**Presenting Situation and**

**Instructions**

**KELLY CARL**

You have **20 minutes** to:

1. Take a **FOCUSED** relevant history. **Assume past medical history, family history, and medications/allergies are up-to-date.**
2. Inform the patient of the need to perform a pubertal exam prior to starting gender-affirming hormones and sensitively prepare them for the exam but **DO NOT perform an exam**. You will be provided pertinent exam results.
3. Provide patient with relevant counseling regarding gender-affirming medications.
4. Please keep in mind that that the clinical vignette video viewed before the standardized patient session features a younger patient and a parent. For this older adolescent, also keep in mind that this visit is only with the youth and that confidentiality issues are different with older adolescents.

Kelly Carl is a 16 year old birth-assigned female who is coming to teen clinic today for a 3-month follow-up for her mood issues. She has only been seen in your clinic once as she recently moved to your city 6 months ago. A quick chart review reveals that she was seen by an adolescent medicine fellow during the last visit. Her past medical history was only notable for acne vulgaris for which she received a refill of topical tretinoin cream. Her social history was notable for having a single mom; her father was killed in an automobile accident when she was 3 years old. Kelly disclosed that she was attracted to females, and her mom is aware. She thinks that her mom “has an issue with it,” but they just avoid talking about it. The previous clinician was concerned about Kelly having adjustment disorder with depressed mood due to depressive symptoms, difficulty adjusting to being a new city, being sad about having to leave her friends and her lacrosse team. The clinic’s social worker arranged for Kelly to see a counselor at her new school. She presents today for a scheduled 3 month visit to follow-up on her mood. Her mom could not accompany her to the visit today because she could not take off work.

Vital Signs: Weight and Height-50%tile, tracking with her traditional curves

Heart rate: 70

Blood pressure: 100/65

Past Medical History: Acne Vulgaris

Family History: Mother-depression

Medications: Tretinoin cream 0.05% once daily

Allergies: No known drug allergies