Adolescent Medicine Resident Curriculum

SEXUAL AND REPRODUCTIVE HEALTH

CREATIVE COMMONS

License Code

You are free to copy and redistribute the following materials as long as you follow the below outlined license terms:

- **Attribution (BY)** - You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

- **NonCommercial (NC)** - You may not use the material for commercial purposes.

- **NoDerivatives (ND)** - If you remix, transform, or build upon the material, you may not distribute the modified material.
## Contraception:

1. Examine your values around prescribing contraception to your adolescent and young adult patients, and discuss professional responsibility to provide evidence-based care.

2. Describe the US Medical Eligibility Criteria for Contraceptive Use and US Selected Practice Recommendations for Contraceptive Use and understand how to apply these in prescribing contraception and counseling patients about their options.

3. Discuss the various options for emergency contraception, including efficacy, mechanism of action, indications for use, and patient counseling points.

4. Explain the various contraceptive methods, including ideal and typical failure rates, mechanism of action, non-contraceptive benefits, side effects, and patient counseling points.

5. Apply evidence-based contraceptive counseling methods in working with teens, including counseling based on efficacy and addressing side effects and adverse effects.

6. Identify and address common myths about contraception.

### Readings and Videos

<table>
<thead>
<tr>
<th>Readings</th>
<th>Videos</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Committee on Bioethics. Policy statement—Physician refusal to provide information or treatment on the basis of claims of conscience. Pediatrics 2009;124(6):1689-93.</td>
<td>2. Which birth control is right for you? Available at <a href="https://www.youtube.com/watch?v=d5lK8Y1C3tU&amp;list=PLq4k20UZ7svsEvq-K2hcxNEVp8m8OY&amp;index=2">https://www.youtube.com/watch?v=d5lK8Y1C3tU&amp;list=PLq4k20UZ7svsEvq-K2hcxNEVp8m8OY&amp;index=2</a></td>
</tr>
</tbody>
</table>
### Sexual and Reproductive Health – continued

#### Pregnancy Options Counseling:

1. **Provide teens with non-judgmental counseling about all of their pregnancy options and community resources**

   **Readings:**

   **Webinars:**

2. **Describe the public health impact of unintended adolescent pregnancy, including abortion, adoption, and teen parenting**

   **Readings:**

   **Webinars:**

#### Abortion:

1. **Provide teens with evidence-based information about medication and aspiration abortion, including safety, efficacy, indications, and expected side effects**

   **Readings:**

   **Videos and Websites:**
   1. 1 in 3 campaign. Stories and videos available at: [http://www.1in3campaign.org/](http://www.1in3campaign.org/)
   2. Guttmacher Institute: Abortion in the United States. Available at: [https://www.youtube.com/watch?v=1Y-bQ6UzhNI](https://www.youtube.com/watch?v=1Y-bQ6UzhNI)
   3. AJ+. How to get an abortion in the United States. Available at: [https://www.youtube.com/watch?v=Q36-XTyM7xs](https://www.youtube.com/watch?v=Q36-XTyM7xs)

   **Early options: A Provider’s Guide to Medication Abortion**

   **ARSHEP PowerPoint modules available at:**

   **CLINICAL AND COMMUNITY SETTINGS**

   - Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN)
   - Emergency department
## Sexual and Reproductive Health – continued

### Male Reproductive Health:
1. Describe male adolescent reproductive health care needs
2. Demonstrate the ability to take an appropriate male sexual health history
3. Demonstrate the ability to perform a male GU exam and identify common abnormal findings

#### Readings:

#### Websites:
1. Health Provider Toolkit for adolescent and young adult males.
   Available at: http://ayamalehealth.org

### Sexual and Gender Minority Youth:
1. Discuss the health related challenges and screening recommendations for Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ) youth
2. Incorporate appropriate LGBTQ sensitive language into gender and sexual history taking for all adolescents and young adults
3. Describe local and national resources for LGBTQ youth

#### Readings:
2. Ryan et al “Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults.” PEDIATRICS Vol. 123 No. 1 January 1, 2009 pp. 346 -352

#### Websites:
2. Family Acceptance Project. Available at http://familyproject.sfsu.edu

---

### TEACHING MATERIALS

#### Readings and Videos

<table>
<thead>
<tr>
<th>Male Reproductive Health</th>
<th>Sexual and Gender Minority Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Readings:</td>
<td>1. Readings:</td>
</tr>
<tr>
<td>2. Websites:</td>
<td>2. Websites:</td>
</tr>
</tbody>
</table>

#### Interactive Learning Opportunities

- ARSHEP videos and discussion guides at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/
  1. Discomfort Wearing Condoms
  2. Sports physical
  3. Male adolescent reproductive health

#### Materials to Develop Educational Sessions

- ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts/#sexual-health
  1. Male adolescent sexual and reproductive health

#### CLINICAL AND COMMUNITY SETTINGS

- Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN)
- Emergency department

---

Approved by SAHM Board on March 7, 2017; Last updated 8/14/2017
### Sexual and Reproductive Health – continued

#### Sexually Transmitted Infections:
1. Recognize signs and symptoms of common STIs
2. Identify and use evidence-based guidelines for routine STI screening and treatment, including expedited partner therapy (EPT)
3. Apply the epidemiology of STIs as they relate to adolescents and identify risk factors for screening
4. Recognize the diagnostic criteria and use up-to-date management for pelvic inflammatory disease

<table>
<thead>
<tr>
<th>Readings</th>
<th>Interactive Learning Opportunities</th>
<th>Materials to Develop Educational Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. CDC STD Fact Sheets. Available at <a href="http://www.cdc.gov/std/healthcomm/fact_sheets.htm">http://www.cdc.gov/std/healthcomm/fact_sheets.htm</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Menstrual Cycle and Common Menstrual Disorders:
1. Describe the normal female menstrual cycle, and understand the concept of anovulatory cycling during pubertal development
2. Describe the common menstrual disorders including amenorrhea, irregular menses, abnormal uterine bleeding, and dysmenorrhea, and the differential diagnosis, evaluation, and treatment options
3. Define polycystic ovarian syndrome and its associated features, as well as initial workup and management
4. Explain options for menstrual regulation in adolescents with physical or developmental disabilities

<table>
<thead>
<tr>
<th>Readings</th>
<th>Interactive Learning Opportunities</th>
<th>Materials to Develop Educational Sessions</th>
</tr>
</thead>
</table>

---

**CLINICAL AND COMMUNITY SETTINGS**

- Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN)
- Emergency department