

5.5. Adolescent Friendly Health Package of Services

General Health Assessment – History and Physical Exam
Dental Assessment
Psychosocial Risk Assessment and Management
Nutrition Assessment & Counselling
Micronutrient Supplementation
Immunization
Basic Diagnostic Tests
Reproductive Health Assessment and Counselling
Fertility awareness, menstrual health issues, sexual and reproductive health counselling including contraceptive counselling
Pap smear and pelvic exam if sexually active
Adolescent male reproductive health issues
Gender issues (VAWC Desk)
Voluntary Counselling and Testing for STIs and HIV
Risk Assessment (HEEADSSS)
Prevention of Adolescent Pregnancy
Health education sessions
Counselling
Prenatal
History and Physical Examination
Immunization – Tetanus toxoid
Micronutrient supplementation with iron, folate
Laboratory – CBC, blood typing (if not available, refer), pregnancy test, urinalysis
Pregnancy counselling
Nutrition counselling
Birth plan including exclusive breastfeeding counselling
Family planning counselling
HBsAg test for pregnant mothers
Natal (Birthing Homes)
Safe delivery by skilled health worker at a mother-and baby friendly health facility
Essential Newborn Care Protocol
Newborn package:, Vitamin K, Hepatitis B – birth dose, BCG, eye prophylaxis, Newborn Screening
Postnatal
Micronutrient Iron supplementation
Counselling services: Family planning, Nutrition counselling, Exclusive Breastfeeding, Parenting
Provision of FP services and commodities (with parental consent)

Sexually Transmitted Infections/HIV Packages
STI and HIV Risk Assessment
Diagnostics: Gram Stain, RPR, C/S, HIV Counselling and or Testing
Risk Reduction Counselling
Voluntary Counselling and Testing for HIV/STIs
Health Education
Conduct of Adolescent Health sessions among in-school and out of school adolescents
Conduct of Parent Education sessions among parents of adolescents