

LONDON
SCHOOL of
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MEDICINE



Y-Check: Evaluating the effectiveness of adolescent health check-ups

INFORMATION SHEET – ADOLESCENT 16-19Y - COMMUNITY

Staying healthy and well will help you to do well and have a prosperous future. A check-up visit is an opportunity to provide advice on health and well-being and to check physical and mental health. Your school or community has been chosen to take part in the Y-Check programme and we would like to invite you to take part.

What is Y-Check?

There are two parts to the Y-Check programme:

(A) Check-up visit providing adolescents with information & advice, a physical and mental health check-up, and, where necessary, on-the-spot services and onward referral.

(B) Y-Check research project aims to understand whether participants will take up the services, how they feel about the service, and how to improve the check-up visit for future adolescents.

You can choose to take part in both parts of the programme or only the check-up visit, or you can choose not to participate in either. As you are aged 16-19 years, you can make this choice on your own. However, we will ask you to give us the name and contact details of a trusted adult who we can contact if you need support after the check-up visit.

(A) CHECK-UP VISIT

What will be the benefit of the check-up visit?

You will receive information and advice on how to stay healthy and well. If you have a condition or need additional support to stay healthy you will be offered help. If you need follow-on assessment, treatment or care then we will tell your trusted adult, and you can discuss this with a counsellor or nurse.

What does the check-up visit involve?

- Provision of health information and advice
- You will answer questions about your health and social life including questions about your home environment, education, social activities, diet and exercise, mental health, alcohol, tobacco and drug use, sexual health, male circumcision, oral health, adolescent immunisation history, and general health questions.
- Examination of mouth, eyes and ears, and tests to check for any physical impairment.

- Measurement of weight and height, mid-upper arm and waist circumference, body composition, blood pressure, and testing for anaemia (sometimes known as “low blood”) using a finger prick sample of blood.
- Schistosomiasis (Bilharzia) testing which will involve providing a sample of urine. The urine sample will be tested in a laboratory and then the sample will be discarded.
- Testing for HIV using a sample of fluid from your mouth. If this test is positive, then a small sample of blood (roughly equivalent to a spoonful) will be tested to confirm the positive result.
- Testing for sexually transmitted infections (STIs) using, for males, a sample of urine and, for females, a sample of urine and a self-taken vaginal swab.
- Provision of menstrual products, condoms, and toothcare kits.
- A chance to ask a nurse or counsellor questions about their health
- If you are identified as needing any treatment or further assessment, you will receive on-the-spot treatment or counselling and/or you will be referred to a specialist service. If you are diagnosed with a condition, we will inform your trusted adult so that they can support you and help to escort you to the specialist. Counselling will be available for you and your family members if you test positive for HIV or another important health condition.
- The check-up visit will take 30-90 minutes.

Who is doing the check-up visits?

The check-up visits will be provided by staff from the Biomedical Research and Training Institute, Harare. The programme as a whole is being run by the Biomedical Research and Training Institute in collaboration with the Chitungwiza City Health Department, the Ministry of Health and Child Welfare, the Ministry of Primary and Secondary Education, and the London School of Hygiene & Tropical Medicine. The programme is funded by the British government through UK Research and Innovation.

Are there any costs associated with the check-up visit?

There will be no cost for the check-up visit. There will be no costs for any further treatment or care through the public health system for a condition that is newly discovered during the check-up visit, if accessed within the four months after the visit.

Are there any risks associated with the check-up visit?

The risks of participating in this study are minimal. As for any health care, the check-up services can have side-effects that can be serious or minor. The tests and any positive results could lead to stigma and anxiety. However, the Y-Check team will provide counselling for you and your family if you test positive for any of these conditions. The needle for the anaemia and HIV blood tests could cause discomfort or a small bruise, as with any other blood test. Additionally, the vaginal swab may cause you slight discomfort. However, the Y-Check team will provide counselling for you and your family if you test positive for any of these conditions.

What should I do if there are any complications or problems after the check-up services?

You can contact the Y-Check team by calling or sending a message to this number: 0774692698. If you need urgent care, then you should go to the local health facility and let the staff there know that you have received the Y-Check check-up visit.

(B) Y-CHECK RESEARCH PROJECT**What will be the benefit of participating in the Y-Check research project?**

- During follow-up visits, you will receive additional health information, advice and services. However, you will already have received information and services at the first check-up visit so there may not be any direct benefits of these follow-up visits.
- The study will help us understand the challenges adolescents face to staying healthy, and what they need and want in terms of services, education, and support.
- We will not pay you to take part in the study. However, we will provide you with a drink and snack during follow-up interviews and we will reimburse your bus fare, up to a value of US\$5, if you have had to come to the clinic or another venue for follow-up visits/discussions.

What does the Y-Check research project involve?

- Immediately after the check-up visit you will be invited to answer a few questions to understand how the intervention was delivered, and what you liked or did not like about the intervention.
- You will be asked additional questions a few days before or at the time of the first check-up visit (10-15 minute questionnaire), and attend two follow-up visits of 30-90 minutes during the 12 months following the first check-up visit.
- Follow-up visits will be similar to the check-up visit and include a questionnaire, physical examination, and blood and urine testing.
- We will request your contact details so that we can send you health information and reminders about the follow-up visits.
- Some adolescents will have their check-up visit observed by a Y-Check team member
- Some adolescents and families will be invited to participate in individual or group interviews to discuss their experience of the check-up visit and any additional services that they received.
- Some adolescents will be invited to participate in a digital health club where they will be able to access additional health information and advice- through an online platform. A separate consent form will be signed by those who would like to participate in the digital health club.

Are there any costs associated with participation in the Y-Check research project?

- There will be no cost for participation in the research project.

What happens to the data that you collect?

All information obtained will be kept secret. It will be stored using a unique study number (instead of your name), in safe paper and computer files. No one will be able to access the information about you except members of the study team and no one will be able to identify you from the information and samples collected. Data without any names but only a number may be made available to other researchers. Under some circumstances, the Medical Research Council of Zimbabwe and the Research Council of Zimbabwe may review research records to check for any problems with the way that the study is being carried out.

At the end of the project, data that can be anonymised fully to protect participants' identities will be archived in the LSHTM Data Compass, a curated UK digital repository of research outputs. Details of how to access the data will be published with each study publication, and access will be granted to bona fide research users and beneficiaries based on a case-by-case request and approval process.