



## Adolescent Medicine Resident Curriculum

### GROWTH AND DEVELOPMENT MODULE

CREATIVE COMMONS

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**Society for Adolescent Health and Medicine**  
Adolescent Medicine Resident Curriculum – Growth and Development Module

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<b>GROWTH AND DEVELOPMENT</b>				
<p><b><u>Physiologic Development:</u></b></p> <ol style="list-style-type: none"> <li>Describe Sexual Maturity Rating (SMR) staging and develop skills in properly staging adolescents' physiologic development</li> <li>Recognize the stages and progress of normal pubertal development</li> </ol>	<p><b><u>Readings:</u></b></p> <ol style="list-style-type: none"> <li>Khan, L. Puberty: Onset and Progression. <i>Pediatric Annals</i>. 2019;48(4):e141-e145 <a href="https://doi.org/10.3928/19382359-20190322-01">https://doi.org/10.3928/19382359-20190322-01</a></li> <li>Chulani VL, Gordon LP. Adolescent growth and development. <i>Prim Care</i>. 2014 Sep;41(3):465-87. doi: 10.1016/j.pop.2014.05.002.</li> <li>Bordini B, Rosenfield RL. Normal pubertal development: Part I: The endocrine basis of puberty. <i>Pediatr Rev</i> 2011;32(6):223-9.</li> <li>Bordini B, Rosenfield RL. Normal pubertal development: part II: clinical aspects of puberty. <i>Pediatr Rev</i> 2011;32(7):281-92.</li> </ol>		<p><b><u>Pedicases:</u></b></p> <ol style="list-style-type: none"> <li>Delayed puberty: <i>Different from my friends</i>. <a href="http://pedicases.org/topics/index.html">http://pedicases.org/topics/index.html</a></li> <li>Understanding Growth: <i>Normal vs Abnormal patterns</i>. <a href="http://pedicases.org/wp-content/uploads/2011/07/growth1.pdf">http://pedicases.org/wp-content/uploads/2011/07/growth1.pdf</a></li> </ol>	<ul style="list-style-type: none"> <li>Outpatient (adolescent clinic, primary care clinic, endocrinology)</li> <li>Inpatient (wards, PICU)</li> <li>Emergency department</li> </ul>
<p><b><u>Social and Cognitive Development:</u></b></p> <ol style="list-style-type: none"> <li>Characterize the developmental continuum of adolescence including impact on health, risk-taking, and development of protective factors</li> <li>Assess knowledge related to adolescent brain maturation, development of executive function and its influence on adolescent risk-taking behavior</li> </ol>	<p><b><u>Readings:</u></b></p> <ol style="list-style-type: none"> <li>Sanders RA. Adolescent psychosocial, social, and cognitive development. <i>Pediatr Rev</i> 2013;34(8):354-8; quiz 358-9.</li> <li>Johnson SB, Blum RW, Giedd JN. Adolescent maturity and the brain: the promise and pitfalls of neuroscience research in adolescent health policy. <i>J Adolesc Health</i> 2009;45(3):216-21.</li> <li>Lamblin M, Murawski C, Whittle S, Fornito A. Social connectedness, mental health and the adolescent brain. <i>Neurosci Biobehav Rev</i>. 2017 Sep;80:57-68. doi: 10.1016/j.neubiorev.2017.05.010. Epub 2017 May 12.</li> </ol> <p><b><u>Videos:</u></b></p> <ol style="list-style-type: none"> <li>UCSF 2015 “How to Talk to Teens: A Developmental Approach” <a href="http://www.uctv.tv/shows/How-to-Talk-to-Teens-A-Developmental-Approach-28887">http://www.uctv.tv/shows/How-to-Talk-to-Teens-A-Developmental-Approach-28887</a></li> <li>TED talks: Global 2012 “The mysterious workings of the adolescent brain” <a href="http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain">http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain</a></li> <li>Frontline PBS Video Inside the Teenage Brain. <a href="http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/">http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/</a></li> </ol>	<p>Office of Adolescent Health E-Learning Module - Adolescent Development. <a href="http://www.hhs.gov/ash/oah/resources-and-publications/learning/ad_dev/index.html">http://www.hhs.gov/ash/oah/resources-and-publications/learning/ad_dev/index.html</a></p>	<p><b><u>MedEd Portal:</u></b></p> <ol style="list-style-type: none"> <li>Eddins-Folensbee F, Klein J, Martinez S, Folensbee R, Harris T. Child and Adolescent Development for Medical Learners: Adolescent Identity Development. <i>MedEdPORTAL</i> Publication; 2012. <a href="https://www.mededportal.org/publication/9141#sthash.x8M3nVsS.dpuf">https://www.mededportal.org/publication/9141#sthash.x8M3nVsS.dpuf</a></li> </ol>	<ul style="list-style-type: none"> <li>Outpatient (adolescent clinic, primary care clinic, subspecialty clinics dealing with adolescents with chronic illness)</li> <li>Inpatient (wards, PICU)</li> <li>Emergency department</li> </ul>



