

# Management Strategies for Youths with Functional Somatic Symptoms in General Practice

Nicholson Don\*

Department of Medicine and Health, University of Sydney, Sydney, Australia

## Description

Healthcare is a dynamic landscape, constantly evolving to cater to diverse patient populations. Amidst this landscape, an important concern has emerged: the disparity in follow-up care between youths and adults within general practice. This article delves into the distinct challenges faced by young individuals in terms of follow-up care, shedding light on the startling statistic that 4.4% of youths are diagnosed with functional somatic symptoms in general practice. In the realm of healthcare, the notion of follow-up care is paramount. However, a concerning trend has surfaced: youths are often left with inadequate follow-up compared to their adult counterparts within general practice. This discrepancy in attention and care raises questions about the factors contributing to this disconnect and the potential consequences for young patients [1].

Within the realm of youth healthcare, a distinct challenge presents itself in the form of functional somatic symptoms. These are physical complaints that cannot be fully explained by underlying medical conditions. Astonishingly, 4.4% of youths fall under the umbrella of this diagnosis within general practice. This statistic highlights the significant prevalence of functional somatic symptoms among young individuals and emphasizes the need for comprehensive understanding and targeted interventions. The reasons behind the lower follow-up rates for youths as compared to adults are multifaceted. The transition from childhood to adulthood is marked by an array of physical, emotional and psychological changes. Youths often grapple with issues that can be overlooked or dismissed, leading to a gap in understanding and follow-up. Navigating this unique health landscape requires a nuanced approach that appreciates the complexities young patients face [2].

The diagnosis of functional somatic symptoms among youths opens a window into a complex realm of healthcare. These symptoms, often attributed to psychological factors, demand a holistic approach that bridges the gap between physical and mental well-being. Understanding the interplay between mind and body is essential for providing effective care to young patients grappling with these symptoms. The disparities in follow-up care and the significant prevalence of functional somatic symptoms among youths underscore a pressing need for change. Healthcare providers, policymakers and stakeholders must collectively address the factors that contribute to these challenges. Raising awareness, tailoring healthcare delivery to youths' unique needs and implementing early intervention strategies can pave the way for a more equitable and effective healthcare system.

Addressing the underrepresentation of youths in follow-up care requires targeted strategies that acknowledge their specific needs. Education and training programs for healthcare professionals can sensitize them to the nuances of youth healthcare, facilitating better communication and

engagement. Encouraging open dialogue with young patients and fostering a supportive environment can empower youths to seek and engage in follow-up care. The discrepancy in follow-up care for youths within general practice and the prevalence of functional somatic symptoms highlight critical challenges that demand our attention. By recognizing the unique healthcare landscape of youths, implementing tailored interventions and fostering a comprehensive understanding of functional somatic symptoms, we can bridge the gap and pave the way for a future where young individuals receive the care and attention they deserve. This calls for collaborative efforts, a commitment to change and a healthcare system that evolves to meet the distinct needs of our youth population [3].

Healthcare is a multifaceted realm, offering both opportunities and challenges, especially for the youth population. Amidst the myriad of health concerns faced by young individuals, a particular group stands out - those grappling with functional somatic symptoms. This article delves into the intricacies of managing functional somatic symptoms in youths, shedding light on the time-consuming and burdensome nature of their experiences, while emphasizing the significance of tailored management strategies. Functional somatic symptoms refer to physical complaints that lack a clear medical explanation. This enigmatic realm of health concerns affects not only adults but also the youth population [4].

Youths, in particular, find themselves wrestling with symptoms that challenge their understanding of health and wellbeing. These symptoms can encompass a range of physical sensations, often intertwined with emotional and psychological factors. One striking aspect of youths with functional somatic symptoms is the substantial time investment required to address their health concerns. Navigating multiple medical consultations, diagnostic tests and investigations becomes a routine part of their lives. The pursuit of answers can be protracted, consuming valuable time that could otherwise be devoted to education, personal growth and social interactions. The burden of these symptoms reverberates not only in their physical sensations but also in the substantial time spent seeking clarity and relief.

