HEADSSS - a mnemonic for interviewing adolescents

Home
Where, who lives there? How do the people in your family get along?
Do you argue with your parents?
Do you feel safe at home?
Activities
What do you and your friends do for fun?
What are your hobbies?
Do you participate in sports?
Have you ever been in trouble with the law?
Have you ever been in problem with the law?
What would you like to do after you finish school?

Drugs, Drinking and Dieting (and smoking)
Do you or your friends often drink or smoke pot at parties?
Do you ever drink or smoke pot alone?
Have you ever been in a car driven by someone who was drunk or high?
Have you ever tried any other drugs?
Are you satisfied with your weight? Have you ever dieted, exercised or used drugs to change your weight?

Sexuality
DO NOT ASSUME HETEROSEXUALITY
Do you have any concerns about your physical/sexual development?
Are you dating? How long have you been together?
Have you ever had sexual contact? What kind of sexual contact have you had? Are you sexually active now? How often do you have sex?
What was your age when you first had sex?
Have you ever used protection for sexually transmitted diseases or birth control?
Have you ever been pregnant?
Have you ever been forced to have sex?
Suicide (and depression)
Do you feel down or depressed much of the time?
For how long have you felt this way?
Have you thought of harming yourself?
Have you ever tried to harm yourself?
Safety (violence and abuse)
Have you ever seen or been the victim of violence?
Is there a gun in your home?
Have you ever been in trouble with the law?
Do you have a gun in your home? Do you wear a seat belt?

Adapted from Sacks D, Westwood M. Paediatric & Child Health 2003;8:554-6

Prevention Counselling for Sexual Activity

<table>
<thead>
<tr>
<th>Activity</th>
<th>Recommendations</th>
<th>Strength of Recommendation</th>
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</thead>
<tbody>
<tr>
<td>Abstinence and reduction of number of sex partners</td>
<td>CDC</td>
<td>Bold = Good</td>
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<tr>
<td>Pre-exposure Immunization – Hepatitis B, HPV</td>
<td>CDC, PHAC</td>
<td>Fair</td>
</tr>
<tr>
<td>Pre-exposure Immunization for men who have sex with men – Hepatitis A</td>
<td>CDC, PHAC</td>
<td>Fair</td>
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<tr>
<td>Condom use (male), female condoms</td>
<td>CDC, PHAC</td>
<td>Fair</td>
</tr>
<tr>
<td>Education about STIs – signs, symptoms, transmission, risk factors, safer sex practices</td>
<td>PHAC</td>
<td>Strength of Recommendation</td>
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<tr>
<td>Nonoxynol 9 and increased risk of STI transmission</td>
<td>CDC, PHAC</td>
<td>Fair</td>
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<tr>
<td>Partner testing (previously sexually active) for youth contemplating initiation of sexual activity</td>
<td>PHAC</td>
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<td>Folic acid – peri-conceptual</td>
<td>SOGC, USPSTF</td>
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<td>Contraception</td>
<td>SOGC</td>
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<tr>
<td>Emergency contraception</td>
<td>SOGC</td>
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</tbody>
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STI Risk Factors

Sexually active < 25 years
Sexual contact with person with a known STI
Serial monogamy – multiple partners over time
No barrier contraception
Injection drug use
Other substances including alcohol especially if associated with having sex
Unsafe sexual practices (eg unprotected, blood exchange, shared sex toys)
Sex workers and their clients
Sex for money, drugs, shelter or food
Street involvement, homelessness
Anonymous sexual partnering (internet, bathhouse, rave party etc.)
Victim of sexual assault or abuse
Previous STI

Cervical cancer and STI screening in sexually active teens

Pap smears not recommended, No HPV testing

Chlamydia and Gonorrhea

Screen all asymptomatic sexually active women under 25 years
- Urine or vaginal self-swabs or cervical swabs (use first 10 to 20 mL of urine. Preferable to avoid voiding 2hrs prior but does not preclude testing)

Screen those who are symptomatic or who have contact with an infected person
Use vaginal or cervical swabs for males
- Urine for males

HIV

Screen all age 15 years and older
Screen under 15 if risk factors
Risk factors:
- Men who have sex with men
- Injection drug users
- Those with STI’s or requesting STI testing
- Unprotected vaginal or anal intercourse
- Having sexual partners who are infected with HIV, bisexual, or injecting drugs
- Exchanging sex for drugs or money

Screen for those at increased risk, including high community prevalence

Hep B, Hep C
Screen high risk

HPV
Insufficient evidence for primary screening

Herpes simplex
Primary screening not recommended

http://www.cdc.gov/std/treatment/2010/clinical.htm#shpc

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greg Health Record is meant to be used as a guide only.