

MEDICAL EXPERT

A. Knowledge

1. Understand normal pubertal development and factors which can affect physical development.
2. Become familiar with the tasks of normal adolescent development.
3. Become familiar with common risk behaviours encountered in the adolescent years.
4. Become familiar with the “Risk Reduction” approach to risky behaviours.
5. Understand the legal aspects of confidentiality in the adolescent population.
6. Learn risk factors for the development of eating disorders.
7. Understand the medical consequences of eating disorders.
8. Understand the stages of substance use/abuse in the teen years.
9. Learn the diagnostic criteria for depression in adolescence.
10. Understand normal sexual behaviour for North American teens.
11. Learn the normal menstrual cycle and commonly encountered gynecological problems.
12. Describe the leading causes of morbidity and mortality in the teen years.
13. Understand how chronic illnesses can affect adolescent physical and psychosocial development.
14. Understand the issue of compliance with medical treatments in adolescents.
15. Have an approach to the teen who presents with a chronic somatic complaint (headache, fatigue, stomachache, etc.).

B. Skills

1. Be able to initiate a private interview with a teen and appropriately explain confidentiality and its limits. If necessary, explain to family members reasons for interviewing teen alone.
2. Be able to conduct an organized HEADS interview.
3. Be able to perform an appropriate physical examination on male and female adolescents.
4. Be able to perform a thorough assessment (history and physical) for the following presenting complaints:
 - eating disorder
 - substance use
 - depression
 - gynecological problem
 - **contraceptive needs**

5. Learn to diagnose and manage uncomplicated depression in adolescents.
6. Learn how to discuss birth control options with teens and prescribe oral contraceptive pills when appropriate.
7. Develop an approach to chronic somatic complaints.
8. Learn how to interface with community agencies and advocate for teens who need services.
9. Identify early those teens who need referral to a child psychiatrist.
10. Identify and make appropriate referrals of those teens at risk of attempted or completed suicide.

COMMUNICATOR

1. Appreciate the importance of a comprehensive, confidential interview with adolescents.
2. Understand issues presenting as parent-child conflict.
3. Develop non-judgmental approach to asking teens about sexuality and risk behaviour.
4. Understand how cultural pressure affects youth behaviour (dieting, drinking, etc.).
5. Understand how our own upbringing and teen years affect the way we view our teen patients.
6. Explore how our own body image and weight attitudes may affect the way we view our patients.
7. Prepare documentation that is accurate and timely.

COLLABORATOR

1. Be able to interact effectively with a team of health professionals by recognizing and acknowledging their roles and expertise.
2. Consult and delegate effectively.

MANAGER

1. Can use the information technology such as methods for searching medical databases to optimize patient care and lifelong learning.
2. Can set realistic priorities and use time effectively in order to optimize professional performance. Can balance professional, personal and institutional commitments.

HEALTH ADVOCATE

1. Develop an understanding of the specialist's role to intervene on behalf of patients with respect to the social economic and biologic factors that may impact on their health.

2. Recognize that the health care needs of adolescents are different from adults and change throughout the developmental continuum.
3. Understand circumstances when the specialist must intervene under the specific circumstance of child protection.

SCHOLAR

1. Be able to present a topic in adolescent health and demonstrate understanding and expertise in the area.
2. Be able to critically appraise medical information. Successfully integrate such information from a variety of sources.

PROFESSIONAL

1. Demonstrate interactions with peers, patients and other professionals that are honest and fulfills commitments.
2. Demonstrate empathy and compassion.
3. Demonstrate respect for others and diversity.
4. Demonstrate reliability, responsibility and conscientiousness.
5. Demonstrate self-awareness and pursuit of self-improvement.

Modified: August 10, 2007