

Adolescent Reproductive Health: Quality Improvement Project

An important aspect of preventive care for your teen patients includes discussing sexuality and providing education around contraceptive methods and prevention against sexually transmitted infections (STIs). Partners For Kids' Quality Improvement (QI) Coaching Program offers a reproductive health project that follows American Academy of Pediatrics (AAP) Bright Futuresⁱ guidelines for sexual and reproductive health care during adolescent well care visits.

Measures included in this project:

1. Increasing the percent of adolescent patients who complete a Reproductive Health Assessment (RHA) at annual well care visits.

- Components of an RHA include sexual history, current contraceptive use, last menstrual period (for females), pregnancy intention, STI counseling, and contraceptive counseling. For female patients who are sexually active, the AAP recommends STI screening.
- There are multiple ways to administer an RHA, and your QI coach can help you determine what works best for your practice and your patients.
- Using your practice's EMR is the best way to track completion of RHAs for your patients.

2. Increasing the percent of eligible female adolescent patients who are on a contraceptive.

- Long-Acting Reversible Contraceptives (LARC) can be the most efficacious and safest method of contraception for most adolescent females.ⁱⁱ PFK can help providers schedule Nexplanon training and help your office establish a process to routinely provide LARC insertions.
- Other contraceptives, such as Depo-Provera and Oral Contraceptive Pills (OCPs) are often used by adolescent patients. Your QI coach can provide you with information needed to ensure that your patients have appropriate adherence to these methods (i.e. making sure the patient is picking up their OCP at their pharmacy every 30 days).
- PFK medical and pharmacy claims data can be used to support this measure.

You can find more information regarding contraceptive methods at the Nationwide Children's Hospital BC4Teens clinic website: www.nationwidechildrens.org/BC4Teens

For more information about PFK QI projects, please contact PFK QI Coaching at PFKQICoaching@NationwideChildrens.org

ⁱ American Academy of Pediatrics Bright Futures. <https://brightfutures.aap.org/materials-and-tools/guidelines-and-pocket-guide/Pages/default.aspx>

ⁱⁱ American Academy of Pediatrics. Policy Statement: Contraception for Adolescents. <https://pediatrics.aappublications.org/content/134/4/e1257>