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Adolescent Anticipatory Guidance

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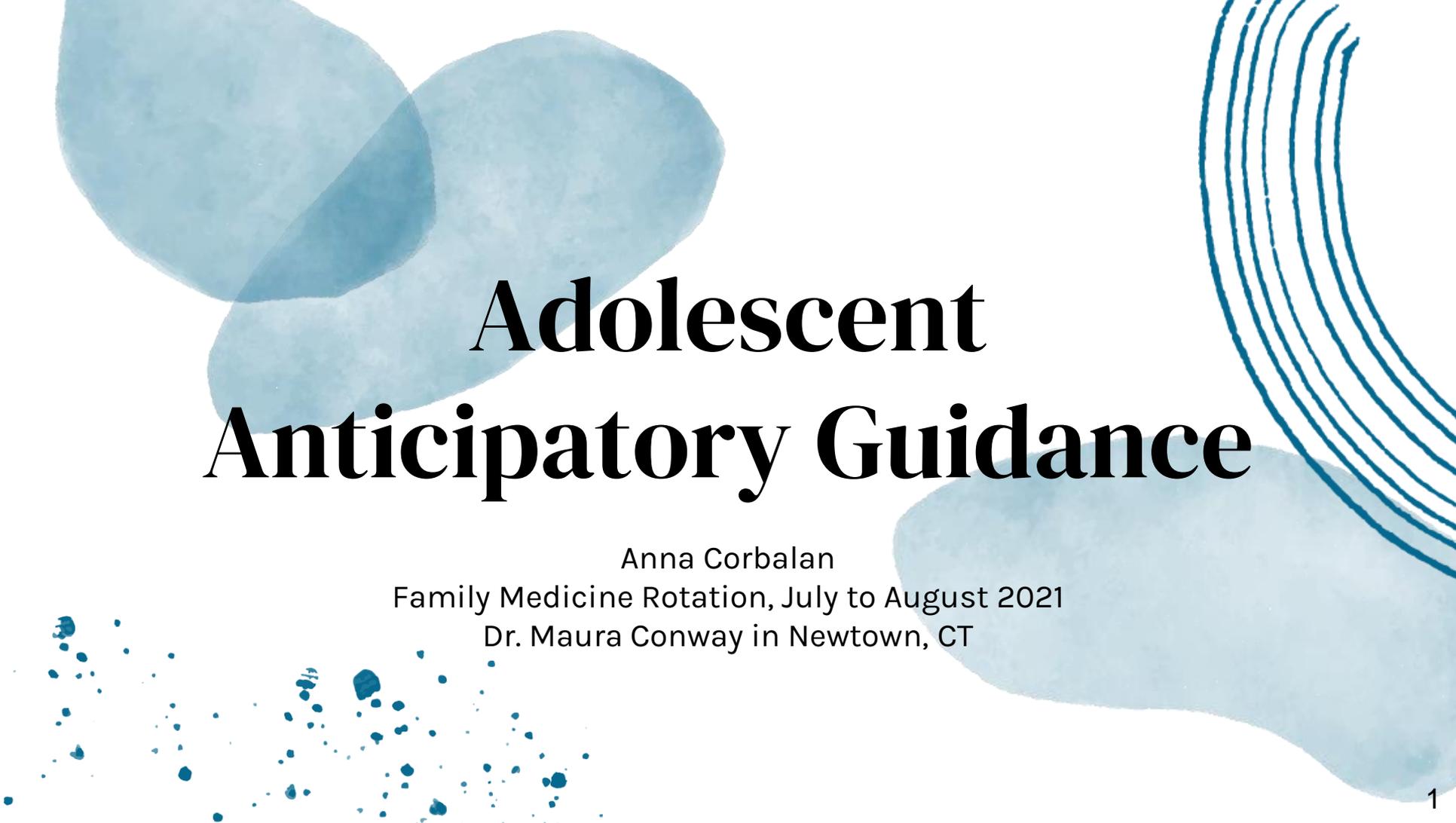
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The background features several large, overlapping, light blue watercolor-style shapes. On the right side, there are several thin, parallel, curved blue lines. In the bottom left corner, there is a cluster of small, dark blue dots of varying sizes.

Adolescent Anticipatory Guidance

Anna Corbalan
Family Medicine Rotation, July to August 2021
Dr. Maura Conway in Newtown, CT



Problem Identification

Unique Health Needs of Adolescents/Young Adults

Adolescence is a time where there is rapid biologic and psychosocial development. Although adolescence is generally a healthy time for most, many health or social problems will start or peak during this time. Therefore, it is a crucial time to incorporate preventive guidance and increase health literacy to avoid unhealthy chronic behaviors in adulthood. ^{1,2}

General practitioners are in a unique place to provide these preventative guidance, however time constraints of the healthcare system may not allow for an adequate discussion of these important topics. Based on the conversations I had with teens during my family medicine rotation, they are curious and interested in learning more about their bodies.

