

## Program Highlights

The Division of Adolescent Medicine has been an integral part of the Montreal Children's Hospital/McGill University since the early 1970s. The Program has a long-standing reputation for providing holistic, compassionate, patient- and family-centred expert clinical care. Located on the first and second floors of the Gilman Pavilion at 1040 Atwater, patients benefit from a dedicated, adolescent-friendly clinical space and staff, and the physical adjacency of the various clinicians involved in this highly experienced, well-integrated interdisciplinary team.

The Division thrives on the diversity of interests and expertise of its individual members: eating disorders; obesity treatment/bariatric surgery; medical gynecology; adolescent obstetrics; teen parent and infant care; forensic evaluation of sexual assault; evaluation and medical management of gender questioning youth; care of youth in detention; care of youth in group home settings; collaborative management of youth with chronic illnesses; transition of care to the adult setting. We have a tradition of embracing innovation and nurturing individual residents' interests whenever possible.

The goal of the Program is to train leaders in the field of Adolescent Medicine. The specialty of Adolescent Medicine is in a state of growth in Canada, so the opportunities after training are as vast as the creativity and passion of the graduate. The Division is committed to tailoring the program to each individual trainee's interests and aspirations.

## Program Curriculum

The Royal College defines the broad outlines of the training experience. The McGill Adolescent Medicine Residency Curriculum conforms to these guidelines. The Division is well known for its clinical expertise, clinical volume, and dedication to holistic clinical care. Residents benefit from the breadth and depth of clinical experiences during their training. Residents spend a total of eleven four-week blocks in outpatient adolescent clinics. These include hospital-based adolescent medicine consultation clinics, as well as community clinics and programs serving high risk youth. Two blocks are spent managing patients admitted to the inpatient unit for medical stabilization of an eating disorder, and providing emergency consultation services to the inpatient units, the emergency department, and the community providers. Three four-week blocks are devoted to selectives.

The program also includes six blocks devoted to research or a scholarly project (divided in two and four week increments over the two years, depending on the stage of development of the project and the resident's individual needs). We make every effort to tailor the resident's research to their area of interest. Supervision is provided both from within the Division and by mentors from the Children's Hospital Research Institute. Research skills are built through participation in clinical research rounds and the Canadian Child Health Clinician Scientist Program Curriculum. We also encourage students interested in a research career to attend the McGill intensive summer semester courses in biostatistics and epidemiology as these are excellent, though we are unable to cover the cost of tuition.

The academic program includes one academic activity per week including General Adolescent Medicine Rounds, Eating Disorder Academic Half-Day, Pediatric and Adolescent Gynecology Rounds, Sexual Abuse Rounds, the Center for Excellence in Adolescent Severe Obesity Academic Half Day, Psychiatric

Consultation Rounds and Journal Club. Residents from around the country meet quarterly by teleconference for joint academic rounds. Our centre also participates in National Adolescent Medicine Grand Rounds which occur quarterly.

## Training Sites

The primary site of clinical training is the Montreal Children's Hospital: in-patient and Emergency care are located in a state-of-the-art Health Care Complex at 1001 Decarie Boulevard, while outpatient care occurs at the satellite clinic located at 1040 Atwater. Though physically offsite, this is a "hospital-based" tertiary care consultation clinic. This clinic accepts referrals for patients with eating disorders; complex undifferentiated medical complaints; chronic diseases with adherence issues; complex contraception; menstrual disturbances, breast complaints. Our Division has a unique relationship with Pediatric and Adolescent Gynecology, resulting in a very rich case-mix in that domain.

During outpatient rotations residents will attend two adolescent medicine clinics, in which they will act as the primary consultant, evaluating new consultations and managing them longitudinally. Additionally they will attend a combination of the following specialty clinics, community based clinics, and community based experiences tailored to developing the competencies that the resident is working on at the time of the rotation. These include:

### Hospital-based specialty clinics:

- a. **Eating Disorder Outpatient Assessment Clinic:** Multidisciplinary clinic evaluating youth with a suspected eating disorder, in order to make the diagnosis and propose treatment. Youth who are diagnosed with an eating disorder will be followed longitudinally by the resident who made the diagnosis. Follow-up visits are scheduled during the resident's weekly outpatient clinic.
- b. **Center of Excellence in Adolescent Severe Obesity (CEASO):** Specialized multidisciplinary program within adolescent medicine for assessment and treatment of severe obesity in teenagers. The clinic provides comprehensive assessment, partners with community resources to provide behaviour and lifestyle interventions, and provides a pathway towards bariatric surgery and a transition to adult care.
- c. **Pediatric and Adolescent Gynecology:** In addition to seeing a broad range of patients with gynecologic complaints in their general adolescent medicine clinic, residents will have the opportunity to attend specialty clinics with a fellowship-trained pediatric and adolescent gynecologist.
- d. **Adolescent Obstetrics Clinic (AOC):** Adolescent-centered multidisciplinary obstetrical care is offered as one component of a comprehensive Adolescent Parent-Infant Program. The goal of the AOC is to optimize the health of the adolescent and her fetus in order to prevent adverse pregnancy and neonatal outcomes.
- e. **Adolescent Parent-Infant Program:** The same multidisciplinary team members that offer prenatal care remain involved after adolescents give birth and a pediatrician/adolescent medicine specialist joins the team to provide pediatric care to the children and the young parent simultaneously. The young parents benefit from psychosocial

support to help them to meet their own developmental needs as they are learning to parent. The parent's mental and physical health as well as gynecological needs are addressed during the same visit when the child is seen.

