



Adolescent Medicine Resident Curriculum

SEXUAL AND REPRODUCTIVE HEALTH

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum – Sexual and Reproductive Health

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
SEXUAL AND REPRODUCTIVE HEALTH	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p>Contraception:</p> <ol style="list-style-type: none"> Examine your values around prescribing contraception to your adolescent and young adult patients, and discuss professional responsibility to provide evidence-based care 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 Discuss the various options for emergency contraception, including efficacy, mechanism of action, indications for use, and patient counseling points Explain the various contraceptive methods, including ideal and typical failure rates, mechanism of action, non-contraceptive benefits, side effects, and patient counseling points Apply evidence-based contraceptive counseling methods in working with teens, including counseling based on efficacy and addressing side effects and adverse effects Identify and address common myths about contraception 	<p>Readings:</p> <ol style="list-style-type: none"> Committee on Adolescence. Contraception for adolescents. <i>Pediatrics</i>. 2014;134(4):e1244-1256. Committee on Bioethics. Policy statement--Physician refusal to provide information or treatment on the basis of claims of conscience. <i>Pediatrics</i> 2009;124(6):1689-93. Society for Adolescent Health and Medicine. Emergency Contraception for Adolescents and Young Adults: Guidance for Healthcare Professionals. <i>J Adolesc Health</i> 2016;58(2):245-8. Trussell J, et al, eds. <i>Contraceptive Technology</i>. 20th revised edition. New York, NY: Ardent Media, 2011. Nickles MC, Alderman E. Noncontraceptive use of contraceptive agents. <i>Pediatr Rev</i> 2014;35(6):229-42 U.S. Medical Eligibility Criteria for Contraceptive Use, 2016. <i>MMWR Recomm Rep</i> 2016;65(3):1-103. Available at: https://www.cdc.gov/mmwr/volumes/65/rr/rr6503a1.htm U.S. Selected Practice Recommendations for Contraceptive Use, 2016. <i>MMWR Recomm Rep</i> 2016;65(4):1-66. Available at: http://www.cdc.gov/reproductivehealth/contraception/usspr.htm <ol style="list-style-type: none"> ipad/iphone app, summary chart, additional resources. Available at: http://www.cdc.gov/reproductivehealth/contraception/usmec.htm <p>Videos (Contraceptive CHOICE Project):</p> <ol style="list-style-type: none"> Pathways to CHOICE. Available at: https://www.youtube.com/watch?v=cd46pXtMHOo&list=PLg4ik20UZ7sVsEyq-K3nc6xNEVqBml8OY Which birth control is right for you? Available at https://www.youtube.com/watch?v=u9SHoy1C3tU&list=PLg4ik20UZ7sVsEyq-K3nc6xNEVqBml8OY&index=2 <p>Webpages:</p> <ol style="list-style-type: none"> www.bedsider.org <ol style="list-style-type: none"> Contraceptive efficacy chart Emergency Contraception comparison chart <p>Webinars:</p> <ol style="list-style-type: none"> Contraception [webinar] by Dr. Steinauer as part of Quality Care and Public Health Implications [online course] Link to materials at http://www.innovating-education.org/abortion101/clinical-practice/ 	<p>NYPATH Adolescent Health Service Delivery Training Modules. Available through ACT For Youth free by registering at: http://www.actforyouth.net/adolescence/healthcare/</p> <ol style="list-style-type: none"> Providing Adolescent-Friendly Sexual and Reproductive Healthcare 	<p>ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Emergency Contraception and Adolescents Essentials of Contraception and Adolescents Long-Acting Reversible Contraception: First-Line Care for Adolescents <p>ARSHEP videos and discussion guides at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/</p> <ol style="list-style-type: none"> Drop-In Visit for Emergency Contraception Request for Birth Control: Young Adolescent Long-Acting Reversible Contraception <p>Online Resources:</p> <ol style="list-style-type: none"> Office of Adolescent Health - Adolescent Health Topics - Reproductive Health. Available at http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/ SAHM Youth Providers 2.0 Topic Guide - Sexual and Reproductive Health. Available at https://www.adolescenthealth.org/Topics-in-Adolescent-Health/Sexual-Reproductive-Health.aspx 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) Inpatient (wards) Emergency department



