



Congratulations on Becoming a Teenager and Becoming Parents of a Teenager!

So what happens now at the check-up?

The teenage years are an exciting time filled with new experiences and responsibilities. This unique stage of life usually brings increased stressors from school, friends, and home. While many teenagers pass through this stage with relative ease, all teenagers face increased challenges and may need extra patience and support both inside and outside the home.

At Hirsch Pediatrics, we follow “best practice” guidelines by making sure all of our children are screened for age appropriate adolescent concerns according to the guidelines in the **Bright Futures** guide from the **American Academy of Pediatrics**.

Parents: If possible, please let us know at least 24 hours before your scheduled appointment time if you have questions or concerns about your teenager that you do not want to bring up in front of them. With advanced knowledge we can plan our time accordingly.

So, what happens at an adolescent check-up?

All teenagers will have private time with one of our providers in order to build the trust that is necessary in these important developmental years.

- By around age 13 it is important that our patients begin to see our office as a resource that can help them even when they are not comfortable sharing difficult information with parents and friends.
- Maintaining confidentiality is a hallmark of building this successful relationship with our office. However, your child’s safety is our priority so we are ethically and legally obligated to share with you any information that we feel places your child at risk of imminent harm.
- Note for female patients: During the physical exam with a male provider one of our female staff will also be in the room.

All teenagers will be screened for mental and behavioral health concerns.

- Even teenagers who are apparently doing great can have significant underlying mental health issues. We will ask basic questions to rule out any serious underlying mental and behavioral health concerns. We don’t know unless we ask!

All teenagers will have a physical exam.

- Understandably teenagers may be nervous about the physical exam. Both male and female patients will be assessed annually for puberty stages and any genital concerns.
- Note for female patients: If the female patient has reached a later stage of puberty signified by regular periods, then this part of the exam can be omitted by the male providers.

Some teenagers may have lab tests done.

- Many teenagers with and without risk factors may be screened annually for contagious diseases through a urine test that we send to an outside lab. You may receive a statement from the lab for this test. The specific tests completed may change year to year depending on updated guidelines.

When do we age out of Hirsch Pediatrics?

- Hirsch Pediatrics is excited to watch you mature through your teenage years! We will see you for your last check-up at age 18 and provide ongoing care until age 19. Once you turn 19 (or sooner if you prefer) then we can provide you with a list of local referrals to transition your care to an internal medicine or family medicine practice. Most healthy girls do not need to see a GYN until age 21.

After reading this form, please feel free to ask any questions that may arise. For quickest response please e-mail us directly through your Patient Portal.

By signing below WE acknowledge that WE have read and understand the Hirsch Pediatrics teenager check-up policy.

DATE

PARENT signature

PATIENT signature

PATIENT cell phone

PATIENT e-mail