

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

- 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.

ROUTINE

Appointment timeframe greater than 30 days, depending on clinical need.

- 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



Western Health Specialist Clinics Referral Guidelines

<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 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 if available. • Medical imaging obtained external to Western Health should have images available.
<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

