

**Rotation:**  
**Adolescent Medicine Curriculum**  
**Population-based discipline (no defined rotation)**

**Goals:**

Achieve a competence level appropriate for a general internist in diagnosing and managing illnesses common in the adolescent population.

**Objectives:**

By the end of the Adolescent Medicine Curriculum, PGY-1 residents are expected to expand and cultivate skills and knowledge learned during previous training and to achieve the following objectives based on the six general competencies. The resident should exhibit an increasing level of responsibility and independency as he or she progresses throughout the year.

Competency	Required Skill(s)	Teaching Method(s)	Formative Evaluation Method(s)	Frequency of Evaluation
Patient Care	<b>SPECIALTY SPECIFIC OBJECTIVES</b>			
	Evaluate, diagnose, and manage adolescents with the following medical conditions including but not limited to: <ul style="list-style-type: none"> <li>• Recurrent abdominal pain</li> <li>• Amenorrhea - primary and secondary</li> <li>• Delayed development</li> <li>• Adolescent depression</li> <li>• Fatigue</li> <li>• Headache</li> <li>• Irregular vaginal bleeding</li> <li>• Male gynecomastia</li> <li>• Altered school performance and learning disabilities</li> <li>• Risk-taking behavior and counseling</li> <li>• Adolescent weight gain or loss</li> <li>• Surveillance after treatment of childhood malignancy Scoliosis</li> </ul>	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
	Demonstrate the skills and attitudes needed to perform a first pelvic examination.	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
	Describe Tanner staging in assessing delayed sexual development and demonstrate the interpretation of	Conferences	Conference Exams	

	height/weight growth charts. (optional skills)	Clinic small talks Lecture series Clinical Teaching	360 degree evaluation	
Medical Knowledge	<b>SPECIALTY SPECIFIC OBJECTIVES</b>			
Practice Based Learning and Improvement	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Interpersonal and Communication Skills	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Professionalism	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Systems-Based Practice	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			

By the end of the Adolescent Medicine Curriculum, PGY-2 residents are expected to expand and cultivate skills and knowledge learned during previous training and to achieve the following objectives based on the six general competencies. The resident should exhibit an increasing level of responsibility and independency as he or she progresses throughout the year.

Competency	Required Skill(s)	Teaching Method(s)	Formative Evaluation Method(s)	Frequency of Evaluation
Patient Care	<b>SPECIALTY SPECIFIC OBJECTIVES</b> Evaluate, diagnose, and manage adolescents with the following medical conditions including but not limited to: <ul style="list-style-type: none"> <li>• Recurrent abdominal pain</li> <li>• Amenorrhea - primary and secondary</li> <li>• Delayed development</li> <li>• Adolescent depression</li> <li>• Fatigue</li> <li>• Headache</li> <li>• Irregular vaginal bleeding</li> <li>• Male gynecomastia</li> <li>• Altered school performance and learning disabilities</li> <li>• Risk-taking behavior and counseling</li> <li>• Adolescent weight gain or loss</li> </ul>	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	

	<ul style="list-style-type: none"> <li>Surveillance after treatment of childhood malignancy Scoliosis</li> </ul>			
	Demonstrate the skills and attitudes needed to perform a first pelvic examination.	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
	Describe Tanner staging in assessing delayed sexual development and demonstrate the interpretation of height/weight growth charts. (optional skills)	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
Medical Knowledge	<b>SPECIALTY SPECIFIC OBJECTIVES</b>			
Practice Based Learning and Improvement	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Interpersonal and Communication Skills	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Professionalism	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Systems-Based Practice	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			

By the end of the Adolescent Medicine Curriculum, PGY-3 residents are expected to expand and cultivate skills and knowledge learned during previous training and to achieve the following objectives based on the six general competencies. The resident should exhibit an increasing level of responsibility and independency as he or she progresses throughout the year.

