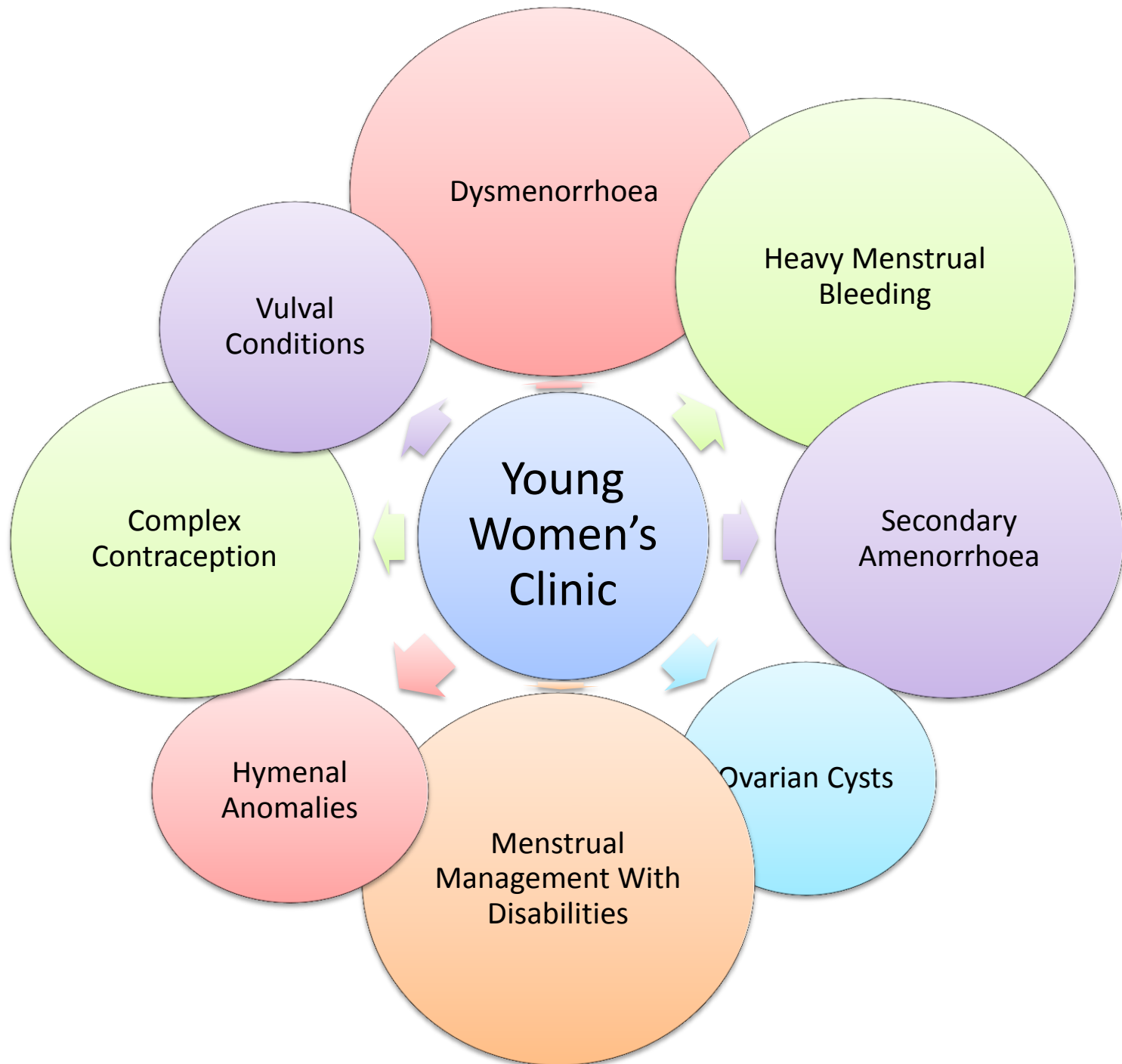


# Adolescent Gynaecology at Te Toka Tumai

National Women's  
Annual Clinical Report Day, 2021  
Saman Moeed, FRANZCOG, IFEPAG  
Paediatric & Adolescent Gynaecologist