Beyond the tangible time consumption, the emotional toll on youths with functional somatic symptoms is equally substantial. The uncertainty surrounding their health status can lead to anxiety, frustration and a sense of powerlessness. Social isolation might ensue as young individuals struggle to engage in activities they once enjoyed. The emotional intricacies of their experiences can compound the already complex nature of their symptoms. Recognizing the unique challenges faced by youths with functional somatic symptoms, the need for targeted management strategies becomes evident. A one-size-fits-all approach falls short in addressing the multifaceted dimensions of their health concerns. Tailored strategies that integrate medical care, psychological support and patient education can offer a holistic framework for managing these symptoms.

One cornerstone of effective management strategies is patient education. Empowering youths with knowledge about functional somatic symptoms, the mind-body connection and coping mechanisms can equip them to navigate their health journey more effectively. By understanding the interplay between physical sensations, emotions and stress, young individuals can take an active role in their health management. Management strategies for youths with functional somatic symptoms necessitate a collaborative effort. Healthcare providers, psychologists, educators and families need to align their perspectives and insights to create a comprehensive support system. A multidisciplinary approach can address the diverse aspects of these symptoms, promoting both physical and emotional wellbeing [5].

\*Address for Correspondence: Nicholson Don, Department of Medicine and Health, University of Sydney, Sydney, Australia, E-mail: nicholsondon@gmail.com

Copyright: © 2023 Don N. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 29 July, 2023, Manuscript No. JGPR-23-110823; Editor assigned: 01 August, 2023, PreQC No. P-110823; Reviewed: 17 August, 2023, QC No. Q-110823; Revised: 22 August, 2023, Manuscript No. R-110823; Published: 29 August, 2023, DOI: 10.37421/2329-9126.2023.11.516

In a world where youths bear the weight of functional somatic symptoms, it becomes paramount to recognize the intricate layers of their experiences. The time-consuming and burdensome nature of their health journey calls for tailored management strategies that encompass medical, emotional and educational dimensions. By embracing collaboration, education and holistic care, we pave the way for a future where youths with functional somatic symptoms can thrive, informed and empowered to navigate their unique health landscape.

---

## Acknowledgement

None.

---

## Conflict of Interest

None.

---

## References

1. Tang, Sydney and Kumar Sharma. "Pathogenesis, clinical manifestations and natural history of diabetic kidney disease." *Clin Nephrol* (2018): 357-375.
2. Sridhar, Vikas S., Jaya Prakash N. Ambinathan, Pieter Gillard and Chantal Mathieu, et al. "Cardiometabolic and kidney protection in kidney transplant recipients with diabetes: Mechanisms, clinical applications and summary of clinical trials." *Transplant* 106 (2022): 734-748.
3. Tonelli, Marcello, Lemuel Moy, Frank M. Sacks and Bryce Kiberd, et al. "Pravastatin

for secondary prevention of cardiovascular events in persons with mild chronic renal insufficiency." *Ann Intern Med* 138 (2003): 98-104.

4. Bianchi, Stefano, Filippo Aucella, Luca De Nicola and Simonetta Genovesi, et al. "Management of hyperkalemia in patients with kidney disease: A position paper endorsed by the Italian Society of Nephrology." *J Nephrol* 32 (2019): 499-516.
5. Eder, Susanne, Johannes Leierer, Julia Kerschbaum and Laszlo Rosivall, et al. "Guidelines and clinical practice at the primary level of healthcare in patients with type 2 diabetes mellitus with and without kidney disease in five European countries." *Diab Vasc Dis Res* 16 (2019): 47-56.

**How to cite this article:** Don, Nicholson. "Management Strategies for Youths with Functional Somatic Symptoms in General Practice." *J Gen Pract* 11 (2023): 516.