Providing a reliable information guidebook specific to adolescent health issues would be a good resource to close the gap between adolescent curiosity and physician time constraints.

Public Health Cost



Many chronic diseases in adulthood stem from the health behaviors people adopt during their adolescent years. Therefore, the public health cost due to the lack of anticipatory guidance is quite the financial burden. ¹

Specific to positive body image:

Poor body image is associated with negative health outcomes in adolescents including unhealthy weight control behaviors, depression, dietary supplement and steroid use. ⁵

THE NUMBERS:

Financial burden of **cigarette smoking** in 2009-2021 **\$289 billion.** ¹

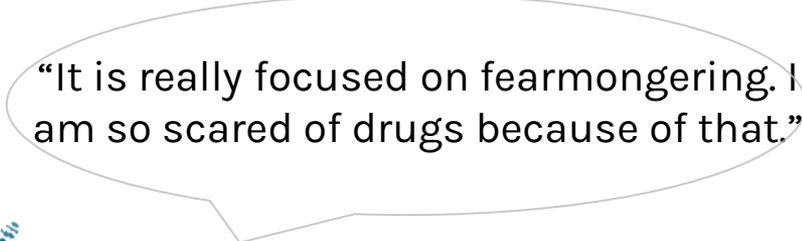
Financial burden of **eating disorders** in 2018-2019 **\$64.7 billion.** ³

Financial burden of **mental disorders** in 2013 **\$201 billion.** ⁴



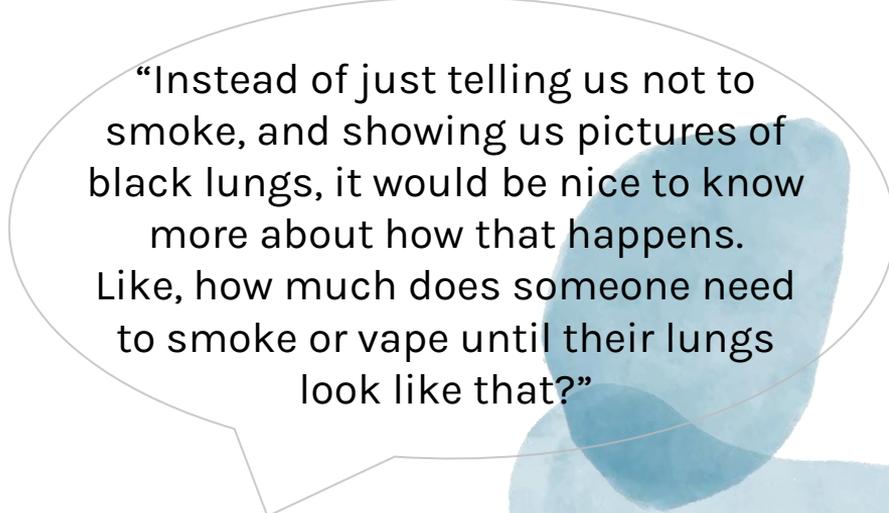
Community Perspective

Tell me about health class in your school.

