



ADOLESCENT MEDICINE RESIDENT CURRICULUM

ROUTINE ADOLESCENT HEALTH CARE MODULE

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum - Routine Adolescent Health Care Module

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
ROUTINE ADOLESCENT HEALTH CARE				
<p>Positive Youth Development and Motivational Interviewing:</p> <ol style="list-style-type: none"> 1. Demonstrate how to take a social history using a strength-based approach, while screening for behaviors and risk factors for potential morbidity and mortality (eg: SSHADES model) 2. Describe the goals, components, and techniques of motivational interviewing 3. Identify the different situations in which motivational interviewing can be used with the adolescent population 4. Practice building rapport with adolescents using a strength-based approach 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Gold et al. "Motivational Interviewing Strategies to Facilitate Adolescent Behavior Change." Adolescent Health Update Vol. 20, No. 1 October 2007. https://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/AAPAdolescentHealthUpdateBMI.pdf 2. Rosen, D, Goldenring J. "Getting into Adolescent Heads: An Essential Update." Modern Medicine. https://www.contemporarypediatrics.com/personal-finance/getting-adolescent-heads-essential-update <p>Webinars and Videos:</p> <ol style="list-style-type: none"> 1. M Gold talk via PRH - webinar and handouts available through ACT for Youth – subscribe at http://www.actforyouth.net/adolescence/healthcare/training.cfm 2. Abbot Nutrition Health Institute -- Motivational Interviewing: An Approach for Addressing Ambivalence for Change - Motivational Interviewing (MI) video series https://www.abp.org/sites/abp/files/pdf/miskillsbook.pdf 		<p>Books:</p> <ol style="list-style-type: none"> 1. Douaihy AB, Kelly TM, and Gold MA. <i>Motivational Interviewing: A Guide for Medical Trainees</i>. Oxford University Press 2014 2. Ginsburg, K Ed. <i>Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition</i>. AAP, 2020 <ul style="list-style-type: none"> • Chapter 1: Preparing You to Become the Kind of Adult Young People Need in Their Lives https://services.aap.org/en/publications/reaching-teens-2E/sahm/ • Chapter 24: Boundaries https://services.aap.org/en/publications/reaching-teens-2E/sahm/ • Chapter 32: SSHADESS Screen https://services.aap.org/en/publications/reaching-teens-2E/sahm/ 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) • Inpatient (wards, PICU) • Emergency Department
<p>Preventive Services:</p> <ol style="list-style-type: none"> 1. Compare and contrast the components of a health maintenance visit for an adolescent at different stages of adolescence 2. Identify the different immunizations needed during adolescence for those adolescents who are up to date and those who need catch-up 3. List appropriate screening exams and their indications during adolescence: vision, hearing, blood pressure, hematocrit, vitamin D, and cholesterol/ lipids 4. Discuss the importance of disease prevention through screening and anticipatory guidance, including healthy lifestyles 5. Screen for safety issues and provide counseling on injury prevention 	<p>Summary tables:</p> <ol style="list-style-type: none"> 1. Bright Futures Pocket Guide, p 94-106 https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_POCKETGUIDE.pdf 2. Bright Futures Guidelines, Priorities, and Screening Tables. https://brightfutures.aap.org/materials-and-tools/Pages/Presentations-and-Handouts.aspx 		<p>Books:</p> <ol style="list-style-type: none"> 1. Ginsburg, K Ed. <i>Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition</i>. AAP, 2020 <ul style="list-style-type: none"> • Chapter 23: Setting the Stage for a Trustworthy Relationship https://services.aap.org/en/publications/reaching-teens-2E/sahm/ <p>Online Resources:</p> <ol style="list-style-type: none"> 1. Tanski et al. Performing Preventive Services. A Bright Futures Handbook (AAP 2010). https://brightfutures.aap.org/Bright_Futures_Documents/Forward_and_Introduction.pdf <p>PediCases: http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> 1. Young, Middle and Late Adolescent Health Screening Cases. 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic)



