

PRACTICAL PEARL: Adolescent Male Sexual Health

INTRODUCTION	<p>Sexual and reproductive health (SRH) services for males have received much less attention than those for females. Recommendations specific to male SRH can be found in the following clinical report and position paper:</p> <ul style="list-style-type: none"> • AAP <ul style="list-style-type: none"> ○ http://pediatrics.aappublications.org/content/pediatrics/128/6/e1658.full.pdf • SAHM <ul style="list-style-type: none"> ○ http://www.adolescenthealth.org/SAHM_Main/media/Advocacy/Positions/Apr-12-Male-Genital-Examination.pdf
INITIAL MANAGEMENT BY PRIMARY CARE PROVIDER	<p>SRH should be part of the primary care office visit! Pneumonic for the SRH history: the 5 P's</p> <ul style="list-style-type: none"> • Partners: number and type (men, women or both) • Prevention of pregnancy • Protection from STIs • Practices: Use of condoms, types of sexual activity • Past history of STIs <p>Guidance for providing SRH to adolescent males includes:</p> <ul style="list-style-type: none"> • Encourage parents to repeatedly have age appropriate discussions about sexual health with their sons • Discuss healthy, responsible relationships • Use “clinical hooks” e.g. sports physicals or acne follow up to keep adolescent males engaged in health care • Consider an annual male SRH visit • Perform a complete genital exam annually as part of a comprehensive PE; recognize this as an opportunity to promote SRH and educate about anatomy and function.
WHEN TO REFER	<p>Pubertal males through age 21 requiring SRH services; in particular, those related to:</p> <ul style="list-style-type: none"> • Risky sexual behavior • Need for more in depth counseling about SRH issues
HOW TO REFER	<ul style="list-style-type: none"> • (413) 794-KIDS • Adolescent Medicine
WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT	<ul style="list-style-type: none"> • Comprehensive SRH history with indicated physical examination, laboratory testing and treatment • Counseling and guidance about SRH related issues

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