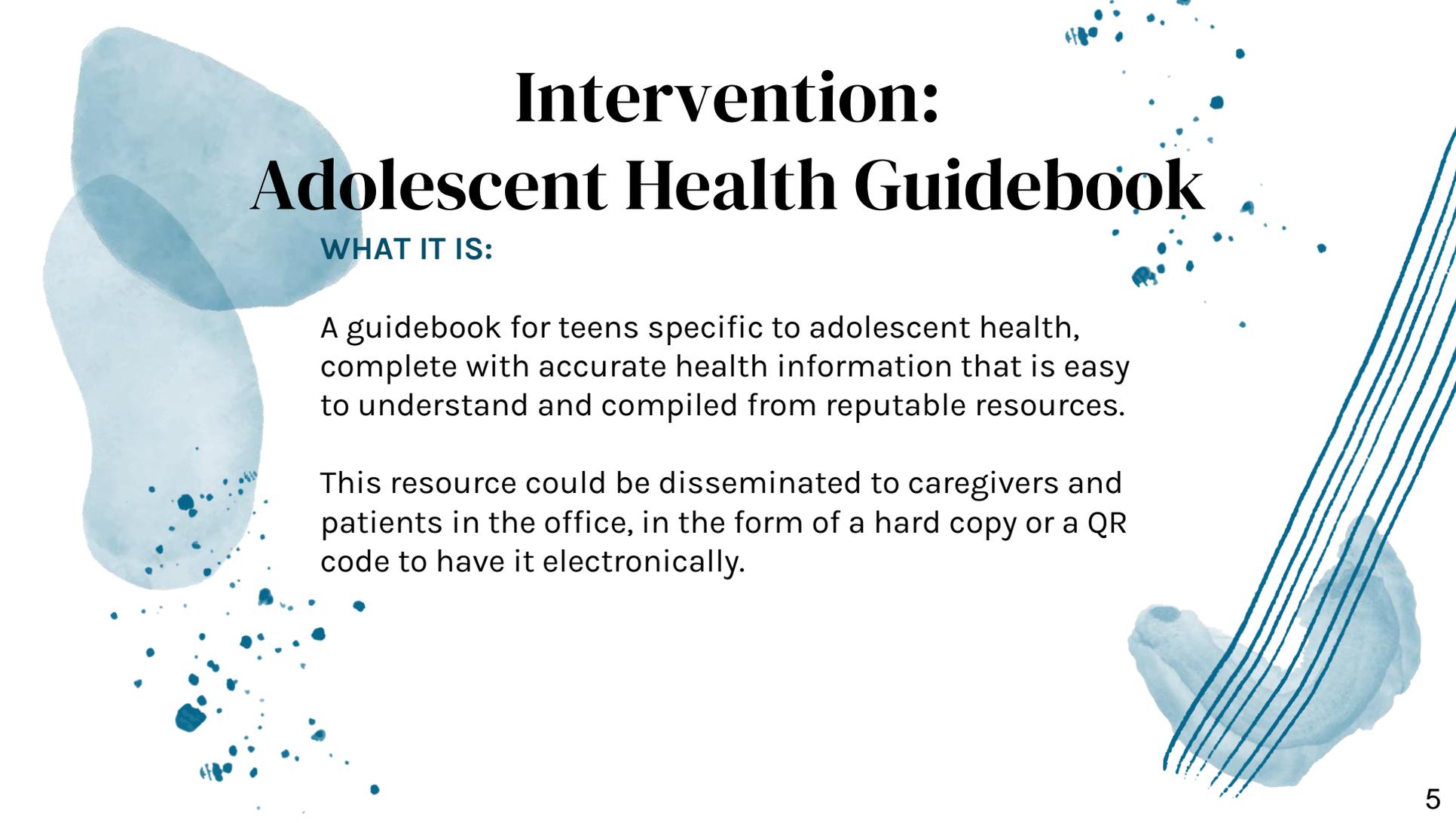


“It is really focused on fearmongering. I am so scared of drugs because of that.”

What do you wish you knew more about?



“Instead of just telling us not to smoke, and showing us pictures of black lungs, it would be nice to know more about how that happens. Like, how much does someone need to smoke or vape until their lungs look like that?”



Intervention: Adolescent Health Guidebook

WHAT IT IS:

A guidebook for teens specific to adolescent health, complete with accurate health information that is easy to understand and compiled from reputable resources.

This resource could be disseminated to caregivers and patients in the office, in the form of a hard copy or a QR code to have it electronically.

Result

My contribution to the adolescent guidebook would be a tip sheet for fostering body positivity and awareness of the impact of social media

love your body
TIPS FOR BODY POSITIVITY

why it matters
Body image is a crucial part of adolescent development for teens. As an adolescent, your body is going through a lot of changes both physically and mentally. Because of this, you may become more focused on how you look compared to your peers, and influenced by external factors (social media, television shows, advertisements, etc.)
Most importantly, a negative body image can influence a lot of different factors about your health. This resource would be a great place to start when you feel you want a quick refresher about how amazing you are!

gentle reminders-

EVERY BODY IS DIFFERENT.
And that's OK! Every person has a unique set of genes which influence their body size and shape differently. It is a beautiful part of being human. 1,3

APPRECIATE YOUR BODY.
Your body is your vehicle through life. Take time to think about all of the things your body does for you: it allows you to hug your friends, laugh, dance, dream, run, create. 3

BE NICE TO YOURSELF.
Give your body enough rest. Fuel your body with a variety of foods. Surround yourself with positive people.

BE AWARE OF THE POWER OF SOCIAL MEDIA

PEOPLE ONLY POST WHAT THEY WANT YOU TO SEE.
This creates the false feeling that everyone's life is fun and perfect, when in fact that is not the case.

