

MFM Teen and Adolescent Gynecologic and Pregnancy Care

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5/14/2023

Objectives

- Outline teen rights for reproductive healthcare
- Provide guidance on the initial steps for teen pregnancy
- Describe services provided through MFM
- Summarize options and resources for choices in pregnancy
- Review common myths and misconceptions in pregnancy
- Discuss community resources available to teens

What patient rights do teens have

- No IUD or nexplanon at ACH without parental consent
- Other BC and STI testing/treatment is fine
- Prenatal care
 - Parent/Guardian signs consent for treatment for teen patient, this is good for 1 year
 - OH Law = Teen can consent to mental health and substance abuse treatment at age 12. and reproductive health care at age 13
- Differences between OH Law and Hospital Policies
 - Even if teen <18 y/o consents to their own reproductive health care, they still require parent consent for procedures - e.g., epidural placement, implantable birth control

Brain development of adolescent

- There is significant brain development occurring between childhood and adulthood
 - Significant differences occur even between time of early adolescence to late adolescence
 - Significant changes occur in higher order functioning - learning and socialization
- Frontal Lobe/ Prefrontal Cortex (PFC) - executive of the brain
 - Organizing thoughts and actions, problem-solving, inhibition, regulating attention
- Neural connections go through pruning to become more efficient - ability to perform tasks simultaneously and faster communication among pathways
- Significant increase in dopamine inputs in PFC
 - Dopamine effects learning in response to reward
 - Development of impulse control and decision-making

(Casey, Getz, & Galvan, 2008; Weinberger, Elvevåg, & Giedd, 2005)

Brain development of adolescent

- Frontal Lobe/ Prefrontal Cortex (PFC) - executive of the brain
 - Organizing thoughts and actions, problem-solving, inhibition, regulating attention
 - Adults with frontal lobe damage → more impulsive, difficulties with selective attention and sustained attention
 - Adults with damage to PFC → difficulties with planning/decision-making, ability to predict consequences, regulate emotions. Decision making based on immediate reward
- Connection between the Cingulate and Hippocampus
 - Modulate physical reactions to emotions (e.g., sweaty palms, increased heart rate, butterflies in stomach)
 - Retrieve memories, recall past details and context
 - The connection between these two areas grows/strengthens - contributes to change in following your gut to following logic/evidence

(Casey, Getz, & Galvan, 2008; Weinberger, Elvevåg, & Giedd, 2005)

How to support teens along the way



- Teens benefit from involvement of caring adults and systems that support skill development
- Areas of the brain that help with decision-making are still developing, so teens need guidance from responsible adults to support processes
- Balance expectations - don't set expectations too high that they can't reach them, or set them too low that they don't have a chance to prove themselves/grow

- In medical setting
 - Assess teen's understanding and where they are at with decision-making processes
 - Offer examples of potential consequences (positive and negative) to options
 - Explore emotional response to certain decisions (do they feel strongly about 1 option over another)
 - Ask questions or use discussion to gauge comprehension of information presented
 - Build trust and identify the trusted adults in their life

What to do if you have a pregnant teen in the office

- Reassurance
 - “You may be feeling a range of emotions that can be overwhelming, confusing, and scary. There are resources, services, and support just for you.”
- Smoking, drug, alcohol cessation
- Go to ED for bleeding, severe cramping, severe abd pain, high fever
 - CCAG, Summa, Aultman
- Discuss options if comfortable with the topic
 - Know that is important to make a decision early
- Prompt treatment for any STI
- Referral to MFM

What to do if you have a pregnant teen in the office

- Insurance issues
- Teen pregnancy visible on mychart to parent ?
- Crisis hotline for personal safety: 330-434-9144
- CRISIS TEXT LINE – TEXT 4Hope to 741741
- EMR
 - Updating phone numbers, addresses, email addresses over time
 - Consents are updated at age 18
 - EPIC cannot have more than 1 mobile number listed
 - Snapshots (specialty comments - unique phone numbers or privacy info)