# Young Women's Clinic

- Introduced in 2016
- Monthly (four weekly) clinic at GLCC
- Two SMOs
- Referrals accepted for under 20 year olds from:
  - Primary care
    - for ADHB patients & Waitematā DHB patients <15 years
  - Starship Children's Health (tertiary referrals)



# Young Women's Clinic in 2020

- Telehealth consultations during Covid lockdowns
- Issues with confidentiality during Telehealth
- Varied experiences with online learning
- ? Hypervigilance of symptoms
- ? Rise in anxiety

We provide confidential  
Services for young people



# We keep it Zipped

What You tell us **is confidential!**  
We won't share it without **your permission.**

Unless we have concerns about your safety  
or wellbeing or the safety of someone else.

**For more information** talk to your nurse, doctor or another  
member of your healthcare team or check out your rights at



Welcome: Hāere Mai | Respect: Mānauki | Together: Tūhono | Aim High: Angamua



AUCKLAND  
DISTRICT HEALTH BOARD  
Te Toka Tumai

# Youth Health Improvement Hub

Hippo ► Clinical Toolkit ► Youth Health Improvement Hub

Samara



## Youth Health Improvement Hub

[Our Organisation](#)

[Policies & Guidelines](#)

[Forms & Templates](#)

[Clinical Toolkit](#)

[Working Here](#)

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### “get it right” for Youth

Welcome to the Youth Health Improvement Hub – a central platform housing helpful tools, templates and general information to support services in evaluating and improving the way care is provided to adolescents and young adults (AYA) aged 12-24 years.

**Youth Champions** are professionals committed to improving outcomes for young people in their respective areas. Click here to access the Youth Champions Registry. If you would like to become a youth champion, or would like to receive the regular notifications that go out, please contact Rosalie Horning.

#### Youth Champion Networking Forums

Forums providing support and education for youth champions and an opportunity for all clinicians to access specialist professional guidance with complex AYA cases can be scheduled as needed. Youth Champions are notified of upcoming forums via email.

#### Youth feedback

Please encourage young people (and whānau of youth) in your area to let us know how their healthcare experience went by supporting them to complete our survey.

This can be done either in hard copy or electronically. Simply download a Youth Feedback Poster that you can display in your area or integrate into your discharge planning process – it has a QR code that young people can scan with their devices to access the survey

Youth feedback business cards containing the QR code are also available. Please contact Rosalie Horning if you need a supply of these cards to integrate into your discharge planning for young people.

Click on the topics below to find out more about the Youth Health Improvement Project.

[Resources for staff to use when working with youth](#)

[Websites & apps for young people](#)

[Transition](#)

[Youth health training information for staff](#)

[Tools for services to use to improve quality of care for youth](#)

[Working with Pacific Young People](#)

[Service examples of great youth-friendly care](#)

[What young people are saying about care](#)

#### Youth Health Improvement Project



Introduction to the Youth Health Project - Rosalie Horning from Auckland DHB on Vimeo.

Click here to watch a video of the September 2020 Paediatric Update presentation "Getting it Right" for young people in our hospitals – a zoom presentation by Dr Bridget Farrant, Dr Louise Albertella and Rosalie Horning.

#### Contact us

If you need any support with navigating the Hub, have any feedback or suggestions, or would like to talk to somebody about youth health in your area please contact:

**Rosalie Horning** - Project Lead  
Mob: 021 938 701 | Email: [rosalieh@adhb.govt.nz](mailto:rosalieh@adhb.govt.nz)

#### Related documents

- Tips for how to get started on Youth Health Improvement
- Youth Health Improvement - Information pack

# Youth Health Improvement Hub

Hippo ► Clinical Toolkit ► Youth Health Improvement Hub ► Youth Health Improvement - Resources



## Youth Health Improvement - Resources

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### Resources for clinicians

On this page, you will find a range of resources to use to support you in engaging with young people and a collection of resources that can be used by young people to support them with developing self-management skills in health.