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	<p><u>Summary Chart:</u></p> <ol style="list-style-type: none"> <li>Adolescent Growth and Development chart (B13) in M. Simmons, J. Shalwitz, S. Pollock, A. Young (2003). <i>Adolescent Health Care 101: The Basics</i>. San Francisco, CA: Adolescent Health Working Group. <a href="https://medproviders.anthem.com/Documents/CACA_CAID_AdolescentHealthCare101.pdf">https://medproviders.anthem.com/Documents/CACA_CAID_AdolescentHealthCare101.pdf</a> (page B-13)</li> </ol>			
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<b>GROWTH AND DEVELOPMENT - continued</b>	<b>TEACHING MATERIALS</b>			<b>CLINICAL AND COMMUNITY SETTINGS</b>
	<b>Readings and Videos</b>	<b>Interactive Learning Opportunities</b>	<b>Materials to Develop Educational Sessions</b>	
<p><b><u>Development of Gender Identity and Sexual Orientation:</u></b></p> <ol style="list-style-type: none"> <li>Explain the difference between gender identity and sexual orientation, and how these both exist on a spectrum</li> <li>Apply a developmental framework when discussing the development of gender identity with patients and families</li> <li>Apply a developmental framework when discussing the development of sexual orientation with patients and families</li> </ol>	<p><b><u>Readings:</u></b></p> <ol style="list-style-type: none"> <li>Society for Adolescent Health and Medicine. Recommendations for promoting the health and well-being of lesbian, gay, bisexual, and transgender adolescents: a position paper of the Society for Adolescent Health and Medicine. <i>Journal of Adolescent Health</i> 2013;52(4):506-10. <a href="https://www.adolescenthealth.org/SAHM_Main/media/Advocacy/Positions/Apr-13-LGBT-Position-Final.pdf">https://www.adolescenthealth.org/SAHM_Main/media/Advocacy/Positions/Apr-13-LGBT-Position-Final.pdf</a></li> <li>Raftery, Jason. American Academy of Pediatrics. (2015, June 4). Gender Identity Development in Children. <a href="https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx">https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx</a></li> <li>Raferty, Jason. American Academy of Pediatrics (2018, October). Ensuring comprehensive care and support for transgender and gender diverse children and adolescents</li> <li>Olson-Kennedy, Rosenthal, Hastings, &amp; Wesp. UCSF Transgender Care. (2016, June). Health considerations for gender non-conforming children and transgender adolescents.</li> </ol> <p><b><u>Videos:</u></b></p> <ol style="list-style-type: none"> <li>PBS Frontline: Growing up Trans [video]. <a href="http://www.pbs.org/wgbh/pages/frontline/growing-up-trans/">http://www.pbs.org/wgbh/pages/frontline/growing-up-trans/</a></li> </ol> <p><b><u>Summary Chart:</u></b></p> <ol style="list-style-type: none"> <li>The Gender Unicorn. Available from Trans Student Educational Resources. <a href="http://www.transstudent.org/">http://www.transstudent.org/</a></li> </ol>	<p>Caring for LGBTQ Youth in Clinical Settings - Available free with registration from National LGBT Health Education Center <a href="http://www.lgbthealtheducation.org/lgbt-education/learning-modules/">http://www.lgbthealtheducation.org/lgbt-education/learning-modules/</a></p>	<p><b><u>MedEd Portal:</u></b></p> <ol style="list-style-type: none"> <li>Lee R, Loeb D, Butterfield A. Sexual History Taking Curriculum: Lecture and Standardized Patient Cases. MedEdPORTAL Publication; 2014. <a href="https://www.mededportal.org/publication/9856#sthash.KabpeW6F.dpuf">https://www.mededportal.org/publication/9856#sthash.KabpeW6F.dpuf</a></li> <li>There are many more resources from MedEd – click to search “LGBT” on the MedEd Portal. <a href="https://www.mededportal.org/search/?q=lgbt">https://www.mededportal.org/search/?q=lgbt</a></li> </ol> <p>ARSHEP PowerPoint modules available at: <a href="https://prh.org/arshep-ppts/#lgbtq-essentials">https://prh.org/arshep-ppts/#lgbtq-essentials</a></p> <ol style="list-style-type: none"> <li>Caring for Lesbian, Gay, Bisexual, Trans- gender, and Questioning Youth</li> <li>Caring for Transgender Adolescents</li> </ol> <p>ARSHEP videos and discussion guides available at: <a href="https://prh.org/adolescent-reproductive-sexual-health-case-videos/">https://prh.org/adolescent-reproductive-sexual-health-case-videos/</a></p> <ol style="list-style-type: none"> <li>Sexuality &amp; Gender: Sexual History-Taking and Gender</li> <li>Sexuality &amp; Gender: Coming Out</li> </ol>	<ul style="list-style-type: none"> <li>Outpatient (adolescent clinic, primary care clinic, trans/gender clinic - if available)</li> <li>Community organizations focusing on providing social services, support groups to LGBTQ youth</li> </ul>