Competency	Required Skill(s)	Teaching Method(s)	Formative Evaluation Method(s)	Frequency of Evaluation
Patient Care	<b>SPECIALTY SPECIFIC OBJECTIVES</b>			
	Evaluate, diagnose, and manage adolescents with the following medical conditions including but not limited to: <ul style="list-style-type: none"> <li>Recurrent abdominal pain</li> </ul>	Conferences Clinic small talks	Conference Exams 360 degree evaluation	

	<ul style="list-style-type: none"> <li>• Amenorrhea - primary and secondary</li> <li>• Delayed development</li> <li>• Adolescent depression</li> <li>• Fatigue</li> <li>• Headache</li> <li>• Irregular vaginal bleeding</li> <li>• Male gynecomastia</li> <li>• Altered school performance and learning disabilities</li> <li>• Risk-taking behavior and counseling</li> <li>• Adolescent weight gain or loss</li> <li>• Surveillance after treatment of childhood malignancy Scoliosis</li> </ul>	Lecture series Clinical Teaching		
	Demonstrate the skills and attitudes needed to perform a first pelvic examination.	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
	Describe Tanner staging in assessing delayed sexual development and demonstrate the interpretation of height/weight growth charts. (optional skills)	Conferences Clinic small talks Lecture series Clinical Teaching	Conference Exams 360 degree evaluation	
Medical Knowledge	<b>SPECIALTY SPECIFIC OBJECTIVES</b>			
Practice Based Learning and Improvement	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Interpersonal and Communication Skills	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Professionalism	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			
Systems-Based Practice	<b>SPECIALTY SPECIFIC OBJECTIVES</b> See General Internal Medicine Objectives for a comprehensive list.			

## **Resources:**

### **Books**

Adolescent Health Care: A Practical Guide. Edited by Lawrence Neinstein. A copy is available at the Rhodes College Clinic for your use.

### **Websites**

[www.aap.org](http://www.aap.org) -- "Adolescent Health Update" (February, July, October) and AAP Policy Statement on obesity

[www.pedcases.org](http://www.pedcases.org) -- >30 self contained educational modules with many addressing adolescent health issues

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov) -- drug education targeted to younger teen population

[www.drugfreeamerica.org](http://www.drugfreeamerica.org) -- what you need to know about street drugs (appearance, slang names, short term and long term side effects, etc.)

[www.teenpregnancy.org](http://www.teenpregnancy.org)

[www.cdc.gov/STD](http://www.cdc.gov/STD) -- some very good educational modules on STD's

[www.adolescenthealth.org](http://www.adolescenthealth.org) -- website for the Society for Adolescent Medicine

### **Learning Venues:**

The primary learning venue is the noon conference series with lectures directed at most of the topics above. Abdominal pain, amenorrhea, depression, headache, irregular vaginal bleeding, and some counseling issues are covered as subspecialty assigned topics. Clinic small talks at the Medplex and VA will cover fatigue and gynecomastia. An adolescent medicine lecture series covers eating disorders, risky behaviors/counseling, developmental issues, learning disabilities, and scoliosis.

Rhodes Clinic is a primary care college health clinic staffed five afternoons each week by an attending physician, one to two residents, and a student. Small talks are given at the start of each clinic including most of the adolescent medicine-specific topics listed in the Objectives: Rhodes Clinic is required for all primary care residents but is optional for the other residency tracks. However, almost all residents do rotate through this clinic as part of either a three month, weekly clinic or as a substitute for a vacationing resident. Problems commonly encountered in the clinic are amenorrhea, irregular vaginal bleeding, a first pelvic examination, depression, contraception, headache, high risk behavior, learning disorders, and eating disorders.

Residents encounter many of the topics listed above in various patient care activities - ambulatory electives, subspecialty selectives (endocrinology, neurology, gastroenterology, etc.), continuity clinics with an adolescent to geriatric population, and emergency medicine rotations.

An elective in adolescent medicine is available through the Department of Pediatrics for residents interested in acquiring additional expertise.

### **Competency Evaluation:**

The noon conference lecture series on adolescent medicine will include brief tests on adolescent medicine that are required for conference credit. A score of 80% or better on these tests is considered passing. In addition the evaluations in place for the continuity clinics should be satisfactory to superior for all housestaff. Rhodes College Clinic carefully surveys its student patients as part of each health care encounter (a 360 degree evaluation instrument). This data will also be available on many housestaff.

### **Outcomes Assessment:**

Specific questions on the annual departmental survey of program graduates will be included on adolescent medicine. Also one to two questions on the annual survey of residents will be directed at the adolescent medicine experience.