CREATIVE COMMONS
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## MODULE AND LEARNING OBJECTIVES

### Routine Adolescent Health Care

#### Positive Youth Development and Motivational Interviewing:
1. Demonstrate how to take a social history using a strength-based approach, while screening for behaviors and risk factors for potential morbidity and mortality (eg: SSHADES model)
2. Describe the goals, components, and techniques of motivational interviewing
3. Identify the different situations in which motivational interviewing can be used with the adolescent population
4. Practice building rapport with adolescents using a strength-based approach

#### Preventive Services:
1. Compare and contrast the components of a health maintenance visit for an adolescent at different stages of adolescence
2. Identify the different immunizations needed during adolescence for those adolescents who are up to date and those who need catch-up
3. List appropriate screening exams and their indications during adolescence: vision, hearing, blood pressure, hematocrit, vitamin D, and cholesterol/ lipids
4. Discuss the importance of disease prevention through screening and anticipatory guidance, including healthy lifestyles
5. Screen for safety issues and provide counseling on injury prevention

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## TEACHING MATERIALS

### Readings and Videos

#### Positive Youth Development and Motivational Interviewing:

#### Preventive Services:
- **Summary tables:**
  - Bright Futures Guidelines, Priorities, and Screening Tables. Available at: [https://brightfutures.aap.org/materials-and-tools/Pages/Presentations-and-Handouts.aspx](https://brightfutures.aap.org/materials-and-tools/Pages/Presentations-and-Handouts.aspx)
  - Websites and Online Resources:

### Interactive Learning Opportunities

#### Positive Youth Development and Motivational Interviewing:

#### Preventive Services:

### Materials to Develop Educational Sessions

#### Books:

### CLINICAL AND COMMUNITY SETTINGS

- **Outpatient (adolescent clinic, primary care clinic, subspecialty clinics)**
- **Inpatient (wards, PICU)**
- **Emergency Department**

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### Cultural Competence and Humility:

1. Identify the socio-cultural aspects of young people's lives that shape their cultural values.
2. Enhance skills in providing culturally sensitive healthcare for adolescents.

#### Readings and Videos

**Books:**

**Articles:**

**Videos:**

**ARSHEP PowerPoint modules available at:**
- [Cultural Competency and Adolescent Health](https://prh.org/wp-content/uploads/2015/03/Cultural-Competency.pptx)

### Harm Reduction:

1. Incorporate principles of harm reduction into primary and secondary prevention strategies for behavior change.

#### Readings:


**Websites and Online Resources:**
- [Harm Reduction in Substance Use](http://harmreduction.org/about-us/principles-of-harm-reduction/)


1. Late Adolescent Health Screening: Amy Goes to College
2. Middle Adolescent Health Screening: But All My Friends Do It
3. Young Adolescent Health Screening: New World, Old Worries

### Social Determinants of Health:

1. To identify the ways in which social determinants of health and toxic stresses impact adolescent and adult health.
2. To discuss strategies for providing trauma-informed care and addressing social determinants of health within adolescent settings.

#### Readings:


**Videos:**

**Websites and Online Resources:**


1. Late Adolescent Health Screening: Amy Goes to College
2. Middle Adolescent Health Screening: But All My Friends Do It
3. Young Adolescent Health Screening: New World, Old Worries

**Outpatient (adolescent clinic, primary care clinic, subspecialty clinics)**
**Inpatient (wards, PICU)**
**Emergency Department**
### Anticipatory Guidance for Parents:

1. Identify opportunities in which anticipatory guidance can be provided to parents around normal adolescent psychosocial development and risk taking, especially during health maintenance visits.

2. Discuss the importance of parents’ communication with and support of their adolescents, and provide hints on how to discuss sensitive issues.

### Readings and Videos


### Interactive Learning Opportunities

1. SAHM THRIVE app; available for mobile app download: [https://www.adolescenthealth.org/SAHM-News/SAHM-THRIVE-App-Released.aspx](https://www.adolescenthealth.org/SAHM-News/SAHM-THRIVE-App-Released.aspx)

### Materials to Develop Educational Sessions

1. Young Adolescent Health Screening: New World, Old Worries

### CLINICAL AND COMMUNITY SETTINGS

- Outpatient (adolescent clinic, primary care clinic)