

Strengthen the Evidence for MCH Programs: Environmental Scan of Strategies

National Performance Measure (NPM) #10: Adolescent Well Visit
Percent of adolescents, ages 12 through 17, with a preventive medical visit in the past year

Introduction

This environmental scan identifies collections of strategies to advance performance for NPM #10, Adolescent Well Visit. The information provided in this document focuses on strategies to achieve the NPM, not on the content of care or specified health outcomes. Please note that the quality of the evidence in this compilation has not been evaluated, and that data sources describing a single strategy, rather than a collection of strategies, have been excluded.

This compilation includes the following sections:

- **Reviews and Compilations:** Identifies existing compilations for strategies that intend to improve performance for each measure
- **Frameworks and Landmark Initiatives:** Frameworks includes conceptual models underlying strategy implementation; Landmark Initiatives include seminal programs/policies related to the NPM
- **Data Sources:** Indicates sources, search criteria, links to search strategy and selected organizational websites
- **Inclusion and Exclusion Criteria:** Denotes types of studies, setting, populations of interest and exclusion criteria

Technical assistance for State Title V MCH programs related to using evidence to inform State Action Plans, selection of strategies, and development of evidence-based or evidence-informed Strategy Measures may be requested at <http://www.semch.org/technical-assistance.html>

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Reviews and Compilations

Review/Compilation	Summary	Web Link
Brindis et al. (2002). Adolescents' Access to Health Services and Clinical Preventive Health Care: Crossing the Great Divide. <i>Pediatric Annals</i> . [Target ¹ : B,C]	<ul style="list-style-type: none"> • Society for Adolescent Medicine suggests a number of strategies to improve adolescents' access to health care services: educating health professionals and the general public about the value of assuring access to health care, endorsing practice guidelines, training primary care physicians and other health care providers in adolescent preventive services, providing adequate financing and reimbursement for clinical preventive care, doing additional research into the health outcomes and cost-effectiveness of adolescent preventive services, designing and testing innovative approaches to improve the delivery of care to adolescents 	http://search.proquest.com/docview/217548411?accountid=11752
Elster & Levenberg. (1997). Integrating Comprehensive Adolescent Preventive Services into Routine Medicine Care. <i>Pediatric Clinics of North America</i> . [Target: B,C,D,F]	<ul style="list-style-type: none"> • Successful integration of clinical preventive services is best accomplished through a strategic approach that includes the following steps <ul style="list-style-type: none"> ○ Step 1: assess current health provider practice patterns and health problems of adolescent patients ○ Step 2: determine clinic readiness to implement preventive services ○ Step 3: provide staff training and preparation ○ Step 4: select a preventive services coordinator ○ Step 5: create an office environment receptive to adolescents ○ Step 6: develop clinic policy permitting adolescents to receive confidential care ○ Step 7: create an adolescent "practice within a practice" ○ Step 8: promote use of appropriate Current Procedural Terminology (CPT) codes ○ Step 9: identify resource materials to facilitate clinical preventive services 	http://dx.doi.org/10.1016/S0031-3955(05)70564-2

	<ul style="list-style-type: none"> ○ Step 10: identify school and community referral networks 	
Igra & Millstein. (1993). Current Status and Approaches to Improving Preventive Services for Adolescents. <i>JAMA</i> . [Target: B,C]	<ul style="list-style-type: none"> • An understanding of how best to facilitate physician provision of preventive care must consider both environmental and physician-based factors • Physician education has been used with variable success to increase adherence to preventive health guidelines • The use of physician reminder systems has been found to be more effective than physician education in facilitating physician adherence to prevention guidelines- age-specific preventive services checklists attached to patient charts, computerized reminder systems, nurse-initiated reminder systems 	http://dx.doi.org/10.1001/jama.1993.03500110076039
Ozer et al. (2013). Seizing the Opportunity: Improving Young Adult Preventive Health Care. <i>Adolescent Medicine: State of the Art Reviews</i> . [Target: B,C]	<ul style="list-style-type: none"> • Effective interventions to increase preventive screening among young adults <ul style="list-style-type: none"> ○ Use of theoretical frameworks to guide implementation of screening and counseling ○ Interactive educational or workshop formats ○ Multifaceted interventions involving 2 or more modalities (audit and feedback, reminders, standardized instruments, and involving local opinion leaders and reaching local consensus) ○ Clinician training- targeted and easy to use screening and charting tools that are fully integrated into the clinic system • Integration of EMR systems 	N/A
Adolescent & Young Adult (AYAH) Collaborative Improvement & Innovation Network (CoIIN). National Strategies.	<ul style="list-style-type: none"> • Three overarching strategies inform the work of the five states participating in the AYAH-CoIIN <ul style="list-style-type: none"> ○ Improve access and uptake of preventive services ○ Improve quality of preventive services ○ Improve state/systems-level policies and practices • Includes specific strategies within each overarching strategy 	http://nahic.ucsf.edu/ayah-coiin-nst/

