clinics**
- 600,000 dental patients
- 70 dentists
- Specialties: oral surgery, orthodontics, pediatric dentistry, periodontics, prosthodontics
- 20+ locations

**Eight Hospitals**
- **Regions**: 454 bed Level 1 trauma
- **Methodist**: 426 bed acute care hospital, featuring the Jane Brattain Breast Center
- **Lakeview**: 97 bed acute care hospital, national leader in orthopaedic care
- **Hudson**: 25 bed critical access hospital, award winning healing arts program
- **Westfields**: 25 bed critical access hospital, regional cancer care Amery: 25 bed critical access hospital, including four clinics and an assisted living facility
- **Hutchinson**: 66 bed Level 3 Trauma community hospital
- **St. Francis**: 86 bed community hospital (partial owner)

**Research & Education Institute**
Mission
To improve health and well-being in partnership with our members, patients and community.

Vision
Health as it could be, affordability as it must be, through relationships built on trust.

Values

EXCELLENCE
We strive for the best results and always look for ways to improve.

COMPASSION
We care and show empathy and respect for each person.

PARTNERSHIP
We are strongest when we work together and with those we serve.

INTEGRITY
We are open and honest and we keep our commitments.
Children’s Health Initiative

**Promote Early Brain Development**
- Read, Talk, Sing
- Social-emotional Development
- Healthy Beginnings

**Provide Family-Centered Care**
- Breastfeeding Promotion
- Postpartum Depression
- Pediatric Standard Workflows
- OB Standard Workflows

**Strengthen Communities**
- Family & Community Connections
- Reducing Disparities in Maternal & Child Health
  - Preventing Teen Pregnancy → Adolescent Sexual Health

10 areas of focus
Original Investigation

Missed Opportunities for Pregnancy Prevention Among Insured Adolescents

Elyse O. Kharbanda, MD, MPH; Logan Stuck, MS; Beth Molitor, MBA; James D. Nordin, MD, MPH

What are the missed opportunities for insured adolescents in our care delivery system?

- ~3 visits to primary care in 12 months before pregnancy
- 57% no documentation of sexual activity
- 47% no documentation of reproductive health counseling

Only 35% prescribed contraception within 12 months of becoming pregnant. Only 1 long-acting contraceptive prescribed.
Clinicians first need tools to facilitate sexual health conversations more broadly.
What we did about it...

- Teen questionnaire
- Letters to teens & parents
- Contraceptive counseling decision aids
- Minor consent guidance
- Same-day LARC access
- Training video for clinicians and care teams
# How Well Does Each Birth Control Method Work?

<table>
<thead>
<tr>
<th>Very well</th>
<th>Well (if used as directed)</th>
<th>Not as well</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implant</td>
<td>The Pill</td>
<td>Condoms*</td>
</tr>
<tr>
<td>IUD with hormones</td>
<td>The Patch</td>
<td>Fertility awareness</td>
</tr>
<tr>
<td>Copper IUD</td>
<td>The Ring</td>
<td>Diaphragm</td>
</tr>
<tr>
<td>Sterilization (for men and women)</td>
<td>The Shot</td>
<td>Pulling out</td>
</tr>
</tbody>
</table>

### Very well
- No worries, works up to:
  - Implant: 3 years
  - IUD with hormones: 3 to 5 years
  - Copper IUD: 10 years
  - Sterilization: Forever

### Well (if used as directed)
- For it to work best, use it:
  - The Pill: Every day
  - The Patch: Every week
  - The Ring: Every month
  - The Shot: Every 3 months

### Not as well
- Needed for STI protection
  - Condoms* (for men and women)
  - Fertility awareness
  - Diaphragm
  - Pulling out

For each of these methods to work, you or your partner have to use it every single time you have sex.