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<p>Cultural Competence and Humility:</p> <ol style="list-style-type: none"> 1. Identify the socio-cultural aspects of young people's lives that shape their cultural values 2. Enhance skills in providing culturally sensitive healthcare for adolescents 3. Critically evaluate the effects of racism on the health of children and youth 	<p>Books:</p> <ol style="list-style-type: none"> 1. Fadiman, Anne. <i>The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures</i>. New York: Farrar, Straus, and Giroux, 1997. 2. Skloot, Rebecca. <i>The Immortal Life of Henrietta Lacks</i>. New York: Crown, 2010. <p>Readings:</p> <ol style="list-style-type: none"> 1. The Traumatic Impact of Racism and Discrimination on Young People and How to Talk About It. <i>Reaching Teens</i>. AAP 2020 42: 307-328 www.adolescenthealth.org/SAHM_Main/media/Adol-Resident-Curriculum/Materials/Traumatic-Impact-of-Racism-on-Young-People-(1).pdf 2. Raising Youth of Color in a Complex World. <i>Building Resilience in Children and Teens</i>. AAP 2011 22: 165-172 https://3l3s5t2yxc5w3pxorp1ezk74-wpengine.netdna-ssl.com/wp-content/uploads/Ch22_BuildingResilience4e.pdf <p>Articles:</p> <ol style="list-style-type: none"> 1. Rue DS, Xie Y. Disparities in treating culturally diverse children and adolescents. <i>Psychiatr Clin North Am</i> 2009;32 (1):153-63. <p>Videos:</p> <ol style="list-style-type: none"> 1. "Worlds Apart: A Four-Part Series on Cross-Cultural Healthcare" by Maren Grainger-Monsen, MD, and Julia Haslett. Available for purchase or rental (\$). Study guide also available. http://www.fanlight.com/catalog/films/912_wa.php 		<p>HHS Office of Population Affairs Cultural Competence Resources https://www.hhs.gov/ash/oah/resources-and-training/tpp-and-paf-resources/cultural-competence/index.html</p> <p>ARSHEP PowerPoint modules https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. Cultural Competency and Adolescent Health https://prh.org/wp-content/uploads/2015/03/Cultural-Competency.pptx 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) • Inpatient (wards, PICU) • Emergency Department
<p>Harm Reduction:</p> <ol style="list-style-type: none"> 1. Incorporate principles of harm reduction into primary and secondary prevention strategies for behavior change 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Harm reduction: An approach to reducing risky health behaviors in adolescents. <i>Paediatr Child Health</i> 2008;13(1):53-60. 2. Harm Reduction Principles for Healthcare Settings https://harmreductionjournal.biomedcentral.com/articles/10.1186/s12954-017-0196-4 <p>Websites and Online Resources:</p> <ol style="list-style-type: none"> 1. Harm Reduction in Substance Use https://harmreduction.org/issues/drugs-drug-users/drug-information/useful-links-and-resources/ 		<p>Books:</p> <ol style="list-style-type: none"> 1. Ginsburg, K Ed. <i>Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition</i>. AAP, 2020 <ul style="list-style-type: none"> • Chapter 44: Focusing and Building on Existing Strengths https://services.aap.org/en/publications/reaching-teens-2E/sahm/ <p>PediCases: http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> 1. Late Adolescent Health Screening: <i>Amy Goes to College</i> 2. Middle Adolescent Health Screening: <i>But All My Friends Do It</i> 3. Young Adolescent Health Screening: <i>New World, Old Worries</i> 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic)



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<p>Social Determinants of Health:</p> <ol style="list-style-type: none"> To identify the ways in which social determinants of health and toxic stresses impact adolescent and adult health To discuss strategies for providing trauma-informed care and addressing social determinants of health within adolescent settings 	<p>Readings:</p> <ol style="list-style-type: none"> Felitti VJ, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. <i>Am J Prev Med</i> 1998;14(4):245-58. Flynn AB, et al. Primary Care Interventions to Prevent or Treat Traumatic Stress in Childhood: A Systematic Review. <i>Acad Pediatr</i> 2015;15(5):480-92. Lucio R, Nelson TL. Effective Practices in the Treatment of Trauma in Children and Adolescents: From Guidelines to Organizational Practices. <i>J Evid Inf Soc Work</i> 2016:1-10. <p>Videos:</p> <ol style="list-style-type: none"> Dr. Nadine Burke Harris. “How childhood trauma affects health across a lifetime.” (TED talk) https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en <p>Websites and Online Resources:</p> <ol style="list-style-type: none"> AAP Resilience Project – We can stop Toxic Stress https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/Training-Toolkit.aspx Centers for Disease Control and Prevention. Adverse childhood events; Looking at how ACEs affect our lives & society. Available at: https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/index.html Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf 		<p>American Academy of Pediatrics. Trauma Toolbox for Primary Care https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Trauma-Guide.aspx</p>	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, subspecialty clinics) Inpatient (wards, PICU) Emergency Department