[Target: B,C,D,E,F,G,H]		
Centers for Medicare and Medicaid Services. (2014). Paving the Road to Good Health: Strategies for Increasing Medicaid Adolescent Well-Care Visits. [Target; B,C,D,F,G]	<ul style="list-style-type: none"> • Strategies for promoting adolescent well-care visits <ul style="list-style-type: none"> ○ Strategy 1: adopt current Bright Futures Guidelines for Adolescents ○ Strategy 2: incentivize providers, adolescents, & parents to encourage preventive care <ul style="list-style-type: none"> ▪ Offer resources, including trainings and incentive payments to increase awareness of the full extent of free preventive health care services for adolescents in Medicaid ▪ Reward increased well-care visit rates and encourage adolescents to make and keep appointments ○ Strategy 3: encourage teen-centered care <ul style="list-style-type: none"> ▪ Use managed care contracts to encourage providers to treat adolescents as important partners ▪ Link payments to adolescent-friendly performance requirements, including satisfaction with care, privacy and confidentiality ○ Strategy 4: leverage missed opportunities to increase adolescent well-care visits <ul style="list-style-type: none"> ▪ Episodic, acute care, and sport-required visits are opportunities to increase preventive care ▪ Modifications to billing mechanisms allow preventive services on the same day as treatment visits ○ Strategy 5: use social media to increase well-care visits <ul style="list-style-type: none"> ▪ Use mobile devices, email, and social networking sites to promote prevention education and services ○ Strategy 6: develop partnerships with key community stakeholders 	http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Benefits/Downloads/Paving-the-Road-to-Good-Health.pdf

	<ul style="list-style-type: none"> ▪ Mitigate barriers by increasing convenience-accessible locations in communities or schools ▪ Improve well-care rates with evening and weekend appointments ○ Partner with key stakeholders like Title V agencies, faith-based organizations, and other community-based organizations 	
<p>National Adolescent and Young Adult Health Information Center (NAHIC). Resource Pages: Clinical Services Resource Page. [Target: G]</p>	<ul style="list-style-type: none"> • Includes PowerPoint Presentations, handouts, and other tools related to the adolescent clinical and preventive care • Topics include risk-taking, substance use, recognizing and managing depression, and preventive services in general 	<p>http://nahic.ucsf.edu/resources/clinical-services-resource-page/</p>
<p>Oregon Health Authority. (2014). Adolescent Well Care Visits—Overview. [Target: B,C,D,F]</p>	<ul style="list-style-type: none"> • Tips for improving adolescent well care visits <ul style="list-style-type: none"> ○ Communicate with providers about the importance of conducting well-care visits when patients present themselves for other illnesses, or events such as sports physicals, accidental injuries, and colds. Incorporate this information into current provider outreach activities, such as publishing articles about adolescent health in provider newsletters. ○ Develop processes that automatically incorporate best practices, such as standing orders for immunizations, or incorporating screening reminders into EHRs. ○ Identify opportunities to contract with community-based clinics that already reach adolescents, such as Patient-Centered Primary Care Homes, School-Based Health Centers, local public health departments, Planned Parenthood, etc. ○ Make resources available to providers, such as sample reminder letters or “reminder birthday cards” 	<p>http://www.oregon.gov/oha/analytics/CCODData/Adolescent%20Well%20Care%20Visits%20Overview%20--%20revised%20Dec%202014.pdf</p>

	<p>that can be mailed to parents and guardians, notifying them when adolescents are overdue for an exam, or standardized tracking forms.</p> <ul style="list-style-type: none"> ○ Develop campaigns in partnership with local businesses or community organizations, such as “back- to-school” promotions, or incentive programs (e.g., movie tickets, monthly raffles) for adolescents who complete their well-care visit. ○ Monitor adolescent utilization on an ongoing basis to identify adolescents in need of well-care visits. Generate reports for providers that could be used to promote visit reminders, and can track provider or practice performance over time. Implement reminder call systems for adolescents missing services. ○ Incorporate teen-appropriate health education and health assessment tools, which follow the Bright Future guidelines to optimize the reliability of care and the use of time. ○ Implement processes to promote confidentiality such as: confidential appointment making and reminder protocols; ensuring time alone with a provider is available; EHR capabilities that allow for flagging of services, history, and prescriptions as confidential; and modified billing practices for confidential services (no bill or generic description). ○ Work with office staff to verify contact information at each visit for future outreach efforts, and to remind parents or guardians at the end of every well-care visit of the importance of returning for subsequent well-care visits. 	
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¹ Target specifies Target Audience for the strategies mentioned in each Review/Compilation: A = Hospital Inpatient (includes physical, mental, and oral health); B = Hospital Outpatient (includes physical, mental, and oral health); C = Non-Hospital Outpatient Providers (e.g. community health centers, private medical groups, health maintenance organizations); D = Community Organizations (e.g. WIC, advocacy organizations, child care providers, home visiting services); E = Social Service Organizations (e.g. Head Start, child welfare); F = Schools and School Systems; G = Consumers/Families; H = Other

