

Adolescent Health Issues



National Health Mission
Deptt. of Health & Family Welfare
Govt. of Odisha.



Adolescent Health Issues



MAKING HEALTH SERVICES ADOLESCENT-FRIENDLY



ADOLESCENTS ARE UNIQUE.
THEY NEED QUALITY HEALTH SERVICES THAT RECOGNIZE THIS

I want to have a say in decisions
about my health

I don't want my parents to know

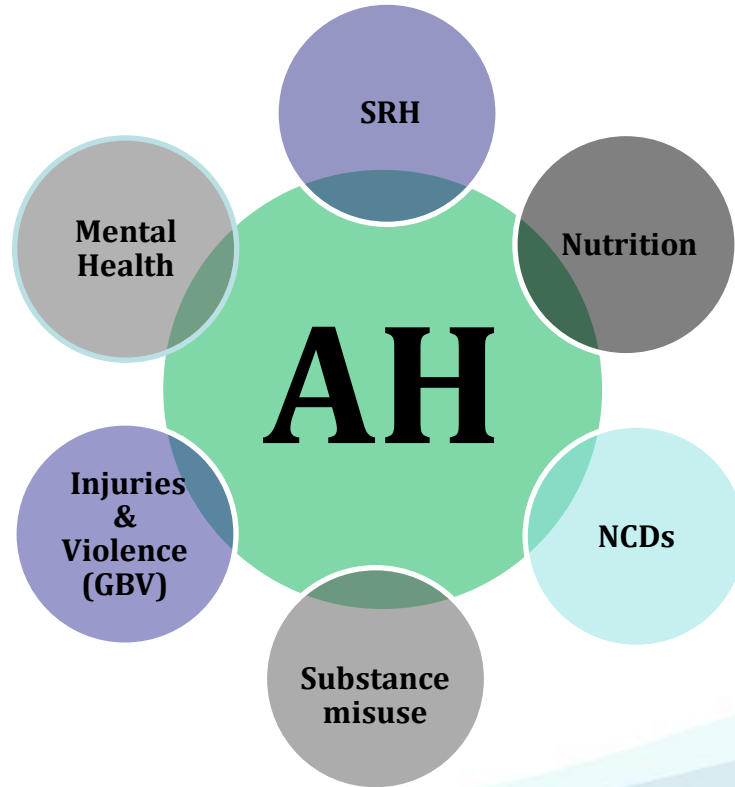
Please respect my privacy

Don't treat me like a child



WHO/UNAIDS set global standards to improve the quality of
health services for all adolescents.

What are the Key Health Issues among Adolescents



Non Communicable Diseases(NCDs) among Adolescents?

- Nearly three out of four obese adolescents remain obese as adults
- Increased risk of
 - Heart Disease
 - Type 2 Diabetes
 - Stroke
 - Cancers

- 20 to 40% of adolescents are overweight
- When they become adults, overweight adolescents
 - Cardiovascular disease – 2 times
 - Atherosclerosis -7 times
- Increased risk
 - Cancer
 - Stroke
 - Hypertension
 - Type 2 diabetes

Adolescent Pregnancy & Issues ?

- Adolescent mothers are more likely to have low birth weight infants.
- LBW is associated with increased risk of
 - Adult coronary artery disease
 - Hypertension
 - Diabetes

Early Marriage

Complications of pregnancy in adolescent mothers-

- Anemia and hypoproteinaemia.
- Thyroid deficiency.
- STI/HIV
- Pregnancy with high blood pressure.
- PET & Eclampsia (convulsions).
- Obstructed labor.
- More birth injuries.
- More chances of caesarean sections.
- Pre term birth.
- Postpartum depression.
- Low birth weight.
- Prenatal and neonatal mortality.
- Repeat unplanned pregnancy.

Key points of information to adolescents.

- ✓ Education and adequate information on safe sex to adolescents prior to onset of menarche (counseling of adolescent and their parents).
- ✓ Adequate information for their private parts.
- ✓ Awareness about their body parts and their continuous changes later.
- ✓ **“TO SAY NO”** teach adolescent when someone passes remarks, make gestures, touches her private part or other body parts.
- ✓ How to get suspicion about early pregnancy and whom to contact.
- ✓ Knowledge of adolescent about emergency contraceptives and early & safe abortion services.
- ✓ In married adolescent to postpone first pregnancy till 21 years of age by use of proper contraceptives.

