



Pediatrics – Adolescent Medicine

Contact Information

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Site

Montreal Children's Hospital

Elective Description

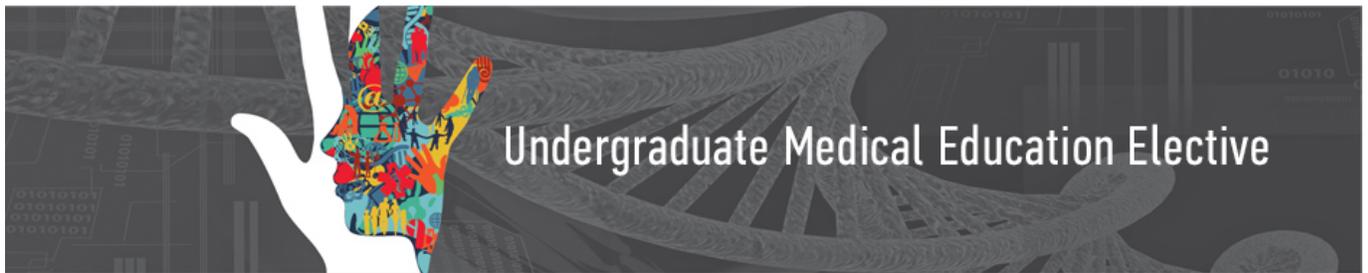
The 4-week rotation in Adolescent Medicine affords medical students and residents exposure to out-patients at the Adolescent Clinic and in-patients consultations and follow-up with the on-service staff person.

During this rotation, trainees will have a chance to become familiar with normal adolescent development (both physical and emotional aspects), as well as adolescent development that deviates from the norm. The student will become aware of the special needs of adolescents at different stages of their development. Specifically, a special approach to the adolescent patient to ensure accurate information gathering and respectful, non-judgemental and confidential care will be demonstrated and integrated.

Trainees will be confronted to all the following relevant adolescent issues: pubertal development and growth, eating disorders, menstrual disorders, contraception, teenage pregnancy, depression, suicide, anxiety, psychosomatic disorders, chronic diseases and the adolescent and sexual abuse. Contact with the pre-pubertal child will also occur in the context of the adolescent mother infant clinic, sexual abuse clinic and prepubertal gynecological consults.

Trainees will also be exposed to social disadvantaged and challenged youths both in clinics and through visits to Shawbridge (incarcerated youth) offsite with Dr. Baltzer.

Trainees will encounter sexually abused children and adolescents both through the adolescent clinic and on-call with a chance to be present during a medicolegal assessment in the ER.



Elective Duration

4 weeks

Educational Objectives

Educational objectives of the Adolescent Medicine rotation (based on the CANMEDS competencies)

The trainee is expected to function as a:

Medical Expert/Clinical Decision Maker:

- Develops a non-judgemental approach geared to the adolescent's particular needs. This is essential to history taking with regards to collection of sensitive and often crucial information
- Interacts with both the patient and parents in a professional manner
- Knows about confidentiality laws and specific resources as they apply to teens (role of DYP, what information needs to be divulged to parents, drug rehabilitation programs ...)
- Understands normal development and behaviour (and variants thereof) with respect to growth, puberty, cognitive and psychological skills, peer and adolescent parent relationships
- Demonstrates up-to-date knowledge of core adolescent issues, i.e. gynecology, eating disorders, chronic illnesses, psychosomatic disorders, depression and suicidality, sexuality, contraception, teen pregnancy, substance abuse, sexual abuse, etc.
- Has an awareness of the influence of peers and society at large on adolescent behaviour, life choices and health
- Takes a focused history, with a careful evaluation of high risk behaviours in the adolescent using the HEADS mnemonic and does some anticipatory guidance as part of his/her interaction with the adolescent
- Performs focused physical exams with attention to patient's comfort level (i.e. draping when appropriate ...)
- Knows the indications for internal gynecological exams in girls and is skilled at performing speculum exams and specimen taking with a respectful, sensitive, attitude
- Presents a focused, coherent plan for patients seen in consultation/clinic including screening for high risk behaviours and including appropriate anticipatory guidance
- Integrates and participates in a multidisciplinary team so as to enhance patient care
- Demonstrates effective consultation skills in presenting well-documented assessments and recommendations



Communicator:

- Communicates with the adolescent in a sensitive and respectful fashion, conducts a flexible interview (letting the adolescent lead when appropriate)
- Integrates and participates as a member of a multidisciplinary team (MD's, residents, social workers, nurses, psychologists, psychiatrist)
- Respects families' concerns and questions and effectively communicates the plan to the adolescent and family with empathy
- Is aware of the influence of various factors such as gender, age, disability, ethnocultural background and social support on an adolescent's illness
- Demonstrates respect for the parent's perspective and concern for their adolescent's health and the impact of their child's illness on the family relationships (especially important with chronic illnesses, eating disorders)
- Contributes to the learning of the team mainly through reading around cases and through presentations (formal and informal) to colleagues

Collaborator:

- Functions well in a multidisciplinary team and able to cooperate with the various members of said team towards improving the adolescent's overall health and situation
- Presents new patients and new medical information during inpatient and outpatient eating disorder rounds
- Interacts professionally and respectfully with other consultants and colleagues conveying requested information back in a timely fashion
- Collaborates and liaisons with high school staff, CLSCs and other community resources caring for teens as appropriate