- f. **Sexual Abuse Clinic:** Multidisciplinary clinic for the evaluation of children and adolescents who may have experienced sexual abuse. The resident will participate in the psychosocial and medical evaluation of youth under the supervision of an adolescent medicine physician.
- g. **Health care for Youth with Developmental Disabilities:** The youth with developmental disabilities [3/4 autistic spectrum, 1/4 intellectual impairment] followed at the adolescent clinic have a high rate of neurological comorbidity, gastrointestinal problems, and nutritional issues. They need specialized strategies to examine them and to discover the physical discomforts and medical conditions that may cause deterioration in behavior. Adolescent girls with developmental disabilities are often referred to manage their menstrual cycle when this is aggravating epilepsy or triggering behavior problems.
- h. **Cystic Fibrosis Multidisciplinary Clinic:** Specialized multidisciplinary clinic (including pediatric respirologists, a pediatrician, an adolescent medicine physician, clinical nurse specialists, a dietician, a social worker and a psychologist). The adolescent medicine physician's role within the clinic is to assess the youths for psychosocial risk and resilience factors, to provide gynecological care including consultation for complex contraception, to provide counselling re: future fertility in both female and male teenagers, to assist with adherence to medical regimens and to assess preparedness for transition to adult care.
- i. **Nephrology Transition Clinic:** Specialized multidisciplinary clinic (including a pediatric nephrologist, an adolescent medicine physician, clinical nurse specialists, a social worker and a dietician). The adolescent medicine physician's role within the clinic is to assess preparedness for transition to adult care of youth with active renal problems (including renal transplants) and enhance the transition process for youth and their families.

## 2. Community Based Youth Clinics and Experiences

- a. **Head and Hands:** This is a multiservice community agency serving marginalized youth between the ages of 14 and 25. The individuals seen in the clinic present with a variety of medical issues, such as STI screening and treatment, contraception, transgender care, mental health issues and other common medical problems.
- b. **Portage:** For residents who are able to commute to the outlying community of Prevost, the possibility of a one or more day observation of this residential addictions treatment program can be arranged. <https://portage.ca/en/services/adolescent-programs/>
- c. **CAFÉ program:** Crise Ado- Famille-Enfance is an integrated mobile crisis program for youth and their families. Residents join the crisis worker to observe the evaluation and interventions.

- d. **Fosters:** The Centre de Réadaptation en Dépendance (CRD) Foster is an organisation that is charged with youth and adult outpatient addiction treatment in the Greater Montreal Area. Counselors from Foster meet with youth in schools or in various community service points, to discuss and address addictions to drugs, alcohol, gambling, or the internet. They are also an access point for inpatient addiction treatment services. Adolescent Medicine residents will join a counselor at one of the service points once or twice a week for 8 to 12 weeks to gain a longitudinal experience of addictions counseling and learn about the treatment options available for youth in Quebec. <http://www.crdfoster.org/Youth-program>
- e. **Meraki Health Center:** This is a multidisciplinary clinic evaluating gender non-conforming children, adolescents, and adults. Residents will have the opportunity to observe the interventions of the various professionals on the team. Under the supervision of an adolescent medicine physician, residents will learn to evaluate youth expressing gender variance, assisting the youth and their family in developing a management plan, including puberty suppressing hormones and cross-sex hormones.
- f. **Dawson College:** Dawson is one of Montreal's English language CEGEPs (Collège d'enseignement général et professionnel). Residents will see patients under the supervision of an adolescent medicine physician.
- g. **McGill Student Health Services:** McGill University is the academic home for 37,000 students from across Canada and around the world. Residents may elect to spend a 4 week rotation delivering clinical care in the health services unit.
- h. **Indigenous health:** Residents will join an adolescent medicine physician during a week-long visit in the remote communities of Whapmagoostui and Kuujjuarapik. This is an opportunity for residents to learn about the challenges that youth face in remote communities; to address adolescent issues such as, identification and management of Type II diabetes, metabolic syndrome, polycystic ovary syndrome, contraception, school refusal, school truancy, drug or alcohol addiction, adherence to treatment; and to reflect on the impact of culture and socioeconomic factors on health and wellness.
- i. **Centre d'expertise Marie-Vincent:** This is a multidisciplinary evaluation and treatment center for children and youth who are survivors of sexual abuse. Residents will learn about the services provided by the center, and participate in the general health evaluation and the medical exam. ([www.marie-vincent.org](http://www.marie-vincent.org))
- j. **Carrefour sociomédical jeunesse du Grand Longueuil:** The Carrefour is a multidisciplinary center for the evaluation of children and adolescents facing neglect, physical or sexual abuse. Residents will participate in the psycho-social and medical assessment of survivors of sexual abuse under the supervision of an adolescent medicine physician with expertise in sexual abuse.
- k. **Douglas Mental Health University Institute:** This institute offers an array of specialized eating disorder services for youth and for adults, as well as general psychiatric services. Depending on the individual resident's goals, one month selectives can be designed to develop further expertise in eating disorders or in other psychiatric disorders affecting youth.

## Additional Information

### Comments from graduates of the program

*I was drawn to the MCH Adolescent Medicine clinic because of the people. There is an amazing team to learn from and support you during the training, while having the space to gain independence and develop your own practice style.*

*The program allows you to learn adolescent Medicine in a variety of settings, including inpatient, outpatient, and community based clinics. This provides the opportunity to work with a diverse patient population. I especially enjoyed collaborating with health care providers throughout Montreal to tailor my learning to my interests and also find new interests within adolescent Medicine.*

*The city is amazing! It provides great work life balance. Montreal has affordable living; incredible food and great transit but also a beautiful city to explore. The opportunity to learn in both French and English is a unique and excellent experience!*