Auckland Regional Health pathways Youth Health contains helpful information for health professionals in navigating care for young people in the community. A list of community youth support services is also available.

**“get it right” for Youth**

#### Contact us

If would like to talk to somebody about youth health in your area, please contact:

**Rosalie Hornung** - Youth Health Improvement Project Lead  
Mob: 021 938 701 | Email: [rosalieh@adhb.govt.nz](mailto:rosalieh@adhb.govt.nz)

#### Related pages

- [Youth Health Improvement Hub](#)
- [Cultural Engagement](#)
- [Professional development](#)
- [Quality standards and evaluation tools](#)
- [Stories](#)
- [Transition](#)
- [Youth Voices](#)

#### Developmentally-appropriate care: Raising awareness for staff

Display these posters and fact sheets in staff areas to raise awareness of the need to provide youth-friendly care.

- [Staff posters collection](#)
- [Protecting youth confidentiality fact sheet](#)
- [Optimising services for young adults fact sheet](#)
- [Keeping young people at the centre of care fact sheet](#)

#### Confidentiality, Trust and Respect

Display and discuss these confidentiality and youth rights posters and resources with young people accessing healthcare.

- [Youth Confidentiality poster 1](#)
- [Youth Confidentiality poster 2](#)
- [Confidentiality pocket card](#)
- [A3 Youth Rights poster](#) (also available via [ADHB Youth Rights & Privacy page](#))
- [CP Society A5 postcard for young people with Cerebral Palsy](#)
- ['The Cup of Tea' video](#) - A clever introduction to consent for young people

#### Engagement

These resources provide clinical staff with helpful information about how to engage more positively with young people.

- [Adolescent Consultation Guideline \(Starship Clinical Guideline\)](#)
- [HeEADSSS 3.0 - Psychosocial interview guide](#)
- [HEEADSSS assessment learning videos](#)
- [Do you really see me? Engaging with patients with disabilities/tāngata whaikaha](#)

# The Period Project



## Hypothesis:

Gynaecological management of adolescent dysmenorrhoea (medical and/or surgical) leads to objective improvement in pain, and that parental perception of pain are independent of adolescent pain experience.

## Research questions:

- Does gynaecological management of dysmenorrhoea in adolescents objectively improve pain?
- What is the parental/caregiver perception of adolescent dysmenorrhoea and its management?
- Is there a correlation between dysmenorrhoea coping strategies (catastrophisation) between adolescents and their parents/caregivers?

# The Period Project



- RANZCOG Trainee Research Project
  - Dr Whitney Pickering
- 15-19 year olds referred with dysmenorrhoea
- Baseline questionnaires:
  - APPT (Adolescent and Pediatric Pain Tool)
  - PCS-C (Patient at baseline and six months)
  - PCS-P (Parent/Caregiver at baseline)

# APPT



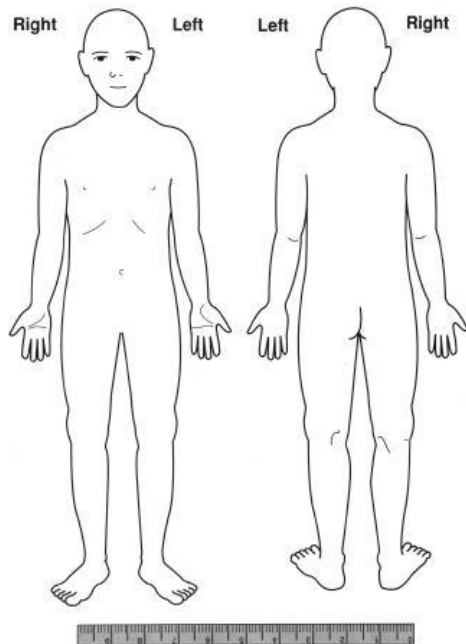
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DATE \_\_\_\_\_

## ADOLESCENT PEDIATRIC PAIN TOOL (APPT)

### INSTRUCTIONS:

1. Color in the areas on these drawings to show where you have pain. Make the marks as big or small as the place where the pain is.



