

**INFORMATION
SESSION: DRCSS
TEEN CLINIC**



OVERVIEW OF PRESENTATION

- Introductions
- Overview of the Nurse Practitioner Role
- Overview of Teen Clinic Services in the PRHA
- Goals for the Future regarding the expansion of teen clinic services to the DRCSS.
- Questions



WHAT IS A NURSE PRACTITIONER?

- A Nurse practitioner (NP) is a registered nurse who has completed additional education, usually a masters program.
- On the Manitoba Practice Registry
- Practicing within a holistic manner, a NP works to provide health care by providing comprehensive health assessments, diagnosing and treating common minor illnesses, and prescribing medications.
- Nurse practitioners can also order and interpret lab tests and consult and/or collaborate with physicians, nurses, therapists, dieticians, social workers and pharmacists.



MORE NURSE PRACTITIONER INFO...

- Currently there are 92 Registered NP's in Manitoba.
- Employed in different types of settings
 - Emergency rooms
 - Primary care with physicians
 - Specialty clinics i.e.) hepatitis
 - Teen clinics
 - Women health clinics



TEEN CLINICS WITHIN MANITOBA

- Currently in rural Manitoba there are 11 teen focused clinics.
 - 5 of those are offered within the school setting



WHY A TEEN CLINIC IN THE PRHA?

- Although health care services are currently offered to teens within the PRHA through various programs like public health (i.e.) free birth control) and through the mental health program. There is no “one stop shop” for teens to access regarding their health.
- Some barriers that exist within the PRHA for teens to access health care services include:
 - Remoteness
 - Concern with confidentiality
 - Arranging travel to clinic services



WHY A TEEN CLINIC IN THE PRHA?

- Prior to implementing the Dauphin Community health teen clinic and in looking to expand these services to school based clinics, we reviewed the statistics and needs of the community.
- Overall it was noted that teen health was an area that has needs that could be addressed through the implementation of a teen clinic.
- Information was received from the youth health survey and the PRHA community health needs assessment.



SOME KEY TEEN HEALTH STATISTICS

- Only 34% of female students participate in the recommended amount of physical activity/day
- Parkland area has the highest percentage (38.6%) of overweight residents compared to other RHA's.
- Overall, the PRHA has the third highest percentage of smokers compared to the provincial average. In regards to teens within the MVSD, on average, 26% of teens smoke regularly.



SOME KEY TEEN HEALTH STATISTICS

- Chlamydia rates have increased between 2002-2006.
 - By 2006 the Parkland female rate exceeded the Manitoba average rate for women.
- Although it has been decreasing, the PRHA has approximately double the teen birth rate compared to Manitoba and 3x the Canadian rate.



TEEN CLINICS WITHIN THE PRHA

- Dauphin Community Health Teen Clinic
- Rorketon Teen Clinic
- Opportunities available for a DRCSS Teen Clinic



SO WHAT HAPPENS AT THE TEEN CLINIC?

- Client's are seen on a walk in basis or they can also make an appointment.
- Fill out an intake form at each visit i.e.) are they there to see the NP for a sore throat, pregnancy test, to receive health education.
- First visit, a pre-visit questionnaire is completed with NP and client
- Usually the first appointment is about 1 hr in length. Follow up appointments are scheduled for 45 minutes – but can be shorter or longer depending on the situation.



SO WHAT HAPPENS AT THE TEEN CLINIC?

- A friend or parent are welcome to come to the clinic with client. During the appointment, there will however be a time during the visit where the NP will see the client on their own.
- Clinic is a confidential, non judgmental place.
- Inform client's re: obligations of having to involve a third party i.e.) if having homicidal thoughts, suicidal thoughts, if in relationship that is not within the age of consent and/or child abuse.
- If situation is out of scope of the NP role, client will be referred to a physician.



