



Edward Via College of Osteopathic Medicine

4th Year Clinical Rotation: Adolescent Medicine

MED 8400: Elective Clinical Rotation I
MED 8410: Elective Clinical Rotation II
MED 8420: Elective Clinical Rotation III
MED 8430: Elective Clinical Rotation IV

COURSE SYLLABUS

Chairs	Contact Information
Sofia Abraham-Hardee, DO, PhD Chair of Pediatrics - VA	Phone: 540-231-6562 Email: sabraham@vcom.vt.edu
Hanna S. Sahhar, MD, FAAP Chair of Pediatrics - CC	Phone: 864-327-9861 Email: hsahhar@carolinas.vcom.edu

I. Rotation Description

Students will develop understanding and knowledge in the recognition and management of physical, emotional and behavioral problems of adolescents in the hospital and outpatient setting. To take on primary responsibility of the patient and function as a team player with residents, attendings, nurses, ancillary staff and all others involved in the care of the patient to optimize the care of the patient.

II. Rotation Goals

- Provide patient care that is compassionate, appropriate and effective for the treatment of health problems.
- Independently collect both focused and comprehensive, developmentally appropriate patient histories
- Independently perform both focused and comprehensive, developmentally appropriate physical examinations
- Synthesize information to formulate a differential and primary diagnosis
- Develop a prioritized and inclusive problem list
- Develop the skills to interact, communicate and build rapport and trust with the adolescent patient.
- Identify the reason for the patient's visit
- Recognize patient requiring immediate attention by supervising physician
- Suggest appropriate diagnostic tests for the patient's chief complaint and other medical problems
- Develop a prioritized management plan with the patient and family describe a rationale for the clinical plan
- Manage time effectively in completing patient care tasks
- Identify relevant clinical information necessary for patient-care exchanges
- Formulate appropriate orders when indicated
- Demonstrate the appropriate utilization of consultants, including social workers, nutritionists and psychologists during the visit as deemed necessary based on the chief complaint.
- Prepare prescriptions as indicated

III. Rotation Design

The Pediatrics Adolescent rotation occurs in an outpatient setting pediatric patients between the ages of 11-18 yrs.

IV. Credits

4 week course = 4 credit hours

V. Suggested Textbook, Readings and References

- a. Marcdante KJ. Nelson Essentials of Pediatrics. 6th Ed (2011), Chapters 67-71, pp 265-283
- b. Tschudy MM, Arcara KM. The Johns Hopkins Hospital. The Harriet Lane Handbook. Mosby Elsevier, 19th Ed (2011). Chapter 5, pp 117-136
- c. Kliegman RM. Nelson Textbook of Pediatrics. 19th Ed (2011), Chapters 104-115, pp 649-714

VI. Course Grading/Requirements for Successful Completion of the Pediatrics AI Rotation

- a. Attendance according to VCOM and preceptor requirements
- b. Preceptor Evaluation at end-of-rotation

Grading policies, academic progress, and graduation requirements may be found in the *College Catalog and Student Handbook* at: <http://www.vcom.vt.edu/catalog/>.

VII. Clinical Performance Objectives

The end-of-rotation evaluation for this rotation will be completed by your preceptor and is based on clinical core competencies. These core competencies reflect student performance in 6 key areas: communication, problem solving, clinical skills, medical knowledge, osteopathic medicine and professional and ethical considerations. Your end-of-rotation evaluation from your preceptor will be based directly on your performance in these 6 core competencies as described below.

- a. Communication - the student should demonstrate the following clinical communication skills:
 1. Effective listening to patient, family, peers, and healthcare team
 2. Demonstrates compassion and respect in patient communications
 3. Effective investigation of chief complaint, medical and psychosocial history specific to the rotation
 4. Considers whole patient: social, spiritual & cultural concerns
 5. Efficiently prioritizes essential from non-essential information
 6. Assures patient understands instructions, consents & medications
 7. Presents cases in an accurate, concise, well organized manner
- b. Problem Solving – the student should demonstrate the following problem solving skills:
 1. Identify important questions and separate data in organized fashion organizing positives & negatives
 2. Discern major from minor patient problems
 3. Formulate a differential while identifying the most common diagnoses
 4. Identify indications for & apply findings from the most common radiographic and diagnostic tests
 5. Identify correct management plan considering contraindications & interactions
- c. Clinical Skills - the student should demonstrate the following problem solving skills:
 1. Assesses vital signs & triage patient according to degree of illness
 2. Perform good auscultory, palpatory & visual skills
 3. Perform a thorough physical exam pertinent to the rotation

