

# Telehealth in Adolescent Monitoring and Follow-up

## Project Objective

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Adolescence is the transitional period between childhood and adulthood, spanning ages 10 to 19. It is a time during which individuals undergo significant physical, emotional, and psychological development in preparation for adult life. In Türkiye, home to approximately 20 million adolescents, ensuring accessible healthcare is a critical priority for safeguarding and promoting adolescent health. The expanded use of contemporary digital technologies in delivering health services to this population has therefore become an imperative. This project aims to assess the feasibility and effectiveness of telehealth applications in the monitoring and follow-up of adolescents.

## Scope

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Through this project, preventive and protective health services will be delivered in a timely and accessible manner, with at-risk patients referred to relevant clinical units without delay, in line with the principles of adolescent-friendly healthcare. The HEEADSSS psychosocial assessment framework will be employed to identify morbidity and mortality risks at an early stage.

## Expected Outcomes

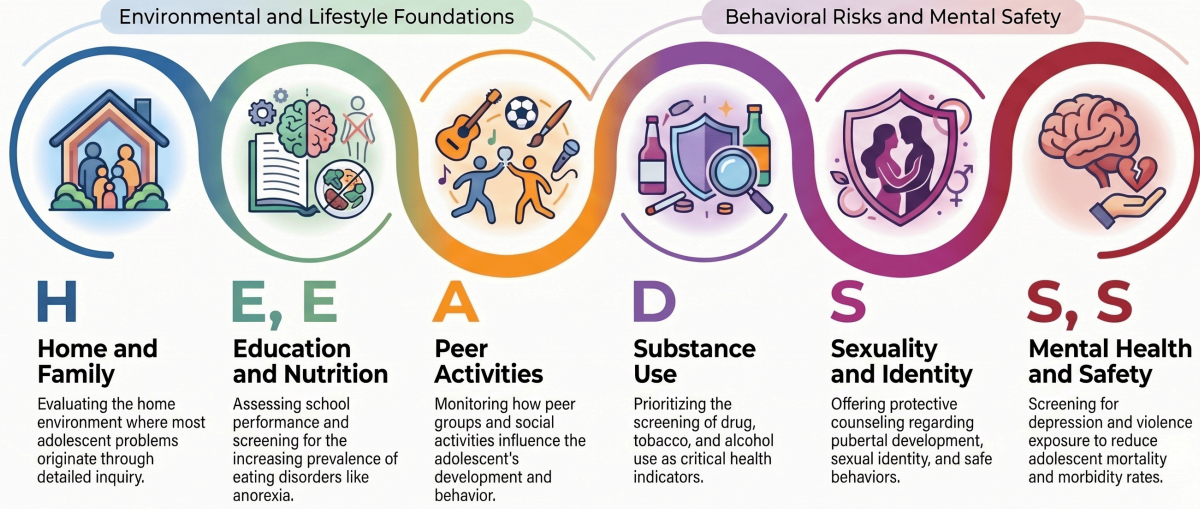
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This project directly aligns with the national health policy objective of strengthening youth health services, as well as with the broader vision of expanding digital health service delivery across Türkiye.

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## VISUAL CONTENT

# The HEEADSSS Framework: A Guide to Adolescent Psychosocial Assessment



NotebookLM