Anticipatory Guidance: 11 - 20 Years

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General
Anticipatory guidance related to the young person’s health must be provided as part of every C&TC visit. Anticipatory guidance helps support health and development and prevents injury and illness as the youth grows older.

Personnel
Anticipatory guidance should be provided by a licensed health care provider (physician, nurse practitioner, physician assistant, or by a registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation
Documentation must show that age-appropriate anticipatory guidance and health education were discussed. Examples of age-appropriate guidance can be found on the C&TC Provider Documentation Forms (www.dhs.state.mn.us).

Procedure
Anticipatory guidance topics should be individualized and prioritized according to the questions and concerns brought by the youth or parent/guardian, as well as gleaned from the AYA Health Questionnaire (www.health.state.mn.us), health history, and physical exam.

Strengths-based counseling is focused on the youth’s competencies, healthy behaviors, relationships, community engagement, self-confidence, and decision making. Providing anticipatory guidance with a strengths-based approach can promote healthy adolescent choices, independence, and involvement in their own healthcare, as well as decrease risky behaviors (Duncan, 2012).

The effectiveness of anticipatory guidance can be maximized through motivational interviewing, awareness of and respect for the youth’s and family’s culture and values, and using plain language.

C&TC providers should also be aware of consent and confidentiality laws for youth. Review Minors’ Consent for Health Care (www.house.leg.state.mn.us) for a summary of related state statutes.

Importance of Anticipatory Guidance

Adolescents and young adults in the U.S. are the least likely age group to access preventive health care, so every clinic visit is a vital opportunity for preventive care and anticipatory guidance. Adolescents are interested and very willing to talk with healthcare providers about selected screening topics and anticipatory guidance, especially when completed within a private, confidential environment (Oregon Pediatric Improvement Partnership, 2015). Resources for implementing 1:1 time can be found on the C&TC for Adolescents and Young Adults, 11-20 Years webpage (www.health.state.mn.us).

Key Topics for This Age Group

Adolescent Development
Sharing the Ten Tasks of Adolescent Development (http://hr.mit.edu) with parents and young people can put the young person’s changing needs and behaviors in perspective.
Resources to support adolescent mental health (www.hhs.gov) includes a variety of healthy development topics and resources.

Healthy Relationships
Relationships are foundational to helping young people discover their strengths and make positive contributions to their communities. Encourage parents to set routines and developmentally appropriate expectations, provide positive reinforcement of desired behaviors, and encourage independence (Glascoe, 2010).

- Healthy and safe relationships (www.loveisrespect.org)
- Ages and Stages: Teen (www.healthychildren.org)

Healthy Lifestyle

- Parent Information: Teens (Ages 12-19) (www.cdc.gov)
- Nutrition and Fitness: Healthy Active Living for Families (www.healthychildren.org)
- Internet safety, social media, and screen time: Family Media Plan (www.healthychildren.org)
- Sleep: How much sleep do I need? (www.kidshealth.org)

Injury Prevention

- Protect the ones you love: Child injuries are preventable (www.cdc.gov)
- Safety tips for preteens 10-14 years (www.safekids.org) and teens 15-19 years (www.safekids.org)
- Teen Drivers (www.cdc.gov)
- Preventing Children’s Sports Injuries (www.kidshealth.org)

Illness Prevention

- Vaccines for Your Children (www.cdc.gov)
- Sexually Transmitted Diseases (STDs): Prevention (www.cdc.gov)

Professional Recommendations

American Academy of Pediatrics
The Bright Futures, 4th ed. provides recommendations for anticipatory guidance by topic and age (Hagan J.F., 2017), including promoting healthy sexual development and sexuality (www.brightfutures.aap.org).

Resources

Minnesota Department of Human Services

- C&TC Schedule of Age-Related Screening Standards (www.dhs.state.mn.us)
- Minnesota Health Care Programs (MHCP) Provider Manual - C&TC Section (www.dhs.state.mn.us)

Minnesota Department of Health

- Child and Teen Checkups (C&TC) (www.health.state.mn.us)

References


For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.
For questions about this fact sheet or to obtain this information in a different format, call 651-201-3760 email health.childteencheckups@state.mn.us.
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