



ADOLESCENT MEDICINE RESIDENT CURRICULUM

ROUTINE ADOLESCENT HEALTH CARE MODULE

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum - Routine Adolescent Health Care Module

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
ROUTINE ADOLESCENT HEALTH CARE				
<p>Positive Youth Development and Motivational Interviewing:</p> <ol style="list-style-type: none"> 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) Describe the goals, components, and techniques of motivational interviewing Identify the different situations in which motivational interviewing can be used with the adolescent population Practice building rapport with adolescents using a strength-based approach 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> Gold et al. "Motivational Interviewing Strategies to Facilitate Adolescent Behavior Change." <i>Adolescent Health Update</i> Vol. 20, No. 1 October 2007. http://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/AAPAdolescentHealthUpdateBMI.pdf Rosen, D, Goldenring J. "Getting into Adolescent Heads: An Essential Update." <i>Modern Medicine</i>. http://contemporarypediatrics.modernmedicine.com/contemporary-pediatrics/news/clinical/pediatrics/getting-adolescent-heads-essential-update <p><u>Webinars and Videos:</u></p> <ol style="list-style-type: none"> M Gold talk via PRH - webinar and handouts available through ACT for Youth – subscribe at http://www.actforyouth.net/adolescence/healthcare/training.cfm Abbot Nutrition Health Institute - Motivational Interviewing (MI) video series. http://anhi.org/physician 		<p><u>Books:</u></p> <ol style="list-style-type: none"> Douaihy AB, Kelly TM, and Gold MA. <i>Motivational Interviewing: A Guide for Medical Trainees</i>. Oxford University Press 2014 Ginsburg, K Ed. <i>Reaching Teens: Strength Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development</i>. AAP, 2014 <ul style="list-style-type: none"> Multiple chapters and videos on adolescent communication 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) Inpatient (wards, PICU) Emergency Department
<p>Preventive Services:</p> <ol style="list-style-type: none"> Compare and contrast the components of a health maintenance visit for an adolescent at different stages of adolescence Identify the different immunizations needed during adolescence for those adolescents who are up to date and those who need catch-up List appropriate screening exams and their indications during adolescence: vision, hearing, blood pressure, hematocrit, vitamin D, and cholesterol/ lipids Discuss the importance of disease prevention through screening and anticipatory guidance, including healthy lifestyles Screen for safety issues and provide counseling on injury prevention 	<p><u>Summary tables:</u></p> <ol style="list-style-type: none"> Bright Futures Guidelines, Priorities, and Screening Tables. Available at: https://brightfutures.aap.org/materials-and-tools/Pages/Presentations-and-Handouts.aspx <p><u>Websites and Online Resources:</u></p> <ol style="list-style-type: none"> Adolescent Visits Bright Futures Adolescent Tools: https://brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/adolescence-tools.aspx 		<p><u>Online Resources:</u></p> <ol style="list-style-type: none"> Tanski et al. Performing Preventive Services. A Bright Futures Handbook (AAP 2010). Available at: https://brightfutures.aap.org/Bright%20Futures%20Documents/Forward%20and%20Introduction.pdf <p><u>PediCases available at:</u> http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> Young, Middle and Late Adolescent Health Screening Cases. 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic)



