

**Naval Medical Center
San Diego, California**

DESCRIPTION OF CLINICAL CLERKSHIP

**DEPARTMENT OF PEDIATRICS
DIVISION OF ADOLESCENT MEDICINE**

Description of Rotation

The Adolescent Medicine elective is an opportunity to look at health care issues of the adolescent and young adult. Specific needs and problems of both healthy and ill adolescents will be included. Psychiatric evaluation and therapy are not a major part of the rotation, but the appropriate management of adolescents with organic disease requires an appreciation of emotional factors which must be a part of comprehensive care.

OBJECTIVES:

1. To provide an introduction to adolescent growth and development, emphasizing normal physical and psychological changes in puberty.
2. To provide an understanding of the common disorders of adolescents, including growth deviations (obesity, delayed puberty, short stature, etc.), school underachievement, and common behavioral problems.
3. To provide an understanding of common causes of morbidity and mortality, stressing prevention and immunization practices.
4. To provide an introduction to the social, cultural, and political influences on adolescent behavior and development.
5. To provide an environment conducive to the development of interviewing and history-taking skills, emphasizing data gathering and empathy.
6. To provide an introduction to the physical examination of the adolescent, including the use of growth grids, pubertal rating (Tanner Staging) and pelvic examination in females.
7. To provide experience in adolescent and family counseling.
8. To provide exposure to multidisciplinary resources often helpful in the care of the adolescent.
9. To provide a glimpse of some special areas of adolescent healthcare, i.e., teenage pregnancy, learning disability, and chronic handicapping conditions.
10. To provide experience in adolescent sports issues and injuries.
11. To provide a further understanding of issues of adolescent sexuality, including sexual attitude, contraception, sexually transmitted diseases, etc.

METHODS:

1. Experience with data gathering and examining adolescents. Experience in the performance of a pelvic examination.
2. In-depth reading on basic issues in adolescent health care.
3. Exposure to as many of the “multidisciplinary teams” involved in adolescent care as possible.
4. Prepare an in-depth Adolescent Health presentation during the rotation.

As a result of this rotation in Adolescent Medicine, the student should be able to:

1. Understand basic concepts of adolescent growth, development, and attainment of puberty.
2. Interview and examine adolescent patients effectively.
3. Perform a pelvic examination and understand basic gynecological problems of adolescence.
4. Be knowledgeable in the area of common adolescent problems and the interdisciplinary resources needed to deal with these problems.

DAILY ACTIVITIES:

Department Morning Conference, Noon Housestaff/Student Core Lecture
Adolescent Clinics (M-F)
Morning Adolescent Lecture