

Adolescent Health Specialist Clinic at Western Health:

Western Health provides Specialist Clinics for patients who are secondary school aged up to their 18th Birthday who require assessment and management of Adolescent health conditions. Patients will be triaged by a Consultant Paediatrician into management pathways according to specific clinical requirements:

These referral guidelines are for Paediatric Specialist clinics provided at Joan Kirner Women's and Children's at Sunshine Hospital only.

Referrals may be triaged to alternative Paediatric Specialist Clinics at Western Health.

Conditions not seen by Adolescent Health Specialists at Western Health:

- Cognitive testing.
- Multidisciplinary Autism Spectrum Disorder assessments.
- Eating disorders where the patient has a significantly lowered BMI and would require an inpatient stay.
- Adolescent gynaecology concerns for a patient < 16 years of age.

Adolescent Health Alarm Symptoms:

- Suicidality
- Acute conditions requiring immediate assessment – please refer the patient to the Sunshine Hospital Emergency Department.

Access & Referral Priority Adolescent Health:

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

***Note:** Young people will be seen with their parents / caregivers and will have a confidential individual interview with the adolescent health clinician.

URGENT Appointment timeframe 30 days.	ROUTINE Appointment timeframe greater than 30 days, depending on clinical need.
<ul style="list-style-type: none">• Medical conditions where a significant psychosocial component is impacting on immediate health e.g. asthma.	<ul style="list-style-type: none">• Chronic abdominal pain• Chronic headaches• Continence issues<ul style="list-style-type: none">○ Enuresis○ Encopresis○ Daytime wetting• Psychosocial concerns/issues<ul style="list-style-type: none">○ Anxiety○ School refusal.

Condition Specific Referral Guidelines:

Key information enables Western Health to triage patients to the correct category and provide treatment with fewer visits to specialist clinics, creating more capacity for care. If key information is missing, you may be asked to return the referral with the required information.

Condition:	Key Information Points:	Clinical Investigations:
Psychosocial Issues	<p>Essential</p> <ul style="list-style-type: none"> • Birth, development history. • Symptoms of concerns. • Details of parental concern • Past behavioural and treatment recommendations and response • Past medications and response • Details of co-morbid symptoms requiring special assessment or interventions. • Family & social history • Details of referrals already made. 	<ul style="list-style-type: none"> • Copies of previous assessments and reports: <ul style="list-style-type: none"> ➢ Mental health ➢ Language ➢ Cognitive ➢ Audiology • Prepare a Mental Health Plan and refer patient to external psychologist as ongoing therapy is not available via clinic. • Provide details of external psychologist patient referred to
Continence Issues Enuresis-Wetting	<p>Essential</p> <ul style="list-style-type: none"> • Details of clinical examination. • Previous management and outcome. • Associated symptoms of constipation or soiling. • Co-morbidities • Impact on social functioning and education 	<ul style="list-style-type: none"> • Urine M, C&S • Renal ultrasound if previously completed.
Encopresis Prolonged and treatment resistant	<p>Essential</p> <ul style="list-style-type: none"> • Details of soiling history • Details of clinical examination <ul style="list-style-type: none"> ➢ Abdominal examination ➢ Vital signs ➢ Blood pressure ➢ Weight & Height • Details of behavioural problems. • Details of any association with day or night wetting. 	
Chronic Abdominal Pain	<ul style="list-style-type: none"> • History of pain • Details of clinical examination • Impact on education and social functioning • Management to date 	<ul style="list-style-type: none"> • Urinalysis – dipstick or microscopy result • Full blood examination • Erythrocyte sedimentation rate • C-reactive protein (CRP) • Liver Function Test • Urea & Electrolytes • Abdominal ultrasound

Western Health Specialist Clinics Access & Referral Guidelines

Condition:	Key Information Points:	Clinical Investigations:
<p>Chronic Headache Headaches occurring 1 to 2 times per week for more than one month.</p>	<ul style="list-style-type: none"> • Details of headache including location, triggers, associated features • Details of clinical examination including HEADSS screen • Impact on education and social functioning • Previous management and outcomes • Any co-morbidities 	<ul style="list-style-type: none"> • Results of any investigations already undertaken. • Please include details of radiology service.
<p>School Related Issues</p>	<ul style="list-style-type: none"> • Complete medical and social history • Contributing co-morbidities 	<ul style="list-style-type: none"> • School psychologist or counsellor report