Hearing From the Youth: A study on the Needs of Adolescent Patients at Matthew Walker Comprehensive Health Clinic

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Introduction

• Overview
  • Background, Introduction, Methodology, Results, Discussion, Conclusion

• Personal interest

• Needs assessment for adolescent patients
  • Why adolescents?

• Provider resource manual
Background

• In the past, adolescents were the group most likely to be underinsured
• In adolescence, patients begin to make choices about health and health care
  • Begin to form opinions about the health care system
• Adolescents are more likely to engage in risky behaviors than other age groups
Methodology

- Needs assessment was distributed to patients between the ages of 13 and 18
- The assessment collected demographic information, patient satisfaction data and patient needs data
- Survey was anonymous to encourage honesty
- Likert scale questions ranging from “never” to “all of the time” asking about patient-provider interaction
- Data used to inform provider manual
Results

Patient Racial Background

- 65% African American
- 15% Hispanic
- 7% White
- 5% Mixed Racial Background
- 8% No Answer

Patient Age

- 16% 13
- 12% 14
- 11% 15
- 14% 16
- 13% 17
- 12% 18
- 12% No Answer

65% of patients report that providers listen to their questions and concerns all of the time.

45% feel comfortable talking to their health care provider about anything.
Results

Information Given to Patients at Visits

Types of Information Wanted by Patients
Discussion

• Education/information wanted:
  • Nutrition
  • Sexual health
  • Body Image
  • College

• Education/information received:
  • Nutrition
  • Sexual health

• Overall, patients seemed satisfied with their experience

• Majority of adolescents seen are of ethnic minority and should receive race specific education about diseases like diabetes, hypertension and hyperlipidemia

• Other sources of health education: parents
Recommendations

• Discuss risky behaviors
• Provide resources to adolescents regarding body image, college, nutrition, mental health issues
• Provide education to parents
• Ask parents to leave room when discussing sensitive health topics
• Study patient retention rates
Conclusion

- Adolescents at MWCHC feel comfortable and understood
- Providing specific educational materials will enhance their health experience
- Screenings for risky behaviors such as sexual activity and substance use continues to be necessary
- Further research:
  - Longer study with more patients
  - Participants encourages to answer all questions
  - Focus groups
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