

Adolescents, young adults and migration: an interprofessional and transcultural approach for primary care professionals

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Medical history

<u>Specific elements</u>	<u>Goals</u>
Admission to any hospital, Intramuscular or IV injections, tattoos	Search for communicable infections (HIV, hepatitis)
Malaria	Possible explanation for hypersplenism and element to consider if fever
Contact with tuberculosis	Stratification of the risk of tuberculosis (latent or active)
Traditional medicine treatment	Explanation of scars, exploration of previous disease
Previous sexual intercourse and sexually transmitted infections	Propose screening
History of pregnancy, miscarriage or abortion	Exploring sexual health taking into account the age
Traditional ritual including modification of genitals	Search for possible female genital mutilation
Parents are relatives from the same family	Search for congenital disease
Cardiovascular (hypertension, diabetes, hypercholesterolemia, stroke, heart attack, sudden death)	Stratification of cardiovascular risk
Genetic diseases	Further explorations if suspicion

Adapted HEADSS approach

General elements (HEADSS approach)	Specific elements to look for
Home	<ul style="list-style-type: none"> • Evaluate living conditions in the country and remaining contacts • Spoken languages, confession, religious practices (e.g. fasting) • Reason for migration • Evaluate the migration journey • Legal status • Current socio-legal care (tutor?)
Education and Employment	<ul style="list-style-type: none"> • Time spent at school back home • Degree of literacy • School registration • Spoken languages • Previous Jobs / Previous Adult Exploitation • Professional project, children's dreams, parents' expectations
Eating	<ul style="list-style-type: none"> • Food intake and appetite back home, here • Poorly tolerated food now? • Skills for cooking independently
Activities	<ul style="list-style-type: none"> • Sports • Hobbies (music, reading ...) • Musical Instrument • Activities related to religion / spirituality
Drugs	<ul style="list-style-type: none"> • Experimentation/ Consumption of alcohol, cannabis or other products • Circumstances of first use and current substance use • Positive and negative effects of substance use/ encountered dangers
Sexuality	<ul style="list-style-type: none"> • Gender identity • Sexual orientation • Prior sexual intercourse (whether or not consented, Education on sexuality...) • Knowledge and use of a condom / contraception
Suicide	<ul style="list-style-type: none"> • Signs of depression • Anxiety symptoms (fear, panic attacks, phobias, physical manifestations of anxiety) • Assessing sleep quality • Exploring a need for psychological support (PTSD...)
Safety	<ul style="list-style-type: none"> • Extreme sports or activities • Accidents on public roads • Fights at home or school • Risky bicycle or motor vehicle use (without helmet ...) • Sense of security in the new country (mafia network, settlement of family accounts...)
Spirituality	<ul style="list-style-type: none"> • Religions, rituals • Presence of a community?
Social Media	<ul style="list-style-type: none"> • Telephone or internet relations with the family • Discriminations?

Transition towards adult care for young migrants : a puzzle with different pieces

Medical professionals in adolescent medicine

- Explaining and anticipating the transition to the adult care structures (GPs, hospital outpatient clinic...)

Adult care world / Mental health caregivers

- Prepared transition with adolescent medicine units and the patient

Teachers / School health professionals

- School life elements
- Draft of professional project

Social workers / educators

- Elements from living environment
- Interaction and community life with other young people

Minors Protection Service

- Explanations given

Community Interpreters and cultural mediators

- Elements of cultural mediation
- Informal exchanges
- Emotional feed-back of young people about meetings with different professionals

Community and sport associations

- Knowledge of the «field» / discussion with the adolescent

Lawyers

- Recommendation about legal situation