

# Recommended Curriculum Guidelines for Family Medicine Residents

## Adolescent Health

Adolescence is a time of growth and change as a child develops into a young adult. Nearly two-thirds of adolescent visits are to family physicians, who are dedicated caregivers for children and their families. Family physicians have a key role in helping adolescents and their families find a healthy path to adulthood and have the trust and knowledge to help teens and their families through these often challenging years.

### Attitudes

The resident should develop attitudes that encompass:

- A. Each adolescent has strengths, which serve as protective factors and support his development in adolescence.
- B. Connection to parents, school, and community are key to an adolescent's successful development.
- C. Adolescence is a time of experimenting, learning, and development. The goal is to offer guidance that encourages the healthiest behaviors and responsible decision-making.
- D. Confidentiality is crucial to adolescent care, as is helping the adolescent to communicate with his parents and other supportive adults.
- E. Each encounter with an adolescent is an opportunity to act as a caring adult and to engage the adolescent in conversations about healthy living.

### Knowledge

The resident should demonstrate knowledge of:

- A. Normal growth and development in the adolescent years that include physical, mental, emotional, and relationships.
- B. The health risks and behaviors of adolescent life and methods to address them.
- C. A strategy for providing prevention services, immunizations, health promotion, and guidance to each adolescent during annual visits and during routine acute care visits.
- D. The challenges facing an adolescent to establish his or her sexual identity and to learn responsible sexual behaviors.
- E. The core conditions that may affect the health of an adolescent such as family problems, depression, school failure, obesity and eating disorders, violence, drug use, pregnancy and STDs.

### Skills

The resident should demonstrate skills in:

- A. In the General Exam of the Patient
  1. Establish clinical rapport with teens based on respect and hope.
  2. Explain confidential services to teens and parents.
  3. Enlist and respond to parental questions and concerns.
  4. Collect data and information regarding teen history, risk factors, and strengths.
  5. Perform a complete exam and a focused teen exam.
  6. Evaluate a teen for sports eligibility with appropriate history, exam, and tests.
  7. Interpret BMI and make recommendations for nutrition and activity.
  8. Assess BP readings.
  9. Perform and interpret screening tests such as PAP, STD, mantoux, and serum lipids.
  10. Assess well being at home and counsel regarding family relationships.
  11. Assess progress at school and counsel regarding school failure.
  12. Assess daily eating habits and counsel regarding nutrition.
  13. Assess peer group relationships and counsel about healthy and ethical decision-making.
  14. Assess drug experimentation, use and abuse, and counsel regarding best health practices.
  15. Assess development of sexual identity and teach skills in building and expressing positive self-esteem.
  16. Assess sexual behaviors and counsel on healthy practices.
  17. Assess mental health status. Counsel on positive mental health activities. Decide appropriate treatments and referrals.
  18. Assess exposure to violence in each teen's life. Counsel on conflict resolution. Decide appropriate referrals and interventions.

19. Assess accident and safety risks and counsel on ways to prevent injury.
- B. In the Ambulatory Setting
  1. Design a program of "Preventive Services" appropriate to each clinical setting.
  2. Select screening methods appropriate to each clinical setting.
  3. Describe the characteristics of a "Teen Friendly Clinic."
  4. Design a Quality Assurance Program to monitor provision of teen services.
- C. In the Community
  1. Advocate for educational programs in schools to promote healthy teen behavior.
  2. Advocate for quality teen health services in the schools.
  3. Advocate for support to teen clinical services in communities by government and health organizations. ■

### Resources

Guidelines for Adolescent Preventive Services (GAPS) = [www.ama-assn.org/ama/pub/category/2280.html](http://www.ama-assn.org/ama/pub/category/2280.html)

Bright Futures = [www.brightfutures.aap.org/web/](http://www.brightfutures.aap.org/web/)

Minnesota Department of Health, Adolescents = [www.health.state.mn.us/divs/chs/adolescent/](http://www.health.state.mn.us/divs/chs/adolescent/)

Centers for Disease Control and Prevention (CDC) = [www.cdc.gov/nccdphp/dash/](http://www.cdc.gov/nccdphp/dash/)

Neinstein, Lawrence S., *Adolescent Health Care, A Practical Guide* 2002

Reif CJ, Elster AB. *Adolescent Preventive Services*. In *Primary Care: Clinics in Office Practice*, March 1998

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