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## Adolescents Friendly Health Clinics

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**"No woman can call herself free who does not control her own body."**

**As we have seen, the health needs of young people are special in many respects. Therefore, there is a need to establish special services for them. These services are called "Adolescent Friendly Health Services"**

(RKSK) Rashtriya Kishor Swasthya Karyakram focus the need of nourishment the Adolescent Friendly Health Clinics (AFHC) under the facility based approach. In 2006 this approach has been initiated under Reproductive child health-II in the form of (ARSH) Adolescent Reproductive Sexual Health to deliver the services of counselling about the sexual & reproductive health issues.

Right now under the Rashtriya Kishor Swasthya karyakram and Adolescent Friendly Health service Centres require a full range of clinical & counselling services on the various adolescent health issues range from the Sexual and Reproductive Health, Nutrition and balance diet , Injuries, Substance abuse, and Gender based violence, mental health and illness, non-communicable and Communicable Diseases. Adolescent Friendly Health Services has been delivered by the trained-Medical officers, Auxiliary nurse midwife and counsellors at Adolescent friendly health clinics located at medical colleges, district hospitals, community health centres and Primary Health centres. District level Adolescents Health Resource Centre (A-HRC) providing the full range complete services envisioned for AFHC will also act as resource centre for capacity strengthening of health care providers and establish, for Information, Education & Communication materials on the Adolescent Health namely the poster, banner, pamphlet and other audio-video material.

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### Adolescent's Reproductive Health Clinic Components:

- **Equitable:** Services are provided to all adolescents who need the care.
- **Accessible:** Adolescents friendly health services need to be established where the adolescents can go without hesitation.
- **Comprehensive:** The care provision will covers promotive, preventive and curative aspects.
- **Appropriate:** The needed services are provided at the same time avoid any unnecessary and harmful practices.
- **Acceptable:** Health care providers always ready to meet the expected services of adolescents
- **Effective:** The efficient and quality healthcare services will produces positive change in the health status of the adolescents and the right health care services are provided in the right way, this make the positive contribution to their health

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### Standards of Adolescent Friendly health clinics:

- Keep neat, clean, bright and colourful infrastructure
- Accessible by the adolescents easily
- Create awareness about the clinic location, and range of service available for them
- Provide the competent health services
- Care must be non-judgmental
- Privacy and confidentiality should be maintained
- Community leaders, members are need to aware and understand the providing services.
- Referral services

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### **Why do Adolescents Hesitate in Utilising Health Services:**

- Mis-conception and Myths related to the development of sexual and reproductive organs.
- Nurse and Doctors negative attitudes or judgemental behaviour
- Prolong waiting period to receive the services
- Poor knowledge of public regarding location and offering the health care services
- Adolescents are not able to go to clinics as their timings do not match with their daily schedule.
- Lack of privacy and confidentiality in health clinics.
- Cannot afford the fees of the private set up.

**Adolescents friendly health services located are:** Adolescent Friendly Health Services are located at various places, in public and private hospitals and existing three tier system.

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### **Fixed Site Models & Outreach Service Models:**

- Public and private hospitals in urban and rural areas.
- Primary Health Centres and other Rural Health Centres, Community health centres.
- School health programme and school based or linked clinics
- Workplace adolescents clinics
- Mobile adolescent clinics
- Departments associated with Ministry of Health and Family Welfare like National AIDS Control Organisation (NACO)

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### **Adolescent health services can also be delivered by:**

- Partnering with existing agencies that serve youth, like National Scout Association, (NSS) National Service Scheme.
- Call-in radio talks
- Telephone helplines which have toll free numbers
- Websites that answer questions by email

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### **Role of the nurse working in the Adolescent friendly health services:**

- Show and give respect for adolescents
- Know and maintain the importance of privacy and confidentiality
- Devote adequate time and show lot of patience
- Introduce adolescent to local peer educators

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### **Adolescent friendly health services:**

- Overall sex and sexuality health education
- Providing the required information regarding their growth and development
- Prevention, treatment of RTI and STIs
- Ensure and provide the safe abortion services
- Prevent the malnutrition and obesity by promoting healthy diet
- Encourage the adolescents to take missed vaccine.
- Education & Information about various contraceptive methods

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- Emergency services regarding unexpected pregnancy, RTIs
  - Nutritional counselling and anaemia prevention and treatment
  - Health education of substance abuse

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### References from

- NCRT
- National Rural Health Mission