

### Developing the 'Teen Health Check' for use in primary care

#### Background

An innovative 'Teen Health Check' has been developed and trialled at the Well Centre in Streatham, to help promote better health assessments of young people in primary care. Undertaken by the GP, this is a structured set of 'conversation starters' alerting the GP to current medical problems, lifestyle, risk factors and safety. An EMIS (GP data system) template has been designed which provides prompts, helping the GP conduct an effective consultation.

This project develops and tests the use of an abridged 'Teen Health Check' in pilot GP surgeries in Lambeth and Southwark. The work is funded by the [Children and Young People's Health Partnership](#), to test the feasibility of introducing the Teen Health Check into routine practice, including the time it takes to use it, the ease of use for professionals, and the acceptability to young people. We are working in partnership with Dr Stephanie Lamb GP, who has led the development of the instrument.

#### Why is this important?

- Developing youth-friendly, flexible primary care that can quickly and accurately assess their health needs is important for improving health services for children and young people in Lambeth and Southwark and beyond
- Young people regularly report less satisfaction with primary care than other age groups, and asking the right questions might help promote more trust and confidence
- The 'Teen Health Check' has the potential to break down barriers between primary and secondary care by supporting more informed referrals

#### Methods

We will begin by testing the feasibility of introducing the Teen Health Check into routine general practice, working intensively with a small group of surgeries to test the abridged version before rolling the tool out more widely. We intend to combine quantitative and qualitative methods, including drawing on routine practice data, questionnaires and interviews.

After the initial phase of instrument development, we will be assessing the extent to which the project is taken up and used across practices in both boroughs. The project methods will also include consultation with young people.

#### Timing and outputs

The project will start autumn 2016 and run for two years. As well as a report for funders we will produce a briefing setting out recommendations for good practice from the work.

**For further information**, contact [info@youngpeopleshealth.org.uk](mailto:info@youngpeopleshealth.org.uk) or visit [www.ayph.org.uk](http://www.ayph.org.uk)