



## Kentucky Adolescent Health Forum (KAHF)

### Fall Newsletter

*Together we can make a difference*



The Kentucky Adolescent Health Forum (KAHF), a KY AAP Adolescent Task Force, is committed to educating healthcare providers on current best practices and empowering them to promote Adolescent Health and well-being. Since its inception, several educational posts have been shared with members, multiple initiatives funded through Chapter grant including HPV vaccination, cyberbullying, suicide prevention and digital media use. We are starting bi-yearly newsletter that will be emailed to our members with information on the latest updates, evidence-based practices and resources.



"Don't Miss the Signs This School Year"

Screen Early. Catch Risk. Save Lives

- [Integrating suicide risk screen with depression screening](#)
- [Integrating substance use screening into adolescent well visit: - A summary for pediatrician](#)

## Reminders

Addressing problematic media use and promoting digital wellness  
Mandakini Sadhir MD, FAAP



Link to register: <https://www.kyaap.org/annual-meeting/register-annual-meeting/>

## Resources

AAP [Recommendations for Preventive Pediatric Health Care](#)

[Bright Futures Toolkit: Links to Commonly Used Screening Instruments and Tools](#)

AAP Clinical Report [Substance Use Screening, Brief Intervention, and Referral to Treatment](#)

AAP Policy Statement [Protecting Children and Adolescents From Tobacco and Nicotine](#)

NIMH- [Ask suicide screening questions \(ASQ toolkit\)](#)

## Advocacy

Adolescents today are navigating a number of stressors including social media pressure, climate anxiety, and political unrest, all of which can take a serious impact on teen health and well-being. If you have a passion about making a difference, consider joining one of the KY AAP task forces (<https://www.kyaap.org/chapter-focus/task-force-activities/>). Together we can help shape policies, create resources, and support programs that protect and promote health and wellbeing of tweens, teens and young adults across Kentucky.

## Quiz time:

A 16-year-old patient presents for evaluation after potential STI exposure. Testing returns positive for chlamydia. What is the recommended first-line treatment for uncomplicated chlamydia?

- A. Azithromycin 1g PO x1
- B. Ceftriaxone 500 mg IM x1 (1g if >150 kg)
- C. Ceftriaxone 250 mg IM x1 PLUS Azithromycin 1g PO x1
- D. Doxycycline 100 mg PO twice daily x 7 days
- E. Cefdinir 300 mg PO twice daily x 7 days

Think you nailed the quiz question? Find out in the next edition of our newsletter where we reveal the answer and dive deeper into key topics like healthy relationships, birth control, and STI treatment. Don't miss it!

Contact –

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