HEEADSSS ASSESSMENT

- H – Home (living arrangements, relationships with family)
- E – Education/Employment – “dream assessment”
- E – Eating & Exercise – nutritional intake, body image
- A – Activities, Hobbies
- D – Drug Use
- S – Sexual Health – anticipatory guidance, reproductive history
- S – Suicide & Mental Health – depression, anxiety
- S – Safety – from bullying, abuse to risk taking behaviours



PRE-VISIT QUESTIONNAIRE

- Based on HEEADSSS assessment and adapted information from MB Health Teen Clinic Services Manual.
- Main areas include questions about:
 - **Nutrition** i.e.) iron intake, calcium intake and fruits/veggies.
 - **Physical Activity** i.e.) recommendation is that teens be physical active for 1 hr/day.
 - **Risk Reduction** i.e.) cigarette, caffeine, alcohol, tanning bed use
 - **Safety** i.e.) seatbelt use, texting and driving
 - **Mental Health** i.e.) depression, anxiety, sleep
 - **Reproductive Health** i.e.) for girls: periods, pap tests; for guys: testicular self exams; for both: general sexual health
 - **Other** which include: Last dental visit and last eye exam

SO OVERALL...

- Goals when seeing a client is not to address all issues on the first visit. But over the course of visits the following can be assessed:
 - Physical growth and development
 - Social and academic competence
 - Emotional well-being
 - Risk reduction (tobacco, alcohol, pregnancy, sexually transmitted infections)
 - Violence and injury prevention



DAUPHIN TEEN & YOUNG ADULT CLINIC

- Established the teen & young adult clinic within the Dauphin Community health building in April 2010.



DAUPHIN TEEN & YOUNG ADULT CLINIC

- So far, the clinic has had approximately 110 visits.
- Teens have presented for the following:
 - Sore throats
 - Rash
 - “Just wanting to talk”
 - Pregnancy testing
 - Free condoms
 - STI testing and treatment
 - To start contraception
 - Acne concerns
 - Complete physical
 - Depression/Anxiety concerns



EXPANSION OF TEEN CLINIC SERVICES

- Our goal in establishing the teen clinic within the Dauphin community health building, has also been to also expand these same teen clinic services to an off-site clinic(s).
- In May/June 2010 approached both MVSD and Frontier School Division.



FRONTIER SCHOOL DIVISION

- Frontier School Division expressed interest in exploring teen clinic idea within the Rorketon school.
- Current status of teen clinic within Rorketon is:
 - Clinic started 2nd week of September, 2010.
 - Clinics held every Tuesday
 - No concerns with clinic have been expressed since establishment by parents, teachers or students.
 - On average 6 student's per day are accessing the clinic in addition to other student's dropping into the clinic space "just to check things out".



Plans for A DRCSS TEEN CLINIC

- Initially, there would be a nurse practitioner working at the teen clinic with an administrative support personnel.
- Plan would be to work in collaboration with mental health nurses who provide services to the DRCSS already.
- Although not directly on site, there are also opportunities for collaboration/consultation available with public health nurses, physicians, dieticians
- Clinic could be held one day per week during school hours and assess needs/times/dates after establishment.



Plans for A DRCSS TEEN CLINIC

- Teens from within the school could access the clinic on a walk in basis if they had concerns or questions about the following:
 - drug and alcohol issue
 - nutrition
 - personal safety and safe sex
 - unplanned pregnancy
 - birth control
 - depression and/or anxiety
 - disease prevention
 - minor illness



Plans for A DRCSS TEEN CLINIC

- Some of the services that could potentially be offered within a school based teen clinic include the following:
 - Education on topics of concern.
 - Provide primary care services for minor illness i.e.) sore throat, ear infection
 - Provide sexually transmitted infection testing and treatment
 - Offer pregnancy testing
 - Assess and manage acne concerns
 - Provide birth control (free or for client to purchase from providing prescription and filling at pharmacy) and morning after pill.



- Here today to answer any questions regarding this expansion of teen clinic services to the DRCSS.

Thank you for your time.
Questions?

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