Other considerations

- Ask about physical, emotional, and sexual abuse
- Assess safety and safe housing/situation
- Risks associated with black maternal mortality
- Pregnant teens at heightened risk for Perinatal Mood and Anxiety Disorders

MFM care for teen pregnancy

- Prenatal and postpartum care. CPB 5th floor.
- Meet with health care provider, social worker, dietician, mental health provider
- 2 OB/GYN's, 3 APP's, 5 MFM's
- Visits every 4 weeks, until later on in pregnancy when the visits are more frequent
- Delivery at Summa

Teen pregnancy – how we guide them at the start

- Options for pregnancy
 - Prenatal care and parenting
 - Prenatal care and adoption or kinship
 - Abortion or termination of pregnancy
- Important considerations
 - Legal rights of pregnant teen
 - Confidentiality with discussions around pregnancy decisions
 - Determine if additional intervention is required
 - E.g., referral to Child Protective Services, CARE Center, law enforcement notification (if required), suicide risk, personal safety concern

Options for pregnancy

- [Your Health and the Law: A Guide for Teens | ACLU of Ohio \(acluohio.org\)](https://www.acluohio.org/your-health-and-the-law-a-guide-for-teens/)
- Continue with pregnancy and care for the child
- Termination
 - Planned parenthood
 - Preterm center in Cleveland
- Adoption
- Kinship
 - Family member care for the baby while patient finishes school

Myths in pregnancy

- “I don’t need contraception after pregnancy”
 - Lactational amenorrhea method for contraception can have 7.5% unintended pregnancy rate
 - Postpartum LARC will reduce risk of repeat delivery within 27 months by 80%
- “I can’t get an STI in pregnancy”
 - STI’s like syphilis, HIV, Hepatitis, chlamydia, gonorrhea, and HSV can be contracted during pregnancy and can be extremely harmful to the fetus
 - Extremely important to use barrier contraception if sexually active in pregnancy
 - Our office is increasing RPR testing frequency in high risk patients due to increase in the community

Resources to support pregnant teens

- ACH Population Health Community Health Worker
- Nurse Family Partnership (County based, limited)
- HUB Community Health Worker (multiple counties)
- Help Me Grow Home Visitation Community Health Worker (ODH)
- Summit County Neighborhood Navigator (Summit County Public Health Dept)
- The Highlands (Summit County residential program for <18 y/o pregnant teens)
- Birthing Beautiful Communities
- Summit County Maternal Depression Network (assessment w/in 72 business hours by participating mental health agencies)
- Medicaid baby programs
- Transportation options
- WIC - requires parental consent for patients <18 y/o

Resources to support pregnant teens

- 211 website resources
- Akron Children's MyLocalLink
- Text4baby
- Baby and Me Tobacco Free Program (Mahoning, Stark, Summit Co)
- Ohio Tobacco Quit Line Pregnancy Program 1-800-QUIT NOW
- Smokefree.gov

Additional Resources

- Love is Respect Program through National Domestic Violence Hotline
 - <https://www.loveisrespect.org/>
- American Civil Liberties Union of Ohio
 - <https://www.acluohio.org/>
 - <https://www.acluohio.org/en/know-your-rights/your-health-and-law-guide-teens>
- Information on Birth Control options
 - <https://www.plannedparenthood.org/learn/birth-control>
 - <https://www.bedsider.org/>

References

- Adolescent Pregnancy, contraception, and sexual activity. ACOG Committee Opinion Number 699.
- Counseling Adolescents about Contraception. ACOG Committee Opinion Number 710.
- Comprehensive Sexuality Education. ACOG Committee Opinion Number 678.
- Access to Contraception. ACOG Committee Opinion Number 615.

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- Brunson MR, Klein DA, Olsen CH, et al. Postpartum contraception: initiation and effectiveness in a large universal healthcare system. *Am J Obstet Gynecol* 2017.
- Weinberger, DR, Elvevåg, B, & Giedd, JN. . The adolescent brain. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2005.