Adolescent Health Clinic at Western Health:

Western Health provides Specialist Clinic services for patients 13 to 17 years of age who require specialised assessment and management of adolescent health conditions. These conditions are significantly influenced by the neurodevelopmental changes from childhood to adulthood.

Referrals will be triaged by an Adolescent Health Specialist according to specific clinical requirements.

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

Specialist Clinics are provided in the Joan Kirner Women's & Children's Sunshine Hospital.

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.
- Adolescent gynaecology concerns for a patient < 16 years of age.

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

Conditions requiring referral to an Emergency Department:

Suicidality

Access & Referral Priority Adolescent Health Clinic:

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.

URGENT Appointment timeframe 30 days	ROUTINE Appointment timeframe greater than 30 days, depending on clinical need.		
 Medical conditions where a significant psychosocial component is impacting on immediate health e.g. asthma Adolescent Internal referrals from Western Health Emergency Department for adolescents where psychosocial issues are impacting on medical stability. 	 Chronic abdominal pain Chronic headaches Continence issues Enuresis Encopresis Daytime wetting Psychosocial concerns/issues Anxiety School refusal. Adolescent Internal referrals from Western Health Emergency Department 		



Condition Specific Referral Guidelines:

Key information enables Western Health clinicians to triage patient referrals to the correct category and provide treatment with fewer visits to Specialist Clinics, creating more capacity for care. If key information is missing, you will be asked to return the referral with the required information. If the information is not received, the referral may be rejected.

Condition:	Key Information Points:	Clinical Investigations
Psychosocial Issues	 Essential Birth, development history. Family & social 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. Details of referrals already made. 	 Copies of previous assessments and reports: Mental health Language Cognitive Audiology Prepare Mental Health Plan and refer patient to external psychology. Provide information regarding who the referral was made to.
Continence Issues Enuresis-Wetting	 Essential Details of clinical examination. Previous management and outcome. Associated symptoms of constipation or soiling. Co-morbidities Impact on social functioning and education 	 Urine M,C&S Renal ultrasound if previously completed.
Encopresis Prolonged and treatment resistant	 Essential Details of soiling history Details of clinical examination Abdominal examination Vital signs Blood pressure Weight & Height Details of behavioural problems. Details of any association with day or night wetting. 	
Chronic Abdominal Pain	 History of pain Details of clinical examination Impact on education and social functioning Management to date 	 Urinalysis – dipstick or microscopy result Full blood examination Erythrocyte sedimentation rate C-reactive protein (CRP) Liver Function Test Urea & Electrolytes Abdominal USS

Chronic Headache Headaches occurring 1 to 2 times per week for more than one month.	inclu Imp func Pre outo	ails of clinical examination uding HEADSS screen act on education and social ctioning vious management and comes comes	•	Results of any investigations already undertaken if available. Medical imaging obtained external to Western Health should have images available.
School Related Issues		nplete medical and social history htributing co-morbidities	•	School psychologist or counsellor report