Management of pregnancy in adolescents

Unmarried

- ❖ Desires to continue pregnancy- Good antenatal ,natal and post natal care.
- ❖ Inform all expected complications till post natal period.
- ❖ Need for extra health care like good diet, rest, timely medical care, exercises, hygiene, good family support etc.
- ❖ If not willing to continue guidance for safe and legal abortion services.
- ❖ Constant availability of contraceptives.
- ❖ Continuous post delivery or post abortion counselling by counsellor.
- ❖ Security from the society/ family in future.

Married

- ❖ Early registration for antenatal care.
- ❖ Early risk assessment and advise for necessary precautions.
- ❖ Early detection of complications and proper referral .
- ❖ Awareness of possible risks of adolescent pregnancy to girl and her family.
- ❖ Promote institutional delivery.
- ❖ Ensure post partum services.
- ❖ Contraceptive availability after delivery.
- ❖ Breast feeding of the baby.
- ❖ Conselling for proper care of her baby.
- ❖ Vaccination of the baby.
- ❖ Continuous long term care of her general health specially for anemia.

Chronic lung disease & cancer

- One in four adolescents who smoke started using tobacco before the age of ten
- 90% of adult smokers begin before age 18
- Globally, between 80,000 and 100,000 young people start smoking every day

Chronic Lung Disease

- 2 million children under five die annually from pneumonia
- Caused from indoor open stoves
- Exposed young people have two to three times the risk of asthma and lower respiratory conditions

Chronic alcohol dependence

- Adolescents who start to drink before they are 15 years old are five times more likely to abuse alcohol as adults than those who start drinking at age 19 or older

RISK FACTORS FOR MENTAL HEALTH PROBLEMS IN ADOLESCENTS

- Social and economic disadvantages
- Unsatisfactory nutrition and physical health
- Relationship problems in family and school
- Significant events in life
- Biological factors - sex, injury, inherited risk
- Personality and coping style

Mental health problems in adolescents

- **Four major Categories**
- Behavioral disorders (like attention-deficit and conduct disorder)
- Developmental disorders (learning difficulties)
- Emotional disorders (like depression and anxiety)
- Severe mental disorders (schizophrenia)

BEHAVIORAL DISORDERS

Within Behavioral disorders we have:

- Attention Deficit Hyperactivity Disorder
- Oppositional Defiant disorders
- Conduct disorder
- Frequently mixed together

SCHIZOPHRENIA

- Onset often during adolescence
- Distortion of thinking and perception
- Delusions, Hallucinations, Paranoia.
- Ordinary perceptions can be experienced in a distorted manner.
- Often the onset is by late adolescence
- Onset can be slow and sometimes present acute break down.
- Early symptoms: confusion, extreme moodiness, severe anxiety, assigns sinister meaning to ordinary occurrences
- The affected youth may show slow decline in personal self care
- Withdraw and isolate him/ herself from peers and family.
- Periods of agitation and restlessness some times and extreme inactivity at other times