- d. Osteopathic Manipulative Medicine - the student should demonstrate the following skills in regards to osteopathic manipulative medicine:
 1. Apply osteopathic manipulative medicine successfully when appropriate
 2. Perform and document a thorough musculoskeletal exam
 3. Utilize palpatory skills to accurately discern physical changes that occur with various clinical disorders
 4. Apply osteopathic manipulative treatments successfully when indicated

- e. Medical Knowledge – the student should demonstrate the following in regards to medical knowledge:
 1. Identify & correlate anatomy, pathology and pathophysiology related to most disease processes
 2. Demonstrate characteristics of a self-motivated learner including demonstrating interest and enthusiasm about patient cases and research of the literature
 3. Are thorough & knowledgeable in researching evidence based literature
 4. Actively seek feedback from preceptor on areas for improvement
 5. Correlate symptoms & signs with most common diseases

- f. Professional and Ethical Behaviors - the student should demonstrate the following professional and ethical behaviors and skills:
 1. Is dutiful, arrives on time & stays until all tasks are complete
 2. Consistently follows through on patient care responsibilities
 3. Accepts & readily responds to feedback, is not resistant to advice
 4. Assures professionalism in relationships with patients, staff, & peers
 5. Displays integrity & honesty in medical ability and documentation
 6. Acknowledges errors, seeks to correct errors appropriately
 7. Is well prepared for and seeks to provide high quality patient care
 8. Identifies the importance to care for underserved populations in a non-judgmental & altruistic manner

- g. Osteopathic Manipulative Medicine Components
 Students must be familiar with the OMM didactic and workshop requirements for their OMS-4 year as described in the Osteopathic Manipulative Medicine website.

VIII. Curriculum

- a. Describe sufficient knowledge to provide patient care with appropriate supervision
- b. Describe the epidemiology, pathophysiology and clinical findings of common adolescent conditions
- c. Describe the normal and abnormal growth and development of adolescents
- d. Understand how to diagnose, manage, and appropriately refer common disorders and conditions in adolescents:
 1. Areas of emphasis/screening in the adolescent physical exam:
 - Cardiovascular disease or risk
 - Skin problems (eg, acne)
 - Musculoskeletal problems/ sports fitness
 - Sexual maturity rating/Tanner staging

- Sexually transmitted diseases (pelvic exam, male reproductive health screening).
2. Common screening tests in adolescent medicine:
 - Sexually transmitted diseases (GC, chlamydia, syphilis, HIV, human papilloma virus, trichomonas)
 - Cervical dysplasia (including Pap smear and colposcopic indications, performance, and results)
 - Hepatitis, anemia, hyperlipidemia, and TB
 - Hearing and vision screening
 3. School-related problems & risk factors in adolescent medicine:
 - Learning disabilities
 - ADHD
 - Lack of parental involvement
 - Homelessness
 - Cultural barriers
 - Gang involvement
 4. Common problems in adolescents related to sexual activity and sexuality:
 - Pregnancy
 - Labs/ screening procedures
 - STDs and HIV infection
 - Attitudes and feelings about sexuality
 - Contraception/ disease prevention
 5. Issues related to substance abuse and tobacco use in adolescents:
 - Awareness of the magnitude of alcohol and drug problems in children and teens
 - Ability to assess risk factors for substance abuse
 - Ability to identify adolescents who use substances (by history and physical)
 - Ability to manage common problems associated with substance abuse
 - An understanding of the role of the primary care provider in the management of these patients
 - Knowledge of community resources available for treatment
 6. Common problems & disorders in adolescent medicine:
 - Cardiovascular: hyperlipidemia, hypertension, chest pain, syncope, pathologic heart murmurs.
 - Dermatologic: acne, viral exanthems, dermatoses, eczema.

- Endocrinology: hyper- or hypothyroidism, galactorrhea, unusual hirsutism or virilism, abnormal growth, delayed puberty, diabetes mellitus, obesity, gynecomastia.
- Genitourinary: dysmenorrhea, dysfunctional uterine bleeding, irregular menses, vaginitis, cervicitis, STDs, pelvic inflammatory disease (PID), epididymitis, UTI, pregnancy, polycystic ovary syndrome, ovarian cysts and tumors, primary and secondary amenorrhea, testicular disorders, HIV
- Musculoskeletal: kyphosis, scoliosis, Osgood-Schlatter Disease, chondromalacia patella.

7. Common psychiatric & behavioral disorders in adolescents:

- Eating disorders (anorexia nervosa, bulimia)
- Psychoses
- Conversion reactions
- Anxiety disorders
- Violence and aggressive behaviors
- Depression (mood disorders)
- Suicide and suicidal ideation
- Post traumatic stress syndrome
- Attention deficit hyperactivity disorder
- Conduct disorders
- Antisocial behavior (delinquency)
- Oppositional defiant disorder
- Pervasive developmental disorders (including autism)
- Learning disabilities