

MEDICAL EXPERT

A. Knowledge

1. Understand normal pubertal development and factors that can affect physical/pubertal 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 menstrual problems
12. Understand screening guidelines for PAP testing and STI screening in teens and commonly encountered gynecological problems
13. Know the risks/benefits of all forms of birth control, including emergency contraception
14. Be knowledgeable regarding teen specific vaccines such as HPV Vaccine including indications
15. Be knowledgeable regarding Sexually Transmitted Infections including Pelvic Inflammatory Disease, regarding diagnostic criteria and management.
16. Describe the leading causes of morbidity and mortality in the teen years
17. Understand how chronic illnesses can affect adolescent physical and psychosocial development
18. Understand the issue of compliance with medical treatments in adolescents
19. Have an approach to the teen who presents with a chronic somatic complaint (headache, fatigue, stomachache, etc.)

B. Skills

1. Be able to perform 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 and non-judgmental HEADS interview

3. Be able to perform an appropriate physical examination on male and female adolescents including SMR when appropriate.
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 and/or anxiety in adolescents
6. Learn how to discuss the risks and the benefits of all birth control options and Emergency Contraception with teens and prescribe contraception when appropriate
7. Develop an approach to chronic somatic complaints
8. Identify early those teens who need referral to a child psychiatrist
9. 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. 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
3. Learn how to interface with community agencies and advocate for teens who require these services

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
(ex. Consider how our own upbringing, teen years and our own body image and weight issues may affect the way we view our patients)

July 10, 2012, 2008