*Condoms are the only method that can help prevent sexually transmitted infections (STIs) when used correctly. Use condoms along with other methods to help reduce the risk of STIs.
Right to Consent to Health Care Services and Control Disclosure of Health Care Information

The chart below provides a quick review regarding the rights of patients who:

- are **under age 18**;
- are not “emancipated”¹ (see more information at end of this Guide); and
- independently consent to the health care service (i.e., parental consent is not obtained).

This Guide explains when minors may independently consent to health care services.

- The fact that the minor independently consented must be documented in the medical record.
- Independent consent by the minor makes the minor financially responsible for the services. (Billing/payment arrangements must be made. Billing to parent’s health plan may need to be blocked.)
- With some exceptions, independent consent by the minor gives the minor the right to control release of information about those healthcare services.

For specific questions refer to your organizational policies; or, call either the Integrity and Compliance Hotline **1-866-444-3493**, or the Law Department (ask for the paralegal taking clinic calls) (952) **883-5175**.

<table>
<thead>
<tr>
<th>Type of Care</th>
<th>May a Minor Consent to This Healthcare Service Without Parent/Guardian Consent?</th>
<th>May the Minor Deny Parent/Guardian Access to Information About the Service?</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraceptive care</td>
<td>Yes</td>
<td>Yes</td>
<td>MN Statute 144.343 (1) &amp; case law</td>
</tr>
</tbody>
</table>
Parent & Teen Letters

SET

10 & 11 expectations

REINFORCE expectations

12 - 18
Teen Questionnaire

Prioritizes issues

Overall well-being
<p>| | | |</p>
<table>
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<tr>
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<tbody>
<tr>
<td>8.</td>
<td>Do you wear a helmet when you skateboard, bicycle, motorcycle, snowmobile or use an ATV?</td>
<td></td>
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<tr>
<td>9.</td>
<td>Are your grades worse than they used to be?</td>
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<tr>
<td>10.</td>
<td>Do you ever use laxatives or throw up on purpose after eating?</td>
<td></td>
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<tr>
<td>11.</td>
<td>Do you smoke cigarettes, chew tobacco or vape?</td>
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<tr>
<td>12.</td>
<td>Do you drink alcohol?</td>
<td></td>
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<tr>
<td>13.</td>
<td>Have you tried any drugs for fun, curiosity or coping (such as marijuana, prescription pills, cocaine, heroin)?</td>
<td></td>
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<tr>
<td>14.</td>
<td>Do you or anyone you live with have a gun or carry around a gun?</td>
<td></td>
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<tr>
<td>15.</td>
<td>Are you now or have you ever been in a gang?</td>
<td></td>
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<tr>
<td>16.</td>
<td>Are you worried about money, a place to live, food or clothing?</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>Have you ever had sex (with women, men or both)?</td>
<td></td>
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<tr>
<td>18.</td>
<td>Have you ever traded sex for money, a place to live, food or clothing?</td>
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<tr>
<td>19.</td>
<td>Have you ever been tested for or diagnosed with a sexually transmitted infection (STI) such as herpes, gonorrhea, chlamydia, genital warts, pelvic inflammatory disease or syphilis?</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>Are you or do you ever wonder if you are lesbian, gay, bisexual, transgender, queer, questioning, intersex or asexual (LGBTQIA)?</td>
<td></td>
</tr>
</tbody>
</table>
Adolescent sexual health video goals

- Greater comfort with adolescent sexual health
- Why sexual health matters; how to talk about it
- Intentional focus on preventing teen pregnancies

30-minute video and 30-minute facilitated discussion

Teen Sexual Health Video and training

Community interest in the video!
“Because no one asked...”
Plans for measurement

- Frequency of use of the teen questionnaire at 12-18 year old well visits
- Rates of contraceptive method use by age & other demographics; specialty

- Tracking community engagement;
- Leveraging our footprint to influence others in the community
Next steps - 2019 & beyond

- LARC training/mentoring program for primary care clinicians
- Single-day LARC appointments
- Pilot electronic capture of teen questionnaire