



Adolescent Medicine Resident Curriculum

SEXUAL AND REPRODUCTIVE HEALTH

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum – Sexual and Reproductive Health

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
SEXUAL AND REPRODUCTIVE HEALTH	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p>Contraception:</p> <ol style="list-style-type: none"> Examine your values around prescribing contraception to adolescents and young adults, and discuss professional responsibility to provide evidence-based care Describe the US Medical Eligibility Criteria and Selected Practice Recommendations for Contraceptive Use, and understand how to apply these in counseling patients about options and providing contraception Discuss the various options for emergency contraception, including efficacy, mechanism of action, indications for use, and patient counseling points Explain the various contraceptive methods, including ideal and typical failure rates, mechanism of action, benefits, and side effects, as well as addressing common myths about contraception Apply a shared decision-making framework to contraceptive counseling methods in working with teens 	<p>Readings:</p> <ol style="list-style-type: none"> Committee on Adolescence. Contraception for adolescents. Pediatrics. 2014;134(4):e1244-1256. Society for Adolescent Health and Medicine. Emergency Contraception for Adolescents and Young Adults: Guidance for Healthcare Professionals. Journal of Adolescent Health 2016;58(2):245-8. https://www.adolescenthealth.org/SAHM_Main/media/Advocacy/Positions/Emergency-Contraception-Statement-Paper-SAHM.pdf U.S. Medical Eligibility Criteria for Contraceptive Use, 2016. MMWR Recomm Rep 2016;65(3):1-103. https://www.cdc.gov/mmwr/volumes/65/rr/rr6503a1.htm U.S. Selected Practice Recommendations for Contraceptive Use, 2016. MMWR Recomm Rep 2016;65(4):1-66. http://www.cdc.gov/reproductivehealth/contraception/usspr.htm Gold, RB. Guttmacher Policy Review, Guarding Against Coercion While Ensuring Access: A Delicate Balance, Guttmacher Institute. Volume 17, Issue 3, 2014. <p>Videos (Contraceptive CHOICE Project):</p> <ol style="list-style-type: none"> Pathways to CHOICE https://www.youtube.com/watch?v=cd46pXtMHOo Which birth control is right for you? https://www.youtube.com/watch?v=u9SHoy1C3tU&t=14s <p>Websites:</p> <ol style="list-style-type: none"> www.cdc.gov/reproductivehealth/contraception/usmec.htm <ol style="list-style-type: none"> CDC MEC ipad/iphone app, summary chart, and additional resources www.bedsider.org <ol style="list-style-type: none"> Contraceptive efficacy chart Emergency Contraception comparison chart <p>Webinars:</p> <ol style="list-style-type: none"> Contraception [webinar] by Dr. Steinauer as part of Quality Care and Public Health Implications [online course] Link to materials at http://www.innovating-education.org/abortion101/clinical-practice/ 	<p>Family Planning National Training Center, Available online for free at: https://www.fpntc.org/training-packages/contraceptive-services</p> <ol style="list-style-type: none"> Quality Contraceptive Counseling & Education: A Client Centered Conversation eLearning Quality Family Planning (QFP) Services Application: Clinical Scenarios 	<p>Improving Contraceptive Counseling through Shared Decision-Making Curriculum [slideset]. Innovating education in reproductive health. https://www.innovating-education.org/2016/03/2743/</p> <p>ARSHEP PowerPoint modules available at: https://prh.org/arshep-ppts</p> <ol style="list-style-type: none"> Emergency Contraception (EC) and adolescents Essentials of contraception and adolescents Long-Acting Reversible Contraception Collaboration or Coercion <p>ARSHEP case videos available at: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Drop-In Visit for Emergency Contraception Long-Acting Reversible Contraception (IUDs) Request for birth control: young adolescent <p>Online Resources:</p> <ol style="list-style-type: none"> SAHM Sexual and Reproductive Health Resources. https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Sexual-Reproductive-Health.aspx 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) Inpatient (wards) Emergency department



