

Make Things Happen!

Health and Healthy Living

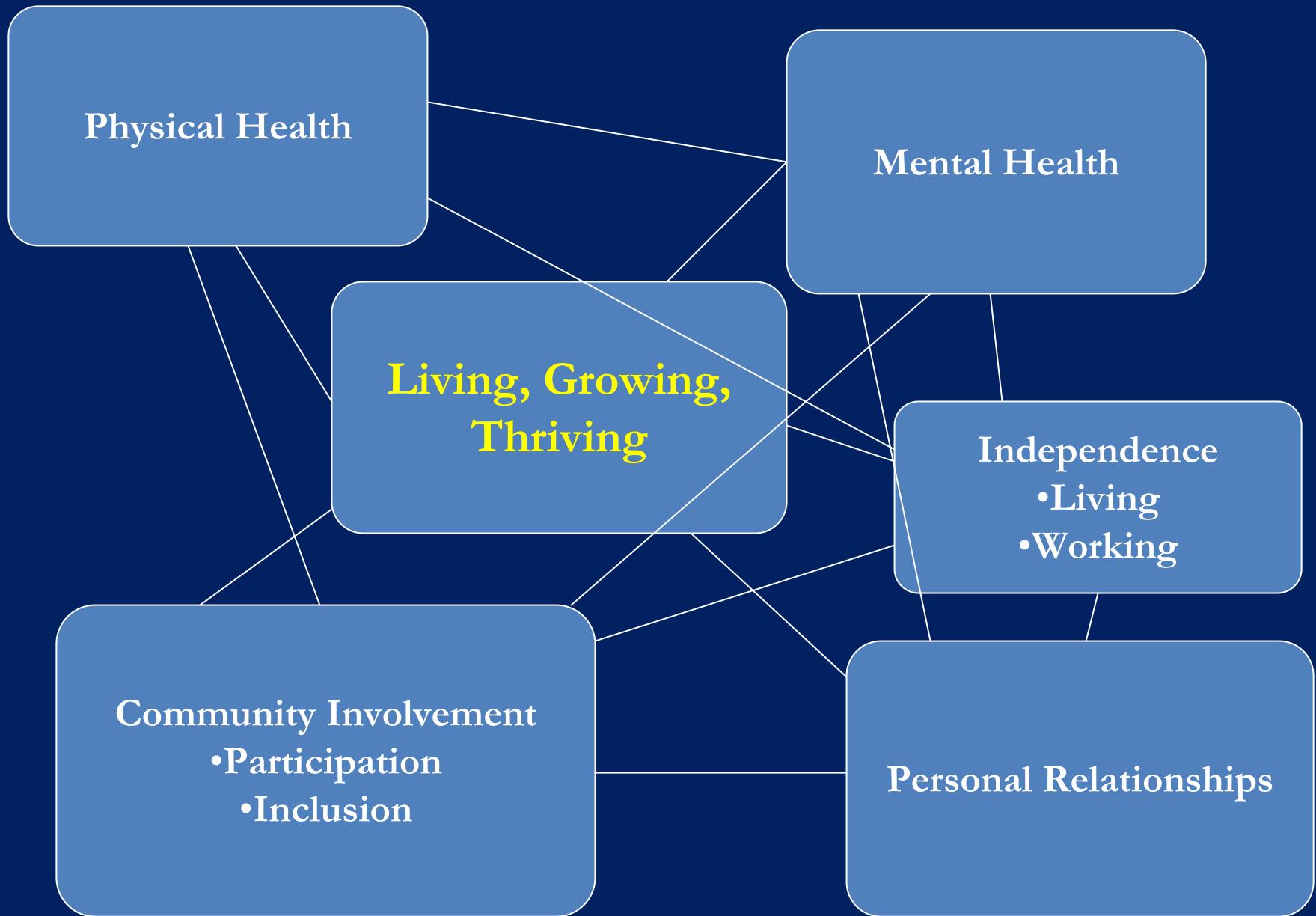
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Health and Wellness

- Defined on individual level
- Considered in larger context
- Does not equal “problem free”
- Evolves over time



Discussion Summary

- Expectations for quality health care in youth and beyond
- Concrete examples for case managers on counselling youth and families
- Examples of using the checklist



You play a pivotal role in helping youth learn to:

- manage their own health care
- maintain a healthy lifestyle

Health Care and Healthy Living Checklist Items

- Encourage youth to meet privately with his/her provider for part of the office visit
- Assess youth's ability to assume increasing responsibility for his/her health care management, including:
 - Understanding condition and medications
 - Handling prescriptions
 - etc.

Real Communication = Better History

- Tools for organizing health records
- Portable summaries
- Medication Lists
- Question and answer dynamics

Sex, Drugs, and Rock and Roll

- Ideal patient  doctor communication is open, honest, no secrets
- Barriers to communication
 - Embarrassment
 - Lack of knowledge
 - Fear
 - False assumptions



Health and healthy lifestyle
education and support involves
not only youth, but
family members and others

The Patient and Family

- Self-Determination and Empowerment
- Person and/or Family Centered Planning
- Tools for organization
- Health Care Consumer Mentality