Frameworks and Landmark Initiatives

Framework/Initiative	Summary	Web Link
Montalto. (1998). Implementing the Guidelines for Adolescent Preventive Services. <i>American Family Physician</i> .	<ul style="list-style-type: none"> • GAPS consists of 24 recommendations that encompass health care delivery, health guidance, screening, and immunizations • The goal of GAPS is to improve health care delivery to adolescents using primary and secondary interventions to prevent and reduce adolescent morbidity and mortality 	http://www.aafp.org/afp/1998/0501/p2181.html
AAP. Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents-Adolescence.	<ul style="list-style-type: none"> • Includes health recommendations for adolescents (age 11-21 years) 	https://brightfutures.aap.org/Bright%20Futures%20Documents/18-Adolescence.pdf
Agency for Healthcare Research and Quality & US Preventive Services Task Force. (2014). Guide to Clinical Preventive Services.	<ul style="list-style-type: none"> • Includes a “Clinical Summaries of Recommendations for Children and Adolescents” section 	http://www.ahrq.gov/sites/default/files/publications/files/cpsguide.pdf
University of Michigan Health System Adolescent Health Initiative. Adolescent Centered Environment Model.	<ul style="list-style-type: none"> • Developed by the Adolescent Health Initiative out of the University of Michigan • Geared towards health facilities creating a more youth-centered space for adolescent patients • One of the 12 areas of improvement for providers and facilities is centered on access to care 	http://umhs-adolescenthealth.org/archives/adolescent-centered-environment/

Data Sources

Data Source*	Search Criteria	Web Link
Cochrane Library	Search Term: adolescent well visit Search Limits: Cochrane Reviews/Review; Other Reviews Sort by relevance: high to low	N/A
	Search Term: adolescent preventive medical visit Search Limits: Cochrane Reviews/Review; Other Reviews Sort by relevance: high to low	
	Search Term: adolescent primary care visit Search Limits: Cochrane Reviews/Review; Other Reviews Sort by relevance: high to low	
Campbell Systematic Reviews	Search Term: adolescent well visit	http://www.campbellcollaboration.org/lib/?go=monograph&search=adolescent+well+visit&search_criteria=title
	Search Term: adolescent preventive medical visit	http://www.campbellcollaboration.org/lib/?go=monograph&search=adolescent+preventive+medical+visit&search_criteria=title
	Search Term: adolescent primary care visit	http://www.campbellcollaboration.org/lib/?go=monograph&search=adolescent+primary+care+visit&search_criteria=title
PubMed	Search Term: adolescent well visit Article Types: Meta-analysis, Review, Systematic Reviews Species: Humans Languages: English Sort by relevance	http://www.ncbi.nlm.nih.gov/pubmed/?term=adolescent+well+visit
	Search Term: adolescent preventive medical visit Article Types: Meta-analysis, Review, Systematic	http://www.ncbi.nlm.nih.gov/pubmed/?term=adolescent+preventive

	Reviews Species: Humans Languages: English Sort by relevance	+medical+visit
	Search Term: adolescent primary care visit Article Types: Meta-analysis, Review, Systematic Reviews Species: Humans Languages: English Sort by relevance	http://www.ncbi.nlm.nih.gov/pubmed/?term=adolescent+primary+care+visit
Google Scholar	Search Term: adolescent well visit Sort by relevance	https://scholar.google.com/scholar?hl=en&q=adolescent+well+visit&btnG=&as_sdt=1%2C21&as_sdtp=
	Search Term: adolescent preventive medical visit Sort by relevance	https://scholar.google.com/scholar?q=adolescent+preventive+medical+visit&btnG=&hl=en&as_sdt=0%2C21
	Search Term: adolescent primary care visit Sort by relevance	https://scholar.google.com/scholar?q=adolescent+primary+care+visit&btnG=&hl=en&as_sdt=0%2C21
CINAHL Plus	Search Term: adolescent well visit Source Types: all results Sort by relevance	N/A
	Search Term: adolescent preventive medical visit Source Types: all results Sort by relevance	N/A
	Search Term: adolescent primary care visit Source Types: all results Sort by relevance	N/A
AMCHP Innovation Station	State: all Region: all Practice Category: all Primary Topic: all National Performance Measures: all	http://www.amchp.org/programs/ndtopics/BestPractices/InnovationStation/Pages/default.aspx

	Year: N/A Keywords: N/A	
Georgetown Knowledge Base	MCH Knowledge Base and Library Collection → Professional Resource Guides and Briefs → Adolescent Well-Visit	http://ncemch.org/evidence/NPM-10-adolescent-visit.php
Healthy People 2020 Structured Evidence Queries	Search by Topic Area → Adolescent Health → PubMed Search AH-1	http://phpartners.org/hp2020/
Leadership Education in Adolescent Health (LEAH)	N/A	http://mchb.hrsa.gov/training/projects.asp
National Adolescent and Young Adult Health Information Center (NAHIC)	Search Term: adolescent well visit	http://nahic.ucsf.edu/about/about-nahic/

**The Strengthen the Evidence Team of Experts and selected HRSA discretionary grantees contributed to the identification of data sources*

Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> • Types of studies: reviews of studies, organization websites also count as 'compilations' • Language: English • Population of interest: children in elementary or high school 	<ul style="list-style-type: none"> • Articles describing single strategies that are not part of a larger review