



Longwood
PEDIATRICS, LLP

THIRTEEN YEARS

Name _____ Date _____

Weight _____ Height _____ Body Mass Index _____

Office Hours: We are available 24 hours a day, 365 days a year!

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary) – Urgent visits only

Telephone Coverage: Longwood Pediatrics has 24-hour telephone coverage.



Please ALWAYS call us before going to any emergency room.

- Monday-Friday: 8:30am-5:30pm – to schedule appointments or leave a message for the nursing staff. This is the best option for general medical questions and to make appointments.
- Saturdays, Sundays, and Holidays: 9am – 12pm to schedule an urgent appointment – please call early in the day.
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

Appointment Scheduling:

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule next year's well visit, today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back the same day.

Communication:

We encourage all families to use MyChart, our patient portal. With MyChart you are able to communicate with your child's provider through messaging, book appointments, see your child's medical history and more. Sign up at the front desk today!

Like us on Facebook



Parent packet; updated 01/21/21



ADOLESCENT CONFIDENTIALITY

As our patients enter adolescence, it is important that they start to learn to be independent and take responsibility for their own health. Although parents will still be involved in their child's healthcare, teenagers may have health concerns that they do not want to discuss with their friends or family.

Studies have shown that teenagers do not frequently seek out health advice from providers because they fear their discussion will not remain private. In order to support healthy mental, emotional, and developmental growth of our adolescent patients, the providers at Longwood Pediatrics have a policy to maintain patient confidentiality during adolescent visits, starting around age 13.

To do this, the structure of adolescent visits is different from that of younger patients:

- Each adolescent visit will begin with the parent and teenager in the room together—this gives the parent a chance to ask questions and share important information about their child's health.
- Starting around age 13, after meeting together, the parent will then be asked to leave the room. The time alone with the doctor, or nurse practitioner, gives the teenager a chance to ask questions and discuss issues that are considered private.
- The information discussed by the teenager and doctor, or nurse practitioner, is considered confidential and will not be shared with anyone.
 - If important medical issues arise, we will encourage the teenager to discuss them together with his/her doctor, or nurse practitioner, and parents; however, information will not be discussed without the patient's permission.
 - Providers will only discuss a confidential issue with a parent if it is determined that the teenager poses a threat to him/herself, or others.
- We routinely perform confidential testing on all of our adolescent patients, as recommended by the American Academy of Pediatrics and Centers for Disease Control and Prevention. Parents may see this testing on insurance bills; however, due to adolescent confidentiality laws in Massachusetts, we cannot share the results.
- The teenager may then choose to have a parent, nurse, or just the doctor present during the physical exam.

We greatly value and respect our adolescent patients and their families. In order to provide comprehensive, quality care, we also take questions from our teenagers by phone; to facilitate this, we file the cell phone numbers of our adolescent patients. Please let us know if you have any questions.

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E-Cigarettes

What are E-Cigarettes?

E-Cigarettes, JUULS, vapes, vape pens, dab pens, mods or tanks are electronic devices that use a battery to aerosolize a liquid which is then inhaled. This liquid usually contains nicotine, chemicals, flavors and other additives. These electronic devices can also be used to deliver marijuana and other substances. The use of these devices has increased rapidly and they are now more common than traditional cigarettes among middle and high school students.

Why are they harmful?

Nicotine: Many people may not know that the liquid used in these electronic devices usually contains nicotine. A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes! Nicotine in any form is not safe for youth as it is highly addictive, can harm the developing brain and affect memory and concentration. Nicotine use may also increase risk for certain mood disorders and negatively affect impulse control. E-cigarette use is strongly associated with other tobacco products like regular cigarettes.

Other chemicals: The liquid used in these electronic devices may contain chemicals including flavorants like Diacetyl (a chemical linked to serious lung disease), volatile organic compounds, and heavy metals like tin and lead. Heavy metals can cause respiratory distress and disease. Other chemicals in the e-liquids and in the aerosol from e-cigarettes are known to cause cancer in humans.

Some e-cigarettes have also exploded and hurt or burned people.

Impact on others:

The cloud created by e-cigarettes can be harmful to others. The e-liquid and e-cigarettes can also be extremely harmful to infants and young children if swallowed or handled incorrectly.

Further resources:

E-cigarettes.SurgeonGeneral.Gov

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

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BRIGHT FUTURES HANDOUT ► PARENT

11 THROUGH 14 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be part of family decisions. Give your child the chance to make more of her own decisions as she grows older.
- Encourage your child to think through problems with your support.
- Help your child find activities she is really interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Help your child deal with conflict.
- Help your child figure out nonviolent ways to handle anger or fear.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.

✓ YOUR CHILD'S FEELINGS

- Find ways to spend time with your child.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, let us know.
- Talk with your child about how his body is changing during puberty.
- If you have questions about your child's sexual development, you can always talk with us.

✓ YOUR GROWING AND CHANGING CHILD

- Help your child get to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Encourage your child to brush her teeth twice a day and floss once a day.
- Praise your child when she does something well, not just when she looks good.
- Support a healthy body weight and help your child be a healthy eater.
 - Provide healthy foods.
 - Eat together as a family.
 - Be a role model.
- Help your child get enough calcium with low-fat or fat-free milk, low-fat yogurt, and cheese.
- Encourage your child to get at least 1 hour of physical activity every day. Make sure she uses helmets and other safety gear.
- Consider making a family media use plan. Make rules for media use and balance your child's time for physical activities and other activities.
- Check in with your child's teacher about grades. Attend back-to-school events, parent-teacher conferences, and other school activities if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if she needs it.
- Encourage daily reading.

✓ HEALTHY BEHAVIOR CHOICES

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Know your child's friends and their parents. Be aware of where your child is and what he is doing at all times.
- Lock your liquor in a cabinet.
- Store prescription medications in a locked cabinet.
- Talk with your child about relationships, sex, and values.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask us or others you trust for reliable information that can help.
- Use clear and consistent rules and discipline with your child.
- Be a role model.

Helpful Resource: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

11 THROUGH 14 YEAR VISITS—PARENT



SAFETY

- Make sure everyone always wears a lap and shoulder seat belt in the car.
- Provide a properly fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowmobiling, and horseback riding.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Don't allow your child to ride ATVs.
- Make sure your child knows how to get help if she feels unsafe.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit, 2nd Edition*.

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