Nutrition

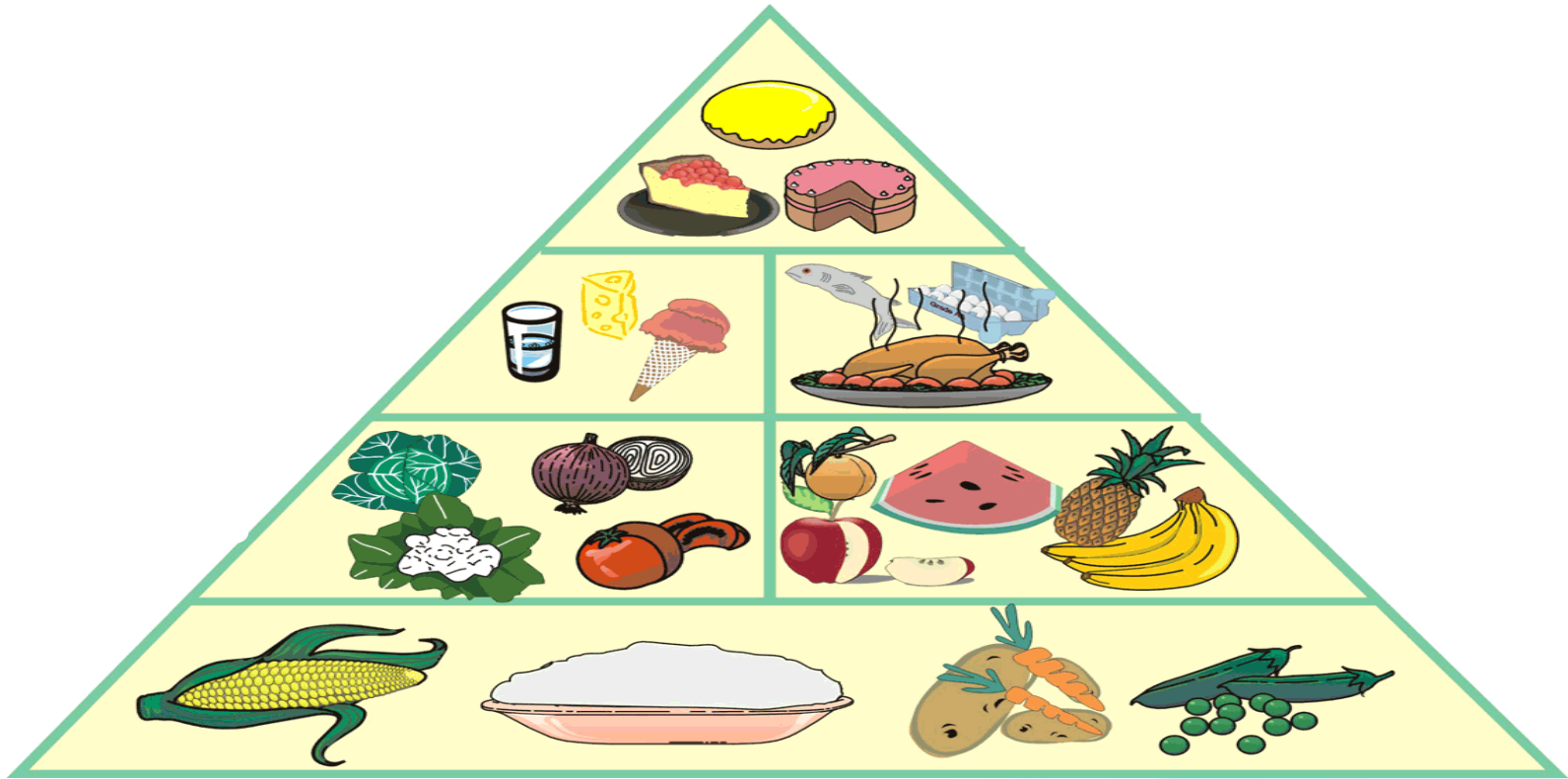
Factors influencing nutrition among adolescents

- Lack of Knowledge in the family and community about the importance of Nutrition
- Lack of Food because of Socioeconomics circumstances
- Inequitable distribution of food in the family wherein girls being denied nutritious food
- Poor dietary intake of food and vegetable rich in Iron
- Poor bioavailability of Iron in the diet
- Hook worms infestation
- Disease like Malaria
- Bad Cooking Habit
- Perpetuation of a vicious cycle of Malnutrition and infection which might begin before birth

Required Nutrition

Component of Foods	Male			Female		
	10-12 Years	13-15 Years	16-18 Years	10-12 Years	13-15 Years	16-18 Years
Energy (K.Cal	2190	2750	3020	2010	2330	2440
Protein (gms)	39.9	54.3	61.5	40.4	51.9	55.5
Calcium (Mg.)	800	800	800	800	800	800
Iron (Mg.)	21	32	28	27	27	26

Food Pyramid



Cereals legumes, roots, tubers

MENSTRUATION CYCLE AND KEY DISORDERS



Menstruation

- Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium.
- Each month an egg matures in one of the ovary & get released
- This travels through the fallopian tubes to the uterus
- Two fates either fertilization & pregnancy or menstruation

Normal menstruation

- Cycle- 28 ± 7 days
- Duration - 5 ± 3 days
- Flow - 50-80 ml
- Pain \pm
- Cycles can be smaller or longer than 28 days.



	MENSTRUAL CYCLE	
	DAY	DESCRIPTION OF EVENTS
STAGE 1	1-5	MENSTRUATION
STAGE 2	6-13	UTERINE LINING THICKENS
STAGE 3	13-15	OVULATION
STAGE 4	15-28	FAVOURABLE LINING TO CONCEIVE

- Menstruation is a normal body function
- Prepares a girl to conceive
- Sign of healthy reproductive system
- At beginning a girl may skip few cycles
- A girl may conceive even in missed cycles

Process of menstruation

- Menstruation /periods/menses/monthly cycles occur every month.
- It a mark of sexual maturation.
- It is a normal body function.
- Menarche is beginning of pubertal process.
- It also indicate physical growth spurt at its peak when there is development of secondary sexual characters-breast, pubic hairs.
- Prepares the girl's body mainly uterus to bear a baby in future.

❖ **Menarche**

- First menstruation
- Occur between 13-16 yrs.

