

**Resident Curriculum
PL - 1**

Adolescent Medicine

Patient Care

The competency of patient care includes:

- communicate effectively and demonstrate caring and respectful behaviors when interacting with patients and their families
- gather essential and accurate information about their patients
- make informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence, and clinical judgment
- develop and carry out patient management plans counsel and educate patients and their families
- use information technology to support patient care decisions and patient education
- perform competently all medical and invasive procedures considered essential for the area of practice
- provide health care services aimed at preventing health problems or maintaining health
- work with health care professionals, including those from other disciplines, to provide patient- focused care

Patient Care: Goals and Objectives

GOAL # 1

To understand normal adolescent behavior, growth, development and physiology, and to recognize deviations from the norm

Objective

- Describe the pathophysiology, evaluation and management of variations in growth patterns and pubertal changes, including indications for referral.

GOAL # 2

To know how to perform adolescent health maintenance visit including sports physical

Objectives:

- Obtain and interpret history from the adolescent's parent(s), including: concerns about the adolescent's health, past medical history, family history, psycho-social history, needs for anticipatory guidance.
- Be familiar with structured interview technique – HEADSS
- Complete a sensitive and skillful physical exam of male and female patient

- Know when to perform laboratory and procedural screens (hearing, vision, anemia, hyperlipidemia, TB, sexual risks, substance abuse)

GOAL #3

To learn how to counsel adolescents and their parents

Objectives:

- Provide education and counseling to both adolescents and their parents in an appropriate manner.
- Teach adolescents through demonstration and instruction how to perform routine breast and testicular exam.

GOAL # 4

To know how to evaluate and manage common problems in adolescents.

Objectives:

- Evaluate and manage common adolescent problems.*
- Recognize when an adolescent ought to be referred to a specialist.
- Describe findings on history that would initiate pelvic exam.

GOAL # 5

To discuss legal and ethical aspects pertinent to adolescent health care.

Objectives:

- Discuss and follow federal, state and local laws that apply to adolescent health care: confidentiality and when the confidentiality may be abrogated, emancipated minor status, consent.
- Discuss ethical issues pertinent to the care of adolescent: abortion, end-of-life decisions, other

Goal # 6

To know how to approach mental health problems in adolescents, how to treat, and when to refer.

Objectives:

- Discuss how to diagnose and manage common mental health problems in adolescents.*
- Recognize when an adolescent needs to be referred to mental health specialist.

Medical Knowledge

The competency of Medical Knowledge includes:

- demonstrate an investigatory and analytic thinking approach to clinical situations
- know and apply the basic and clinically supportive sciences which are appropriate to their discipline

Medical Knowledge: Goals and Objectives

GOAL #1

To understand normal adolescent behavior, growth, development and physiology, and to recognize deviations from the norm

Objectives:

- Recognize the wide range of normal patterns of physical growth, pubertal development and psychosocial development during adolescence.
- Describe the pathophysiology, evaluation and management of variations in growth patterns and pubertal changes, including indications for referral

GOAL # 2

To know how to perform adolescent health maintenance visit including sports physical

Objectives:

- Obtain and interpret history from the adolescent's parent(s), including: concerns about the adolescent's health, past medical history, family history, psycho-social history, needs for anticipatory guidance.
- Be familiar with structured interview technique – HEADSS
- Complete a sensitive and skillful physical exam of male and female patient
- Know when to perform laboratory and procedural screens (hearing, vision, anemia, hyperlipidemia, TB, sexual risks, substance abuse)
- Know how to evaluate immunizations status and when to administer indicated immunizations.

GOAL #3

To learn how to counsel adolescents and their parents

Objectives:

- Provide education and counseling to both adolescents and their parents in an appropriate manner.
- Teach adolescents through demonstration and instruction how to perform routine breast and testicular exam.

GOAL # 4

To know how to evaluate and manage common problems in adolescents.

Objectives:

- Evaluate and manage common adolescent problems.*
- Recognize when an adolescent ought to be referred to a specialist.
- Describe findings on history that would initiate pelvic exam.

Practice- Based Learning and Improvement

The competency of Practice- Based Learning and Improvement includes:

- analyze practice experience and perform practice-based improvement activities using a systematic methodology
- locate, appraise, and assimilate evidence from scientific studies related to their patients' health problems
- obtain and use information about their own population of patients and the larger population from which their patients are drawn
- apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other

information on diagnostic and therapeutic effectiveness

- use information technology to manage information, access on-line medical information; and support their own education
- facilitate the learning of students and other health care professionals

Practice- Based Learning and Improvement :Goals and Objectives

GOAL #1

To understand normal adolescent behavior, growth, development and physiology, and to recognize deviations from the norm

Objective:

- Describe the pathophysiology, evaluation and management of variations in growth patterns and pubertal changes, including indications for referral

GOAL # 2

To know how to perform adolescent health maintenance visit including sports physical

Objectives:

- Obtain and interpret history from the adolescent's parent(s), including: concerns about the adolescent's health, past medical history, family history, psycho-social history, needs for anticipatory guidance.
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To learn how to counsel adolescents and their parents

Objectives:

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GOAL # 4

To know how to evaluate and manage common problems in adolescents.

Objectives:

- Evaluate and manage common adolescent problems.*
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- Describe findings on history that would initiate pelvic exam.

Systems Based Practice

The competency of System Based Practice includes:

- understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice
- know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources
- practice cost-effective health care and resource allocation that does not compromise quality of care
- advocate for quality patient care and assist patients in dealing with system complexities
- know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance

Systems Based Practice :Goals and Objectives

GOAL #1

To understand normal adolescent behavior, growth, development and physiology, and to recognize deviations from the norm

Objective:

- Describe the pathophysiology, evaluation and management of variations in growth patterns and pubertal changes, including indications for referral

GOAL # 2

To know how to perform adolescent health maintenance visit including sports physical

Objective:

- Know how to evaluate immunizations status and when to administer indicated immunizations

GOAL # 3

To know how to evaluate and manage common problems in adolescents.

Objective:

- Recognize when an adolescent ought to be referred to a specialist.

GOAL # 4

To discuss legal and ethical aspects pertinent to adolescent health care.

Objectives:

- Discuss and follow federal, state and local laws that apply to adolescent health care: confidentiality and when the confidentiality may be abrogated, emancipated minor status, consent
- Discuss ethical issues pertinent to the care of adolescent: abortion, end-of-life decisions, other.

GOAL # 5

To know how to approach mental health problems in adolescents, how to treat, and when to refer.

Objective:

- Recognize when an adolescent needs to be referred to mental health specialist.

Professionalism

The competency of Professionalism includes:

- demonstrate respect, compassion, and integrity; a responsiveness to the needs of patients and society that supercedes self-interest; accountability to patients, society, and the profession; and a commitment to excellence and on-going professional development
- demonstrate a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and business practices
- demonstrate sensitivity and responsiveness to patients' culture, age, gender, and disabilities

Professionalism :Goals and Objectives

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GOAL #2

To learn how to counsel adolescents and their parents

Objectives:

- Provide education and counseling to both adolescents and their parents in an appropriate manner.
- Teach adolescents through demonstration and instruction how to perform routine breast and testicular exam.

Interpersonal and Communication Skills

The competency of interpersonal and communication skills include:

- create and sustain a therapeutic and ethically sound relationship with patients
- use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills
- work effectively with others as a member or leader of a health care team or other professional group

Interpersonal and Communication Skills :Goals and Objectives

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