

PPE & Access to Health Care

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DISCLOSURES

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Off-label uses	NONE



OBJECTIVES

- Review the role of the PPE & access to health care for children & adolescents
- Discuss the factors related to the setting, timing & frequency of the PPE
- Discuss application of the PPE beyond the traditional school setting



AUTHORING SOCIETIES

- AAFP
- AAP
- ACSM
- AMSSM
- AOSSM
- AOASM
- NATA
- NFHS
- AHA



GOALS

- Determine general physical & psychological health
- Evaluate for life-threatening or disabling conditions
- Evaluate for conditions that may predispose to injury or illness



GOALS

- Provide an opportunity for discussion of health and lifestyle issues
- Serve as an entry point into the health care system for adolescents without a health care home or medical home



KNOWLEDGE

- “Recognizing that you know what you know, and you do not know what you do not know”
– Confucius



THE DATA

- 5-10% of adolescents have chronic conditions
 - Requiring ongoing medical treatment
- 50% have less-severe medical problems
- >50% should be seen at least annually
- Determining eligibility for sport can be integrated into routine care



MEDICAL EVALUATION & MORE

- Opportunity to engage adolescents
 - Physical health
 - Mental health
 - Lifestyle/ risk-taking behaviors
- 70% of adolescents desire more info from THEIR personal physician



HISTORY & PHYSICAL EXAM

- History (HS & College)
 - 88% of medical issues
 - 2/3-3/4 of MSK issues
 - Questionnaire
 - Medical record review
- Exam
 - VS
 - Growth
 - System based
 - GU



THE SETTING MATTERS

- Most adolescents are not comfortable in a station based exam discussing sensitive subjects



THE SETTING MATTERS

- Familiarity/ trust
- Mental health
- Sexuality
- Birth control
- STI
- Gender identity
- Vaping
- Alcohol
- Tobacco
- Recreational drugs
- Supplements/ PES
- Unsafe nutrition



UNDERSERVED

- Higher risk for medical problems/ risk-taking
- Higher need for health care home
 - Medical needs
 - Mental health needs
- Group exams – community service
- PPE provides an opportunity to establish a medical home



WRITING GROUP OPINION

- PPE in the context of the health care home is best practice
- AAFP & AAP support



WRITING GROUP OPINION

- “Inappropriate”
 - Gym/ locker-room
 - Urgent care
 - Retail based
 - Fundraiser
 - Increase market share



TIMING

- Birthday month
 - State requirements
- Well in advance of pre-season
 - Eval, treat, rehab
 - 6 weeks prior preferable (what's practical?)
 - 3-14% require additional evaluation
- Athlete & parents responsible for scheduling



FREQUENCY

- No outcomes based data
- 1-4 years used
- AAP: yearly
- AAFP: 1-3 years
- AHA: 2 years for cardiac eval
- PPE may be the only visit for health care



NFHS

- Yearly: 39 states
- 18 months: 1 state
- 2 years w interval questionnaire: 7 states
- 3 years w interval questionnaire: 2 states
- HS entry w annual statement of health: 1 state
- Determined by school district: 1 state



WRITING GROUP

- In the medical home
- Suggested: PPE portion every 2-3 years to allow for evidence based screening/ Rx
 - Depression
 - Obesity
- Annual update: head, heart, heat, MH, focal
- Evolving child/ adolescent



APPLICATIONS OUTSIDE OF TRADITIONAL SPORTS

- Boy Scouts
- Special Olympics
- Dance
- ROTC/ JROTC
- Show Choir



APPLICATIONS OUTSIDE OF TRADITIONAL SPORTS

- Mental health screening
- Conditioning/ physical literacy
- Nutrition/ healthy weight
- Health screening for any active patient wishing to participate in
 - Sport
 - Recreational play
 - Fitness activity



COLLEGE

- Away from medical home
- Abbreviated annual eval
- Group exams w full access to PMH
 - Formal medical teams
- Review to assess eligibility



PCP VS. GROUP SETTING

- Unlikely to address health concerns & anticipatory guidance
- PCP may promote activity & sport safety
- Incorporated early – may reveal risk for SCD



WRITING GROUP

- “Performing a PPE outside the medical home is ineffective, of little value, and presents a barrier to both health care supervision and participation in sports and activities”



Thank you

Questions?

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