

PAEDIATRIC HOSPITAL LEVEL ESSENTIAL MEDICINES LIST

CHAPTER 24: ADOLESCENCE

NEMLC 24 FEBRUARY 2022

(For final ratification)

General

An external comment was received proposing that a sentence be added to this chapter recommending that children with significant neurodevelopmental delay such as those with spastic cerebral palsy, who require admission, be admitted to a paediatric rather than adult ward. The Committee agreed that this was not necessarily a medicine related issue, and should rather be managed by Standard Operating Procedures in individual facilities.

CHILD RIGHTS (CHILDREN'S ACT 38 OF 2005)

An external comment was received proposing that whilst the chapter refers to adolescence as 10 to 19 years in the introduction, it then then refers to "child" in terms of "child rights". It was proposed that the definition of child under the "child rights" heading be clarified.

The following text was added.

A child is defined by the Bill of Rights and the Children's Act as 'a person under the age of 18 years'.¹

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MEDICINE AMENDMENTS

No medicine amendments proposed.

24.1 Adolescent Chronic Disease: Transition of Care

Medicine Treatment

The Paediatric Hospital Level Expert Review Committee agreed that the heading and text be altered to provide more clarity.

The text was amended as follows:

MEDICINE TREATMENT USING TANNER STAGING

The Tanner Staging is used to assess pubertal development and medication doses may be adjusted ~~doses~~ according to Tanner staging rather than strictly on basis of age.

Furthermore, the text was amended as follows:

Titrate doses according to Tanner staging rather than strictly on basis of age.

- » Tanner 1 or 2 or 3 (early to mid-puberty): use paediatric schedules.
- » Tanner stage 4-5 (late puberty): use adult schedules.

24.2 Contraception, Teenage Pregnancy and Teratogenicity Risks

General and Supportive Measures

It was noted and agreed upon by the Paediatric Hospital Level Committee that an additional line be added under general and supportive measures related to psychosocial support.

The text was amended as follows:

- » Offer sex education (risk of pregnancy and sexually transmitted infections) early and at every opportunity in adolescence.
- » Counsel pregnant adolescent females about the risks of teratogenicity.
- » Offer psychosocial support through multidisciplinary teams to pregnant teenagers

ⁱConstitution of the Republic of South Africa Act 108 of 1996. Section 28(3). Children's Act 38 of 2005. Section 1