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SEXUAL AND REPRODUCTIVE HEALTH – continued	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
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<p>Pregnancy Options Counseling:</p> <ol style="list-style-type: none"> 1. Provide teens with non-judgmental counseling about all of their pregnancy options and community resources 2. Describe the public health impact of unintended adolescent pregnancy, including abortion, adoption, and teen parenting 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Kumar V, Herbitter C, Karasz A, Gold M. Being in the room: reflections on pregnancy options counseling during abortion training. <i>Fam Med.</i> 2010;42(1):41-46. 2. Finer LB, Zolna MR. Declines in Unintended Pregnancy in the United States, 2008-2011. <i>N Engl J Med</i> 2016;374(9):843-52. 3. Counseling and Informed Consent. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group.* Early Abortion Training Workbook, Fourth Edition. UCSF Bixby Center for Global Reproductive Health: San Francisco, CA (2012). Available at: http://www.teachtraining.org/trainingworkbook/EarlyAbortionTrainingWorkbook2012.pdf <p><u>Webinars:</u></p> <ol style="list-style-type: none"> 1. Decision Counseling for Positive Pregnancy Test Results [webinar] by Dr. Perrucci as part of Quality Care and Public Health Implications [online course] Link to materials at http://www.innovating-education.org/abortion101/clinical-practice/ 	<p>Values Clarification. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group. Early Abortion Training Workbook, Fourth Edition. UCSF Bixby Center for Global Reproductive Health: San Francisco, CA (2012). Available at: http://www.teachtraining.org/trainin_gworkbook/EarlyAbortionTrainingWorkbook2012.pdf</p>	<p>ARSHEP PowerPoint modules available at: http://prh.org/teen-reproductive-health/arshep-downloads/</p> <ol style="list-style-type: none"> 1. Pregnancy Options Counseling with Adolescents <p>ARSHEP videos and discussion guides at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/</p> <ol style="list-style-type: none"> 1. Unintended pregnancy 2. Hoping for a positive pregnancy test 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department
<p>Abortion:</p> <ol style="list-style-type: none"> 1. Provide teens with evidence-based information about medication and aspiration abortion, including safety, efficacy, indications, and expected side effects 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Early Abortion Options. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group. Early Abortion Training Workbook, Fourth Edition. UCSF Bixby Center for Global Reproductive Health: San Francisco, CA (2012). Available at: http://www.teachtraining.org/trainingworkbook/EarlyAbortionTrainingWorkbook2012.pdf <p><u>Videos and Websites:</u></p> <ol style="list-style-type: none"> 1. 1 in 3 campaign. Stories and videos available at: http://www.1in3campaign.org/ 2. Guttmacher Institute: Abortion in the United States. Available at: https://www.youtube.com/watch?v=rY-bQ6UzhNI 3. AJ+. How to get an abortion in the United States. Available at: https://www.youtube.com/watch?v=Q36-XTyM7xs 	<p>Early options: <i>A Provider's Guide to Medication Abortion</i></p> <ul style="list-style-type: none"> • Features of Medical and Surgical Abortion (in Counseling for Medication Abortion) Available at http://www.prochoice.org/ 	<p>ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. Pregnancy Options Counseling with Adolescents 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department



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<p>Male Reproductive Health:</p> <ol style="list-style-type: none"> 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 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Adolescent and young adult male health: a review. Bell DL, Breland DJ, Ott MA. <i>Pediatrics</i>. 2013 Sep;132(3):535-46. Available at: <p><u>Websites:</u></p> <ol style="list-style-type: none"> 1. Health Provider Toolkit for adolescent and young adult males. Available at: http://ayamalehealth.org 		<p>ARSHEP videos and discussion guides at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/</p> <ol style="list-style-type: none"> 1. Discomfort Wearing Condoms 2. Sports physical 3. Male adolescent reproductive health <p>ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts/#sexual-health</p> <ol style="list-style-type: none"> 1. Male adolescent sexual and reproductive health 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department
<p>Sexual and Gender Minority Youth:</p> <ol style="list-style-type: none"> 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 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Committee On Adolescence. Office-based care for lesbian, gay, bisexual, transgender, and questioning youth. <i>Pediatrics</i> 2013;132(1):198-203. 2. Ryan et al "Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults." <i>PEDIATRICS</i> Vol. 123 No. 1 January 1, 2009 pp. 346 -352 3. Family Acceptance Project. Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children. Available at http://familyproject.sfsu.edu/publications 4. SAMHSA, <i>A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children</i>. HHS Publication No. PEP14-LGBTKIDS. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. Available at http://store.samhsa.gov/shin/content/PEP14-LGBTKIDS/PEP14-LGBTKIDS.pdf <p><u>Websites:</u></p> <ol style="list-style-type: none"> 1. American Academy of Child and Adolescent Psychiatry - Facts for Families Guide: Gay, Lesbian, and Bisexual Adolescents. Available at: http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Gay_Lesbian_and_Bisexual_Adolescents_63.aspx 2. Family Acceptance Project. Available at http://familyproject.sfsu.edu 3. Sexual Orientation: Overview, Theories About Gay, Lesbian, and Bisexual Sexuality, Developmental Stages of Gay, Lesbian, and Bisexual Adolescents Available via Medscape: http://emedicine.medscape.com/article/917792-overview#a1 	<p>National LGBT Health Education Center webinars available at http://www.lgbthealtheducation.org/</p> <ol style="list-style-type: none"> 1. Caring for LGBT Youth in Clinical Settings 2. Sexual Orientation, Gender Identity, and Mental Health in Children and Adolescents 3. Caring for Gender Dysphoric Children and Adolescents 	<p>ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. LGBTQ Youth 2. Caring for Transgender Adolescents <p>ARSHEP videos and discussion guides available at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/</p> <ol style="list-style-type: none"> 1. Coming Out 2. Sexual History Taking and Gender 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department