❖ **Reproductive age group**

- 13-50 yrs
- During which menstruation occurs

❖ **Menopause**

- Cessation of periods
- 45-50 yrs

Key Menstrual Disorders.

- Painful menstruation-dysmenorrhoea
- Absence of Menstruation- (Amenorrhoea) primary,secondary.
- Scanty bleeding- hypomenorrhoea.
- Heavy bleeding –regular,irregular
- Pre menstrual syndrome.
- RTI/STI.

Pre menstrual syndrome

Key features-

- .Pain & heaviness in breasts,
- .Full feeling in lower belly,
- .Constipations,
- .Emotions , mood changes

Support /help-

- .Reassurance
- .Counsel to relax
- .Pain killer if needed
- .Encourage for regular activities & excercises

Hygiene & cleanliness during menstruation

- Soft cotton clothes/sanitary pads
- Synthetic cloth should not be used
- Cloth/pad should be changed 2-3 times a day
- If reused cloth –it should be properly washed with soap & water & dried in the sun & stored in a clean bag.
- Used pad should be wrapped in a paper bag & disposed (never in open space & WC)
- No need to clip or wax pubic hair for hygiene
- Hygiene –by regular cleaning & washing local parts with plain water without any antiseptics

MYTHS

- Pregnancy can occur even during periods.
- All regular day today activities , strenous work ,exercise & even dancing can be continued during periods
- Cold food ,pickles & bare feet not related to pain during periods
- Pregnancy can occur even during breast feeding-as ovulation is unpredicted
- Near menopause for heavy bleeding a health review is recommended
- Sex during periods is safe if proper personal hygiene is taken by both the partners (it helps in preventing endometriosis ,heart disease ,stroke & breast cancer)
- Daily hot bath & even washing hair is good for hygiene during periods.
- One can exercise or do sternuous activities during menstruation.

Advise

- Diet
- Hygiene
- Exercise
- Family planning
- Not to use over the counter drugs
- Consult specialist



Injuries & Violence

Violence is "the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community. *Annually, more than 1.5 million*

7.3 Different forms of violence

- ❖ Physical
- ❖ Psychological and emotional
- ❖ Sexual
- ❖ Racial and caste based
- ❖ Threats

Table 7.1 - Types of violence

Self-directed violence	Interpersonal violence	Collective violence
Self-directed violence includes suicidal behaviour and self-abuse. Suicidal behaviour indicates act attempted to commit suicides by individuals. Self-abuse, in contrast, includes acts such as self-mutilation	It includes violence at family and community level. At family level, violence largely occurs between the members and intimate partners, it includes gender based violence. However community violence between individuals who may or may not know each other, generally takes place outside the home.	Collective violence includes social, political and economic violence. It suggests possible motives for violence committed by larger groups of individuals or by states.

Types of Injuries

- ❖ Alcohol use injury
- ❖ Transport related injury
- ❖ Sport injury
- ❖ Suicidal injury
- ❖ Burn
- ❖ Fighting or physical attacked
- ❖ Driving at high speed

Preventive Measures

Follow traffic rules and regulation.

Pay attention when they are walking on a footpath or on the roadside.

Use helmet whenever driving two wheelers.

Take proper training on mechanisms and safety measures of swimming.

Take all preventive measures and precautions while playing sports.

Substance Abuse

- (Ab) use/ (Mis) use of ‘substance’- usually a chemical (Drug) in nature which the user consumes **in quantity/proportion** or with **methods** or for a **purpose** other than advised and which may be **harmful to himself & others**.

Substance Abuse: A Risk Behavior

- **WHO : A Disease** (manifestation of)

Symptoms :

- Reduced tolerance
- Dependency : Compulsive , at times uncontrollable drug craving, seeking and use that persists even in the face of extremely negative consequences
- Systematic problems
- Accidents, injury, suicide and homicide
- 3 Ds- Denial , Defiance, Dilemma

Drug use: worldwide

- Heroin & Opiates
 - Cocaine
 - Cannabis
 - Hallucinogens
 - Amphetamines
 - Nicotine
 - Ecstasy
 - Sedative type prescription drugs
- More than 500 million users worldwide.
 - At best 10-25% in some form of treatment
 - High rates of HIV among IDUs
 - Drug addiction is a chronically relapsing disorder

Warning Signs ?

- Feeling down , hopeless, tearful, lacking motivation
- Trouble coping with daily activities
- Sudden changes in behavior (for no obvious reasons)
- Trouble eating / sleeping
- Performing badly / refusing to go to school
- Avoiding friends/ social contacts
- Being aggressive / antisocial / anxious

Thank you