

You are the physician team working in the Adolescent Medicine practice this Thursday morning. The nursing staff have triaged your first patient of the day. Rahim comes in to the provider workroom to give you report:

“Your first patient is ready. She’s here for her 14 year old annual visit. Nothing much on review of systems, except mom is worried that she hasn’t grown much this past year. When I asked the patient for her last menstrual period, she said she hasn’t had one yet. She seemed kind of embarrassed about that, and mom chimed in and said she’s the only one in her class who hasn’t had her first period. That really made the patient mad – they started arguing with each other so I wrapped up and came to get you.”

Here are her vital signs:

Height 158 cm

Weight 39 kg

BMI 15.2

Blood pressure 95/54

Pulse 72

What questions come to mind as you think about your approach to this patient?

What more information do you want to inform your assessment?

How might you get that information?