

At the completion of the Adolescent Medicine rotation, the resident will demonstrate the following competencies:

MEDICAL EXPERT

A. Knowledge

1. Understands normal pubertal development and factors that can affect physical/pubertal development
2. Is familiar with the tasks of normal adolescent development
3. Knows the leading causes of morbidity and mortality in the teen years
4. Is aware of the concept of resilience in youth and understands how to promote this.
5. Knows about common risk behaviours encountered in the adolescent years
6. Uses a “Risk Reduction” approach to risky behaviours
7. Understands the importance of confidentiality in the adolescent population
8. Demonstrates the ability to identify patients with overt eating disorders (EDs) and those at risk of developing them
9. Knows the medical consequences of EDs and how to manage them
10. Recognizes substance use/abuse in teens
11. Can diagnose and depression and anxiety in a teen
12. Understands normal teenage sexuality; is aware of common sexually transmitted infections affecting youth and ways to assess for/prevent and treat these conditions.
13. Is able to manage commonly encountered menstrual problems
14. Knows the risks/benefits of various forms of birth control, including emergency contraception
15. Is knowledgeable regarding teen specific vaccines such as HPV
16. Understands how chronic illnesses can affect adolescent physical and psychosocial development
17. Has an approach to the teen who presents with a chronic somatic complaint (headache, fatigue, stomachache, etc.) or other medically unexplained symptom including conversion disorder

B. Skills

1. 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. Conduct an organized and non-judgmental HEADS interview

3. Perform an appropriate, focused or comprehensive physical examination on male and female adolescents including sexual maturity rating (SMR) when appropriate.
4. Perform a pelvic examination when indicated

COMMUNICATOR

1. Communicate diagnosis and treatment plan to patient and their families (where appropriate)
2. Demonstrate a non-judgmental approach to asking teens about sexuality and risk behaviour
3. Prepare documentation that is accurate and timely
4. Summarize pertinent points of a case in writing or orally

COLLABORATOR

1. Work effectively with various members a team of health professionals by recognizing and acknowledging their roles and expertise
2. Demonstrate an appreciation of the need for appropriate referrals to other healthcare professionals and members of the treatment team (social worker, child life, psychology, psychiatry, etc)
3. Interface with community agencies and/or schools to advocate for teens who require these services

MANAGER

1. Set realistic priorities and use time effectively in order to optimize professional performance.
2. Can balance professional, personal and institutional commitments

HEALTH ADVOCATE

1. Identify circumstances when the specialist must intervene under the specific circumstance of child protection

SCHOLAR

1. Present an evidence-based topic in adolescent health and demonstrate understanding and expertise in the area
2. Critically appraise medical information and successfully integrate such information into treatment plans where appropriate

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