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SEXUAL AND REPRODUCTIVE HEALTH – continued	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
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<p>Pregnancy Options Counseling:</p> <ol style="list-style-type: none"> 1. Provide teens with non-judgmental counseling about all of their pregnancy options and community resources 2. Describe the public health impact of unintended adolescent pregnancy, including abortion, adoption, and teen parenting 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Kumar V, Herbitter C, Karasz A, Gold M. Being in the room: reflections on pregnancy options counseling during abortion training. <i>Fam Med</i>. 2010;42(1):41-46. 2. Finer LB, Zolna MR. Declines in Unintended Pregnancy in the United States, 2008-2011. <i>N Engl J Med</i> 2016;374(9):843-52. 3. Counseling and Informed Consent. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group <ol style="list-style-type: none"> a. https://workbook.pressbooks.com/chapter/chapter-2-counseling-and-informed-consent b. http://www.teachtraining.org/trainingworkbook/Early-Abortion-Training-Workbook-2016-2.pdf <p>Videos:</p> <ol style="list-style-type: none"> 1. Exploring All Options: Pregnancy Counseling Without Bias (within Title X Regulations). Family Planning National Training Center (FPNTC), Videos and Discussion guide available at: https://www.fpntc.org/resources/exploring-all-options-pregnancy-counseling-without-bias-video <p>Webinars:</p> <ol style="list-style-type: none"> 1. Decision Counseling for Positive Pregnancy Test Results [webinar] by Dr. Perrucci as part of Quality Care and Public Health Implications [online course] Link to materials - http://www.innovatingeducation.org/abortion101/clinical-practice/ 	<p>Values Clarification. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group. Early Abortion Training Workbook, Fourth Edition. UCSF Bixby Center for Global Reproductive Health: San Francisco, CA (2012). http://www.teachtraining.org/trainingworkbook/EarlyAbortionTrainingWorkbook2012.pdf</p>	<p>ARSHEP PowerPoint modules https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. Pregnancy Options Counseling with Adolescents <p>ARSHEP case videos https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. Unintended pregnancy 2. Hoping for a positive pregnancy test 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department
<p>Abortion:</p> <ol style="list-style-type: none"> 1. Provide teens with evidence-based information about medication and aspiration abortion, including safety, efficacy, indications, and expected side effects 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Early Abortion Options. Available as part of Goodman S, Wolfe M, and the TEACH Trainers Collaborative Working Group. Early Abortion Training Workbook, Fourth Edition. UCSF Bixby Center for Global Reproductive Health: San Francisco, CA (2012). <ol style="list-style-type: none"> a. https://workbook.pressbooks.com/chapter/early-abortion-options b. http://www.teachtraining.org/trainingworkbook/Early-Abortion-Training-Workbook-2016-2.pdf 2. Comparison of early abortion options. RHEDI. https://rhedi.org/comparison-of-early-abortion-options/ 	<p>Features of Medical and Surgical Abortion (in Counseling for Medication Abortion) as part of Early options: A Provider's Guide to Medication Abortion https://prochoice.org/online_cme/default.asp</p>	<p>ARSHEP PowerPoint modules https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> 1. Pregnancy Options Counseling with Adolescents 2. Abortion and adolescents 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department



