

ADOLESCENT MEDICINE

Senior Residents will spend a one month block in Adolescent Medicine during the second or third year of training. This is an ambulatory rotation with clinics that run into early evening hours. There are no night time or weekend responsibilities. During this rotation, the resident will continue to maintain his/her continuity clinic.

Goals, Objectives and Resident Responsibilities of the Adolescent Medicine Experience:

Patient Care: Residents are expected to provide patient care that is compassionate, appropriate and effective for the promotion of health, prevention of illness, and the treatment of disease in the adolescent population. The resident should

- Gather accurate, essential information from all sources, including medical interviews, physical examinations, medical records and diagnostic/therapeutic procedures
- Make informed recommendations about preventive, diagnostic and therapeutic options and interventions that are based on clinical judgment, scientific evidence, and patient preference
- Develop, negotiate and implement effective patient management plans and integration of adolescent care

Medical Knowledge: Residents are expected to demonstrate knowledge of established and evolving biomedical, clinical and social sciences in adolescent medicine, and the application of their knowledge to patient care and the education of their patients and patients' families. The resident will apply an open-minded, analytical approach to acquiring new knowledge, access and critically evaluate current medical information and scientific evidence and apply this knowledge to clinical problem-solving, clinical decision-making, and critical thinking. Specifically, the resident will

- Learn to recognize normal and abnormal growth and development in adolescent patients
- Learn to differentiate normal and abnormal pubertal growth and development and the accompanying physiologic and psychologic changes
- Understand common adolescent health problems including chronic illnesses, sports-related issues and the effects of environmental violence
- Be prepared to discuss the following topics in the adolescent patient:

- Abdominal pain
- Acne
- Contraceptive methods
- Eating disorders and obesity
- Headaches
- Menstrual disorder
- Sexually-transmitted abuse
- Sports injuries
- Substance abuse
- Violence

Practice-Based Learning and Improvement: Residents are expected to be able to use scientific evidence and methods to investigate, evaluate, and improve patient care practices, and

- Identify areas for improvement and implement strategies to enhance knowledge, skills, attitudes and processes of care
- Analyze and evaluate practice experiences and implement strategies to continually improve the quality of patient practice
- Develop and maintain a willingness to learn from errors and use errors to improve the system or processes of care
- Use information technology or other available methodologies to access and manage information, support patient care decisions and enhance both patient and physician education

Interpersonal and Communication Skills: Residents are expected to demonstrate interpersonal and communication skills that enable them to establish and maintain professional relationships with patients, families, and other members of health care teams, and

- Learn to provide effective and professional consultation to other physicians and health care professionals and sustain therapeutic and ethically sound professional relationships with patients, their families, and colleagues
- Use effective listening, nonverbal, questioning, and narrative skills to communicate with patients and families
- Maintain comprehensive, timely, and legible medical records
- Complete evaluations of the attending staff and the rotation
- Learn to give age-appropriate anticipatory guidance including discussions of health promotion and disease prevention
- Develop an effective approach to help adolescents discuss issues relating to male and female reproductive health including sexuality, pregnancy, contraception and sexually-transmitted diseases

Professionalism: *Residents are expected to demonstrate behaviors that reflect a commitment to continuous professional development, ethical practice, an understanding and sensitivity to diversity and a responsible attitude toward their patients, their profession and society, and*

- Demonstrate respect, compassion, integrity, and altruism in relationships with patients, families, and colleagues
- Demonstrate sensitivity and responsiveness to the gender, age, culture, religion, sexual preference, socioeconomic status, beliefs, behaviors and disabilities of patients and professional colleagues
- Adhere to principles of confidentiality, scientific/academic integrity, and informed consent
- Enhance skills at interviewing adolescents with attention to confidentiality, consent and cultural background

Systems-Based Practice: Residents are expected to demonstrate both an understanding of the contexts and systems in which health care is provided, and the ability to apply this knowledge to improve and optimize health care, and

- Understand the limitations and opportunities inherent in various practice types and delivery systems, and develop strategies to optimize care for the individual patient
- Apply evidence-based, cost-conscious strategies to prevention, diagnosis and disease management
- Collaborate with other members of the health care team to assist patients in dealing effectively with complex systems and to improve systematic processes of care
- Learn to recognize the signs and symptoms that lead to the early identification of risky behaviors and to gain familiarity with the appropriate interventions including family and community resources
- Understand access to and use of appropriate referral sources for psychosocial issues such as peer and family relations, depression, eating disorders, substance abuse, suicidal ideation and school performance for adolescent patients