

# A Quarter-Century Later & Adolescents Still Not Receiving Time Alone.



*Time alone during a health care visit offers an opportunity for adolescents to address sensitive issues with their clinician. Crucial for quality adolescent health care, it has been endorsed as part of the preventive visit by Bright Futures and the American Medical Association since 1994...*



Time Alone is associated with higher rates of screening and discussions of sensitive topics.



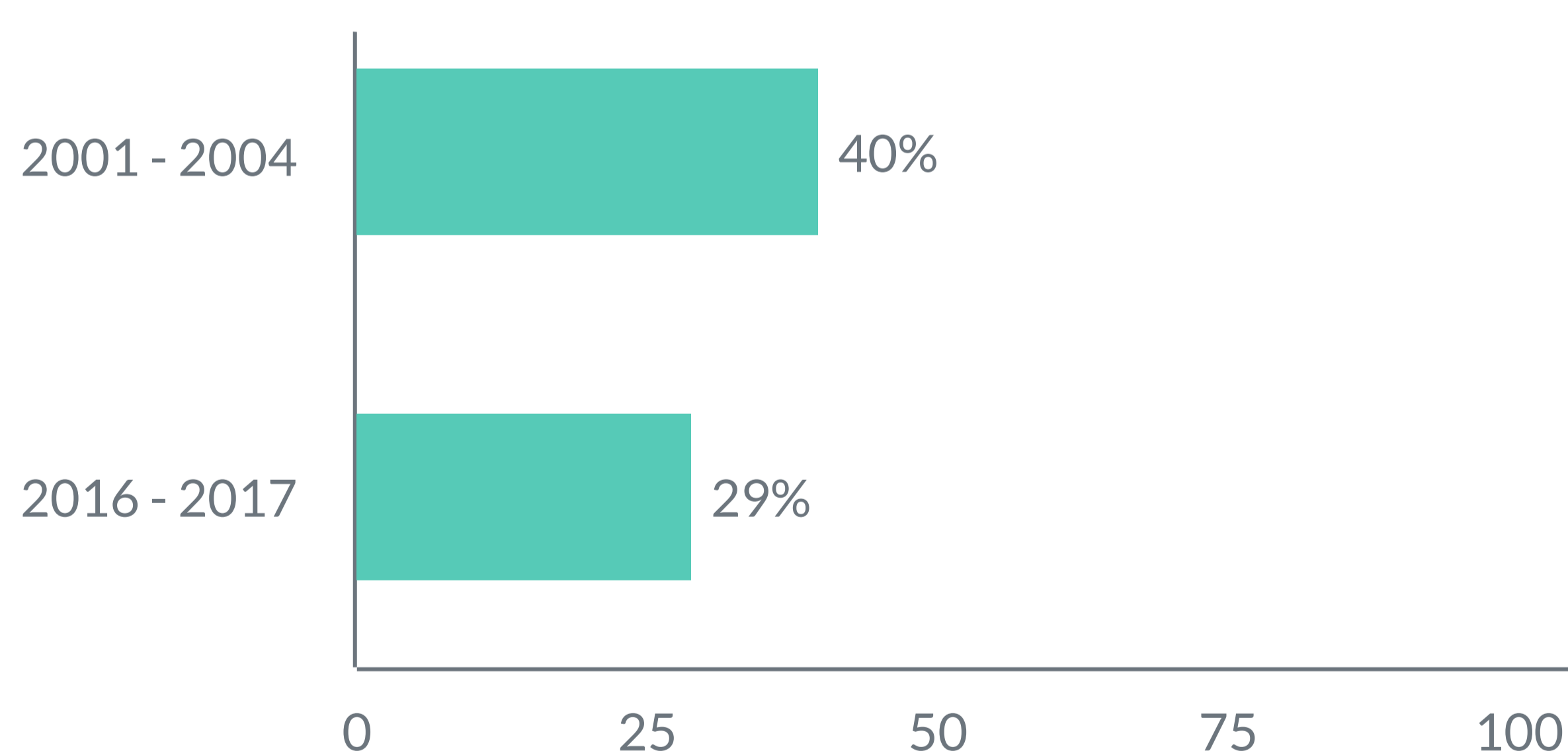
It can improve adolescents' skills in navigating the clinic setting and engaging with their own healthcare.



Also, if confidential care is not assured adolescents may forgo care altogether.

*...Yet only **49% of adolescents received time alone in their last preventive visit in 2016-2017**, according to data from the National Survey of Children's Health, the only assessment to date of the Bright Futures recommendation for time alone in the context of a well visit...*

Time Alone Receipt at Last Health Care Visit  
(of any kind)



\*among adolescents with a past-year preventive visit.

*...And analyses of a different survey\* shows **receipt of time alone at last health care visit of any kind decreased from 40% in 2001-04 to 29% in 2016-17**, among adolescents with a past year preventive visit.*

## Steps to Increase Time Alone

- Educate parents on benefits of time alone.
- Develop & explain time alone policies to parents and patients.
- Conduct staff and provider training.
- Implement the use of scripts, documentation, and prompts.
- Modify workflow to augment the delivery of time alone.

Adolescent and Young Adult Health  
National Resource Center 2020.  
*Monitoring Adolescents' Receipt of Time Alone from Two National Surveys.* Adams et al. 2020.  
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\*Medical Expenditure Panel Survey.