

Chapter – 14

Adolescent Friendly Health Services (AFHS)

Answer the following questions

1. Why are special health services needed for adolescents? Give four reasons.

- i.
- ii.
- iii.
- iv.

Ans. Special health services need to be established to meet the special health needs of adolescents. These special health services need to respond to their needs adequately by offering services in a friendly manner in a non-threatening environment.

2. What are the common barriers which prevent adolescents from using the health facilities?

Ans. The common barriers that are preventing adolescents from using special health facilities are like myths and misconceptions of their issues, unknown location of the hospital, lack of privacy, odd timings of hospitals, unaffordable fees, negative attitudes of doctors and doctors requesting the accompany of their parents.

3. Explain the various health needs of Adolescents.

Ans. Various health needs of Adolescents are:

Nutritional Needs:

Providing them with adequate nutrition to avoid undernourished adolescence.

Reproductive and Sexual Health Needs:

Providing necessary information regarding reproductive and sexual health.

Mental Health Concerns:

Taking sensitive care of the victims of mental health concerns.

Substance Abuse:

Creating awareness about the adverse effects of drugs, tobacco and alcohol consumption.

Accidental injuries:

Educating the adolescents on how to avoid accidental injuries.

4. “Reproductive and sexual health problems are the most difficult to share with the AFHS doctor.” Why? Give at least three reasons.

i.

ii.

iii.

Ans. Most of the adolescents are in the apprehension of lack of privacy, parent accompanies for treatment, and negative attitudes or judgemental behaviour of the doctor. So they feel difficult to share the reproductive and sexual health problems with AFHS doctor.

From Questions 4 to 7 tick (P) the options which you feel are correct. You may tick more than one option.

1. The adolescents do not go to hospital due to:

- (a) lack of privacy.
- (b) not sure of confidentiality.
- (c) cannot afford fees.
- (d) timings not suitable.
- (e) don't feel comfortable

2. An Ideal facility for AFHS should

- (a) be away from the city.
- (b) have convenient timings.
- (c) maintain privacy and confidentiality.
- (d) be near the villages.

3. The staff in AFHS should:

- (a) be specially trained staff who are able to understand the adolescent issues.

- (b) be non-judgmental.
- (c) respect adolescents.
- (d) have a lot of patience and time to understand the adolescent problems.

4. Special services delivered in AFHS are:

- (a) sexual and reproductive health issues.
- (b) nutrition counselling.
- (c) treatment of cancer and acute diseases.
- (d) prevention of substance abuse.
- (e) eye operation.
- (f) immunisation.
- (g) specially challenged youth.

5. List the services which you would like to be addressed in the AFHS.

- (a)
- (b)
- (c)