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	<p>Videos and Websites:</p> <ol style="list-style-type: none">1. Abortion Out Loud. Stories and videos available at: https://advocatesforyouth.org/abortion-out-loud/abortion-out-loud-abortion-storytelling/2. A better way to talk about abortion. Aspen Baker. https://www.ted.com/talks/aspn_baker_a_better_way_to_talk_about_abortion3. AJ+. How to get an abortion in the United States. https://www.youtube.com/watch?v=Q36-XTyM7xs			
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SEXUAL AND REPRODUCTIVE HEALTH – continued	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
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<p>Male Reproductive Health:</p> <ol style="list-style-type: none"> Describe male adolescent reproductive health care needs Demonstrate the ability to take an appropriate male sexual health history Demonstrate the ability to perform a male GU exam and identify common abnormal findings 	<p>Readings:</p> <ol style="list-style-type: none"> Adolescent and young adult male health: a review. Bell DL, Breland DJ, Ott MA. <i>Pediatrics</i>. 2013 Sep;132(3):535-46. Marcell, A.V. and the Male Training Center for Family Planning and Reproductive Health. Preventive Male Sexual and Reproductive Health Care: Recommendations for Clinical Practice. https://www.fpntc.org/sites/default/files/resources/mtc_male_prevrhc_2014.pdf The Male Genital Examination: A Position Paper of the Society for Adolescent Health and Medicine. <i>J Adol Health</i>. 2012;50(4):424–5. https://www.adolescenthealth.org/SAHM_Main/media/Advocacy/Positions/Ar-12-Male-Genital-Examination.pdf <p>Websites:</p> <ol style="list-style-type: none"> Health Provider Toolkit for adolescent and young adult males. http://ayamalehealth.org 	<p>Caring for Adolescent and Young Adult Males: Tools for Clinicians, FPNTC, October 2014. Webinar & Supplemental Tools available at: https://www.fpntc.org/resources/caring-adolescent-and-young-adult-males-tools-clinicians-webinar</p>	<p>ARSHEP case videos: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Discomfort Wearing Condoms Sports physical and sexual history Male adolescent reproductive health <p>ARSHEP PowerPoint modules: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Male adolescent sexual and reproductive health 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) Emergency department
<p>Sexual and Gender Minority Youth:</p> <ol style="list-style-type: none"> Discuss the health related challenges and screening recommendations for LGBTQIA+ youth Incorporate appropriate LGBTQIA+ sensitive language into gender and sexual history taking for all adolescents and young adults Summarize evidence-based guidelines for supporting gender diverse youth Describe local and national resources for LGBTQIA+ youth 	<p>Readings:</p> <ol style="list-style-type: none"> Committee On Adolescence. Office-based care for lesbian, gay, bisexual, transgender, and questioning youth. <i>Pediatrics</i> 2013;132(1):198-203. Telfer, M.M., Tollit, M.A., Pace, C.C., & Pang, K.C. Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents Version 1.1. Melbourne: The Royal Children’s Hospital; 2018. https://www.rch.org.au/uploadedFiles/Main/Content/adolescent-medicine/australian-standards-of-care-and-treatment-guidelines-for-trans-and-gender-diverse-children-and-adolescents.pdf SAMHSA, A Practitioner’s Resource Guide: Helping Families to Support Their LGBT Children. HHS Publication No. PEP14-LGBTKIDS. 2014. <ol style="list-style-type: none"> https://store.samhsa.gov/system/files/pep14-lgbtkids.pdf https://familyproject.sfsu.edu/sites/default/files/FamilySupportForLGBTChildrenGuidance.pdf <p>Videos:</p> <ol style="list-style-type: none"> Voices of Transgender Adolescents in Healthcare. Adolescent Health Initiative https://www.youtube.com/watch?v=w9WZPG5rj3A&feature=emb_title 	<p>National LGBT Health Education Center webinars available at http://www.lgbthealtheducation.org/</p> <ol style="list-style-type: none"> Caring for LGBT Youth in Clinical Settings Sexual Orientation, Gender Identity, and Mental Health in Children and Adolescents Gender Nonconforming Youth in Pediatrics & Primary Care: Opportunities for Better Outcomes 	<p>ARSHEP PowerPoint modules: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Caring for Lesbian, Gay, Bisexual, Transgender, and Questioning Youth Caring for Transgender youth <p>ARSHEP videos and discussion guides: https://prh.org/arshep-ppts/</p> <ol style="list-style-type: none"> Coming Out Sexual History Taking & Gender <p>LGBTQ+ Care Spark training materials. Adolescent Health Initiative: https://www.umhs-adolescenthealth.org/improving-care/lgbtq-care/</p>	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) Emergency department