2. Place a straight, up and down mark on this line to show how much pain you have.



3. Point to or circle as many of these words that describe your pain.

1 annoying	5 blistering	10 awful	15 off and on
2 bad	6 burning	11 deadly	16 once in a while
3 horrible	7 hot	12 dying	17 sneaks up
4 miserable	8 cramping	13 killing	18 sometimes
5 terrible	9 crushing	14 crying	19 steady
6 uncomfortable	10 like a pinch	15 frightening	
7 aching	11 pinching	16 screaming	If you like,
8 hurting	12 pressure	17 terrifying	you may add
9 like an ache	13 itching	18 dizzy	other words:
10 like a hurt	14 like a scratch	19 sickening	_____
11 sore	15 like a sting	20 suffocating	_____
12 beating	16 scratching	21 never goes away	_____
13 hitting	17 stinging	22 uncontrollable	
14 pounding	18 shocking		
15 punching	19 shooting		
16 throbbing	20 splitting		
17 biting	21 numb		
18 cutting	22 stiff		
19 like a pin	23 swollen		
20 like a sharp knife	24 tight		
21 pin like			
22 sharp			
23 stabbing			

For office use only.

BSA:	_____
IS:	_____
#S (2-9)	/57 = _____%
#A (10-12)	/11 = _____%
#E (1,13)	/8 = _____%
#T (14,15)	/11 = _____%
Total	/67 = _____%

# PCS

## PCS-C

0 – not at all 1 – to a slight degree 2 – to a moderate degree 3 – to a great degree 4 – all the time

*When I'm in pain ...*

- ☐ I worry all the time about whether the pain will end.
- ☐ I feel I can't go on.
- ☐ It's terrible and I think it's never going to get any better.
- ☐ It's awful and I feel that it overwhelms me.
- ☐ I feel I can't stand it anymore.
- ☐ I become afraid that the pain will get worse.
- ☐ I keep thinking of other painful events.
- ☐ I anxiously want the pain to go away.
- ☐ I can't seem to keep it out of my mind.
- ☐ I keep thinking about how much it hurts.
- ☐ I keep thinking about how badly I want the pain to stop.
- ☐ There's nothing I can do to reduce the intensity of the pain.
- ☐ I wonder whether something serious may happen.

*...Total*

## PCS-P

**Item**

**When my child is in pain...**

- 3 ... it's terrible and I think it's never going to get better
- 5 ... I can't stand it anymore
- 2 ... I feel I can't go on like this much longer
- 7 ... I keep thinking of other painful events
- 4 ... it's awful and I feel that it overwhelms me
- 1 ... I worry all the time about whether the pain will end
- 6 ... I become afraid that the pain will get worse
- 13 ... I wonder whether something serious may happen
- 12 ... there is nothing I can do to stop the pain
- 8 ... I want the pain to go away
- 11 ... I keep thinking about how much I want the pain to stop
- 10 ... I keep thinking about how much he/she is suffering
- 9 ... I can't keep it out of my mind

# The Period Project Progress



- Recruitment slower than expected!
- Not able to recruit Telehealth patients (because of ethics considerations)
- Good engagement from patients & whānau
- Follow-up rates promising so far

# Looking Ahead

- Registrars in Young Women's Clinic
- Continue to improve youth friendliness
  - Development of resources?
- Await Period Project outcomes to inform clinical decision-making

*what's the greatest lesson a woman should learn?*

that since day one. she's already had everything  
she needs within herself. it's the world that  
convinced her she did not.

- rupi kaur