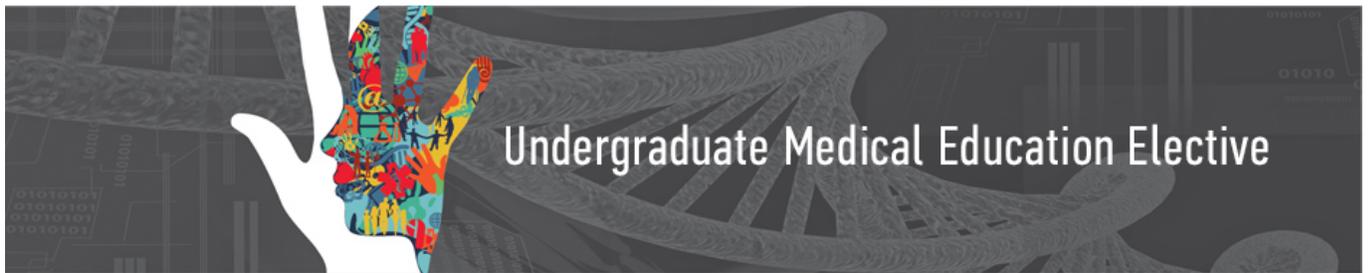
Manager:

Provision of Health Care:

- Understands the extent of the family's involvement in the provision of their adolescent's health care
- Integrates age appropriate preventative health care and anticipatory guidance at each teen visit
- Avoids unnecessary investigations and/or hospitalizations (i.e. participates in intensive out-patient treatment of eating disorders patients)

Practice management:

- Prioritizes incoming phone calls for patients and parents



- Decides how to incorporate emergency drop-in patients and consults into a full clinical schedule
- Reviews in-coming blood and radiology test results daily and makes adjustments to the patient's ongoing care based on these
- Demonstrates open-mindedness to the consideration of alternative health care practices

Health Advocate:

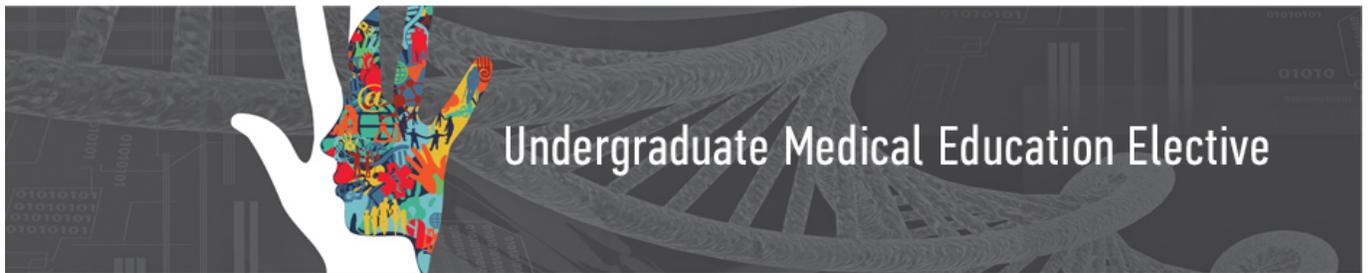
- Appreciates that the health care needs of adolescents are distinct from those of adults
- Empowers the adolescent to make sound decisions and to be actively involved in his/her health care and needs and to be knowledgeable about his/her health and rights
- Addresses transition to adult services with the teen and parents early on so as to prepare them for an eventual transfer
- Has an awareness of important determinants of health affecting adolescents (i.e. issues of confidentiality, inability to share some information with caretakers/guardians, inability to pay for some medication or to follow complex instructions depending on cognitive skills)
- Advocates for adolescents their health and needs in the clinical setting with other colleagues, and in the community at large

Scholar:

- Able to read around cases towards ongoing self-directed learning
- Attends protected teaching rounds including weekly Adolescent Medicine rounds as well as inpatient and outpatient eating disorder rounds
- Models an inquisitive attitude towards medical information and improving on current knowledge base and skills
- Is actively involved in educating patients, parents and other health care professionals

Professional:

- Displays integrity, honesty, compassion and a sense of ethics towards adolescent patients, their families and colleagues (adolescents are particularly sensitive to these qualities and attitudes)
- Models sensitivity and respect for diversity
- Recognizes own limitations and willingness to call upon others for help
- Informs Rosa and staff ahead of time of protected clinical/teaching time off site and clinics that can't be attended
- Demonstrates a sense of responsibility for own patients (follows up test results, returns phone calls, arranges earlier follow-up or consultations as appropriate)



- Knows of the obligations of a physician with respect to:
 - reporting suspected physical or sexual abuse
 - interacting with DYP to protect “at risk youth”
 - confidentiality, consent, being familiar with laws in one’s area of practice regarding extent of parent’s involvement in different clinical scenarios
 - reporting infections (i.e. chlamydia) to public health authorities to facilitate contact tracing
- Demonstrates flexibility and willingness to adjust appropriately to changing circumstances (following the adolescent’s lead)
- Is open to constructive criticism towards improving his/her knowledge base, competence as a physician serving adolescents and their families Jan 2007

Prerequisites

Prior rotation in General Pediatrics suggested.

Scope of Work

Outpatient clinics at the Gilman pavilion run Monday to Friday from 9am to 5pm-6pm sometimes later. Trainees are on-call only during weekdays from 7am to 5pm intermittently working with staff on-service. Opportunity for doing consults on wards and in the Emergency Room while on call.

Recommended Reading/Preparation

Adolescent Health Care, a practical guide, Lawrence S. Neinstein



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