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<p>Cultural Competence and Humility:</p> <ol style="list-style-type: none"> Identify the socio-cultural aspects of young people's lives that shape their cultural values Enhance skills in providing culturally sensitive healthcare for adolescents 	<p>Books:</p> <ol style="list-style-type: none"> Fadiman, Anne. <i>The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures</i>. New York: Farrar, Straus, and Giroux, 1997. Skloot, Rebecca. <i>The Immortal Life of Henrietta Lacks</i>. New York: Crown, 2010. <p>Articles:</p> <ol style="list-style-type: none"> Rue DS, Xie Y. Disparities in treating culturally diverse children and adolescents. <i>Psychiatr Clin North Am</i> 2009;32 (1):153-63. <p>Videos:</p> <ol style="list-style-type: none"> "Worlds Apart: A Four-Part Series on Cross-Cultural Healthcare" by Maren Grainger-Monsen, MD, and Julia Haslett. Available for purchase or rental (\$). Study guide also available. http://www.fanlight.com/catalog/films/912_wa.php 		<p>ARSHEP PowerPoint modules available at:</p> <ol style="list-style-type: none"> Cultural Competency and Adolescent Health. Available at: https://prh.org/wp-content/uploads/2015/03/Cultural-Competency.pptx <p>Books:</p> <ol style="list-style-type: none"> Ginsburg, K Ed. <i>Reaching Teens: Strength Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development</i>. AAP, 2014 Chapter 19: Cultural Humility (with video content) 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) Inpatient (wards, PICU) Emergency Department
<p>Harm Reduction:</p> <ol style="list-style-type: none"> Incorporate principles of harm reduction into primary and secondary prevention strategies for behavior change 	<p>Readings:</p> <ol style="list-style-type: none"> Harm reduction: An approach to reducing risky health behaviors in adolescents. <i>Paediatr Child Health</i> 2008;13(1):53-60. <p>Websites and Online Resources:</p> <ol style="list-style-type: none"> Harm Reduction in Substance Use: http://harmreduction.org/about-us/principles-of-harm-reduction/ 		<p>PediCases. Available at http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> Late Adolescent Health Screening: <i>Amy Goes to College</i> <i>Middle Adolescent Health Screening: But All My Friends Do It</i> <i>Young Adolescent Health Screening: New World, Old Worries</i> 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic)
<p>Social Determinants of Health:</p> <ol style="list-style-type: none"> To identify the ways in which social determinants of health and toxic stresses impact adolescent and adult health To discuss strategies for providing trauma-informed care and addressing social determinants of health within adolescent settings 	<p>Readings:</p> <ol style="list-style-type: none"> Felitti VJ, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. <i>The Adverse Childhood Experiences (ACE) Study</i>. <i>Am J Prev Med</i> 1998;14(4):245-58. Flynn AB, et al. Primary Care Interventions to Prevent or Treat Traumatic Stress in Childhood: A Systematic Review. <i>Acad Pediatr</i> 2015;15(5):480-92. Lucio R, Nelson TL. Effective Practices in the Treatment of Trauma in Children and Adolescents: From Guidelines to Organizational Practices. <i>J Evid Inf Soc Work</i> 2016:1-10. <p>Videos:</p> <ol style="list-style-type: none"> Dr. Nadine Burke Harris. "How childhood trauma affects health across a lifetime." (TED talk) Available at http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime <p>Websites and Online Resources:</p> <ol style="list-style-type: none"> Centers for Disease Control and Prevention. Adverse childhood events; Looking at how ACEs affect our lives & society. Available at: http://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html 		<p>American Academy of Pediatrics. Trauma Toolbox for Primary Care. Available at: https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Trauma-Guide.aspx</p>	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) Inpatient (wards, PICU) Emergency Department



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<p>Anticipatory Guidance for Parents:</p> <ol style="list-style-type: none"> 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 	<p><u>Summary Charts:</u></p> <ol style="list-style-type: none"> 1. American Academy of Child and Adolescent Psychiatry - Facts for Families Guide: Normal Adolescent Development: <ol style="list-style-type: none"> a. Part 1: http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Normal_Adolescent_Development_Part_I_57.aspx b. Part 2: http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Normal_Adolescent_Development_Part_II_58.aspx <p><u>Websites and Online Resources:</u></p> <ol style="list-style-type: none"> 1. Facts for Families Guide: Talking to your Child About Sex: http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Talking_To_Your_Kids_About_Sex_62.aspx 	<p><u>Apps:</u></p> <ol style="list-style-type: none"> 1. SAHM THRIVE app; available for mobile app download https://www.adolescenthealth.org/SAHM-News/SAHM-THRIVE-App-Released.aspx 	<p><u>PediCases. Available at:</u> http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> 1. <i>Young Adolescent Health Screening: New World, Old Worries</i> 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic)