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	Websites: <ol style="list-style-type: none"> Family Acceptance Project http://familyproject.sfsu.edu Sexual Orientation: Overview, Theories About Gay, Lesbian, and Bisexual Sexuality, Developmental Stages of Gay, Lesbian, and Bisexual Adolescents Available via Medscape: http://emedicine.medscape.com/article/917792-overview#a1 		
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SEXUAL AND REPRODUCTIVE HEALTH – continued	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
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Sexually Transmitted Infections: <ol style="list-style-type: none"> Apply guidelines for routine STI/HIV screening and prevention in clinical care, including special considerations for youth at higher risk of infection Review evidence-based STI treatment guidelines, including expedited partner therapy (EPT) Recognize signs and symptoms of common STIs and acute HIV Recognize the diagnostic criteria and use up-to-date management for pelvic inflammatory disease, vaginitis, and urethritis 	Readings: <ol style="list-style-type: none"> Committee on Adolescence; Society for Adolescent Health and Medicine. Policy Statement: Screening for nonviral sexually transmitted infections in adolescents and young adults. Pediatrics. 2014 Jul;134(1):e302-11. Websites and Resources: <ol style="list-style-type: none"> CDC STD Treatment Guidelines: https://www.cdc.gov/std/tg2015/ <ol style="list-style-type: none"> Phone and ipad app CDC STD Fact Sheets http://www.cdc.gov/std/healthcomm/fact_sheets.htm Learn About PrEP, Preventing New HIV Infections, CDC https://www.cdc.gov/hiv/clinicians/prevention/prep.html Expedited partner therapy (EPT). Guidance including legal status by state. http://www.cdc.gov/std/ept/default.htm Consultation: <ol style="list-style-type: none"> CDC “warmline” to reach faculty from the National Network of STD/HIV Clinical Prevention Training Centers for advice on complex cases. www.stdccn.org 	National STD Curriculum. https://www.std.uw.edu/ Pre-exposure Prophylaxis for HIV Prevention: Clinical cases. Available from the National LGBT Health Education Center at: https://www.lgbthealtheducation.org/courses/pre-exposure-prophylaxis-for-hiv-prevention-clinical-cases/ PrEP Action Kit. Available from the National LGBT Health Education Center at: https://www.lgbthealtheducation.org/publication/prep-action-kit/	STD 101 in a Box: Ready-to-use Presentations: https://www.cdc.gov/std/training/std101/home.htm ARSHEP case videos: https://prh.org/arshep-ppts/#sexually-transmitted-infections <ol style="list-style-type: none"> STI screening Annual visit, sexually transmitted infection ARSHEP PowerPoint modules: https://prh.org/arshep-ppts/#sexually-transmitted-infections <ol style="list-style-type: none"> HIV pre-exposure prophylaxis (PrEP) and adolescents Human papillomavirus and adolescents STIs: epidemiology, testing and treatment for adolescents Pedicases: http://pedicases.org/topics/index.html <ol style="list-style-type: none"> HIV and the Adolescent: Michael’s Disclosure STDs: The Burning Issue 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) Emergency department



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<p>Menstrual Cycle and Common Menstrual Disorders:</p> <ol style="list-style-type: none"> 1. Describe the normal female menstrual cycle, and understand the concept of anovulatory cycling during pubertal development 2. Describe the differential diagnosis, initial evaluation, and management options for common menstrual disorders including amenorrhea, irregular menses, abnormal uterine bleeding, and dysmenorrhea 3. Explain options for menstrual regulation in adolescents with physical or developmental disabilities 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Gray SH. Menstrual disorders. <i>Pediatr Rev</i> 2013;34(1):6-17; quiz 17- 8. 2. ACOG Committee Opinion No. 615, Dec 2015: Menstruation in girls and adolescents: using the menstrual cycle as a vital sign. <i>Obstet Gynecol</i> 2015;126:e143-6. 3. Talib HJ, Coupey SM. Excessive uterine bleeding. <i>Adolesc Med State Art Rev</i> 2012;23(1):53-72. 4. Committee Opinion No. 668: Menstrual Manipulation for Adolescents With Physical and Developmental Disabilities. <i>Obstet Gynecol</i>. 2016 Aug;128(2):e20-5. 		<p>Pedicas: http://pedicas.org/topics/index.html</p> <ol style="list-style-type: none"> 1. Dysfunctional Uterine Bleeding: Too Many Periods. 2. Amenorrhea: Missing Menses 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, pediatric OB/GYN) • Emergency department