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<p>Sexually Transmitted Infections:</p> <ol style="list-style-type: none"> 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 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Committee on Adolescence; Society for Adolescent Health and Medicine. Policy Statement: Screening for nonviral sexually transmitted infections in adolescents and young adults. Pediatrics. 2014 Jul;134(1):e302-11. <p><u>Websites and Resources:</u></p> <ol style="list-style-type: none"> 1. CDC STD Treatment Guidelines: http://www.cdc.gov/std/tg2015/ <ol style="list-style-type: none"> a. phone and ipad app 2. CDC STD Fact Sheets. Available at http://www.cdc.gov/std/healthcomm/fact_sheets.htm 3. Expedited partner therapy (EPT). Guidance including legal status by state: http://www.cdc.gov/std/ept/default.htm 	<p>National STD Curriculum. Available at http://www.std.uw.edu</p> <p>ACOG "Clinical Cases in Pediatric and Adolescent Gynecology." Materials available for purchase only (\$) at http://sales.acog.org/Clinical-Cases-in-Pediatric-Adolescent-Gynecology-P603.aspx</p> <ol style="list-style-type: none"> 1. Sexually Transmitted Infections 	<p>CDC Ready-to-Use STD curriculum: http://www2a.cdc.gov/stdtraining/ready-to-use/default.htm</p> <p>ARSHEP videos and discussion guides at: https://prh.org/adolescent-reproductive-sexual-health-case-videos/</p> <ol style="list-style-type: none"> 1. Sexually Transmitted Infection <p>ARSHEP PowerPoint modules available at: http://prh.org/teen-reproductive-health/arshep-downloads/</p> <ol style="list-style-type: none"> 1. Chlamydia and Adolescents 2. HPV and Adolescents 3. STI epidemiology, testing and treatment <p>Pedicases. Available at http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> 1. HIV and the Adolescent: <i>Michael's Disclosure</i> 2. STDs: <i>The Burning Issue</i> 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department
<p>Menstrual Cycle and Common Menstrual Disorders:</p> <ol style="list-style-type: none"> 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 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Gray SH. Menstrual disorders. Pediatr Rev 2013;34(1):6-17; quiz 17-8. 2. ACOG Committee Opinion No. 349, November 2006: Menstruation in girls and adolescents: using the menstrual cycle as a vital sign. Obstet Gynecol 2006;108(5):1323-8. 3. Talib HJ, Coupey SM. Excessive uterine bleeding. Adolesc Med State Art Rev 2012;23(1):53-72. 4. Committee Opinion No. 668: Menstrual Manipulation for Adolescents With Physical and Developmental Disabilities. Obstet Gynecol. 2016 Aug;128(2):e20-5. 	<p>ACOG "Clinical Cases in Pediatric and Adolescent Gynecology." Materials available for purchase only (\$) at http://sales.acog.org/Clinical-Cases-in-Pediatric-Adolescent-Gynecology-P603.aspx</p> <ol style="list-style-type: none"> 1. Dysfunctional uterine bleeding 2. Dysmenorrhea/endometriosis 	<p>NASPAG "Short Curriculum" for resident education - N. Fleming et al. / J Pediatr Adolesc Gynecol 27 (2014) 117e120</p> <p>Pedicases. Available at http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> 1. Dysfunctional Uterine Bleeding: <i>Too Many Periods.</i> 2. Amenorrhea: <i>Missing Menses</i> 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department