ADVERTISEMENTS.
A lot of psychology goes into carefully creating an advertisement. It is NOT a reflection of reality. The point is to sell something, and it is important to remember that! More often than you may realize, companies will edit their photos and set unrealistic expectations for consumers. 1,3

WHAT CAN YOU DO?
- Be mindful about the social media you use and its impact on your self-esteem. You have the choice on what you expose yourself to!
- Choose to be critical of social media images and the messages they are trying to send. Practice looking at these images in a different way that protects your body image.
- Advocate for positive body talk. Use your social media capital to inspire others to use their voices to compliment diverse body messages, criticize unrealistic body images, and report body shaming.

resources on the next page -->

Response Data:

At the end of the guidebook, there could be a link to a survey provided asking people who use the resource for additional feedback, such as parts they find helpful and parts they would want done differently to periodically improve the resource.

Effectiveness and Limitations

Evaluation of the **effectiveness**:

The purpose of this community project would be to increase health literacy among adolescents and hopefully reduce adverse health outcomes that can stem from inadequate anticipatory guidance from their primary care providers.

A survey at the end of the resource could be a good way to gather effectiveness and feedback about the resource. Sample questions for the survey can be seen on the *next slide*.

Limitations of this resource:

Much of the data regarding body positivity has been collected using cis-gender Caucasian population, and it is important to recognize that as a limitation.⁵

If the guidebook is an E-resource accessed via QR code, there should be print outs readily available in the office for those patients who do not have electronic access.



Effectiveness Evaluation

This project could have two forms of effectiveness evaluations – **Short-term** effectiveness and **long-term** effectiveness.

To evaluate short term effectiveness the following questions could be asked:

How often have you referred to this guidebook in the last year?

1. Never
2. Few times a year
3. Few times a month
4. Few times a week

The information on body positivity and the effects of social media have had a positive impact on my life.

0 1 2 3 4 5 6 7
strongly disagree strongly agree

Evaluation of long-term effectiveness would be more complex, as you would need to determine who saw the resource as an adolescent and then follow them over time to see if long term health behaviors develop such as eating disorders, nicotine addiction, etc.

Future Interventions

To complete other sections of thorough anticipatory guidance review. Topics to be discussed could be including but not limited to:

- Hygienic practices/hormonal changes that occur during puberty
- Healthy behaviors
 - Nutritious food
 - Physical activity
- Mental Health
 - Resources in the community
 - Tapping method for PTSD
 - Meditation and mindfulness for anxiety
- Sleep Behaviors
 - Sleep hygiene
- Sexual Behaviors
 - Sexuality
 - Infections
 - HPV Vaccine
- Tobacco/Alcohol Use
 - Effects of development of the teen brain

Once the informational guidebook is completed, a QR code could be developed so that teens can scan it and have it as a resource available to them on their phones.

References

1. <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>
2. Young Adult Health and Well-Being: A Position Statement of the Society for Adolescent Health and Medicine, *Journal of Adolescent Health*, Volume 60, Issue 6, 2017, Pages 758-759, ISSN 1054-139X, <https://doi.org/10.1016/j.jadohealth.2017.03.021>. (<https://www.sciencedirect.com/science/article/pii/S1054139X17301647>)
3. Streatfeild J, Hickson J, Austin SB, Hutcheson R, Kandel JS, Lampert JG, Myers EM, Richmond TK, Samnaliev M, Velasquez K, Weissman RS, Pezzullo L. Social and economic cost of eating disorders in the United States: Evidence to inform policy action. *Int J Eat Disord*. 2021 May;54(5):851-868. doi: 10.1002/eat.23486. Epub 2021 Mar 2. PMID: 33655603.
4. <https://www.annualreviews.org/doi/full/10.1146/annurev-publhealth-040617-013629>
5. Hartman-Munick SM, Gordon AR, Guss C. Adolescent body image: influencing factors and the clinician's role. *Current Opinion in Pediatrics*. 2020; 32 (4): 455-460. doi: 10.1097/MOP.0000000000000910.

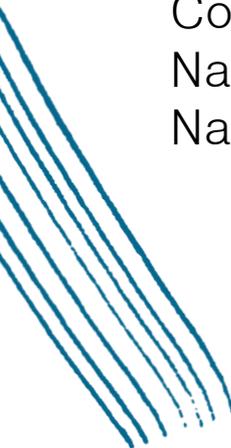


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Consented

Name: 17-year-old female – anonymous to protect patient privacy.

Name: 17-year-old male – anonymous to protect patient privacy.





Thanks

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