

Adolescent and Young Adult (AYA) Healthcare

Course: Adolescent and Young Adult Healthcare Course Number: PED

Department: Pediatrics

Faculty Coordinator: May Lau, MD, MPH

Assistant Faculty Coordinators: N/A

UTSW Education Coordinator Contact: Anthony Lee (Anthony.Lee@UTSouthwestern.edu)

Hospital: (Location of rotation) Children's Medical Center

Periods Offered: Periods 1 to Periods 12

Length: 4 weeks

Max # of Students: 1 (Post Clerkship Students)

First Day Contact: May Lau, MD

First Contact Time: TBD – Please contact Anthony Lee one week prior to the rotation starting to set up a time to meet via Zoom or in person

First Day Location: TBD

Prerequisites: PED 1801 Pediatric Core Clerkship and Ambulatory Rotation
OB/GYN Core Clerkship

I. Course Description

During this elective, medical students will have an in-depth educational experience working with adolescents and young adults. Transportation will be needed given that some of the experiences are offsite. These offsite experiences may occur in the evenings. The elective will consist of a mixture of patient care experiences at Children's Health Dallas and offsite clinical locations; participation in discussions between other students, residents, fellows, and faculty; attending structured didactic sessions/conferences and offsite support groups; and independent learning with prepared curriculum material.

<u>Goals</u>	<u>Objectives</u>	<u>Assessment Methods</u>
Patient Care: Students, together with supervising faculty or resident, must be able to provide patient care that is compassionate, appropriate and effective for the treatment of health problems and the promotion of health.	<ul style="list-style-type: none">• Gather essential and accurate information about their AYA patients during medical visits.• Sensitively and effectively obtain a social history including sexual health and mental health history from an AYA patient from different race/ethnicity, cultures, religion, limited English proficiency, immigration status,	<ul style="list-style-type: none">• Skills evaluation from direct observation.• Individual patient presentations to attending physicians

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	<p>economic status, and sexual and gender identities in a developmentally appropriate manner</p> <ul style="list-style-type: none"> • Perform key components of the physical exam and methods of accommodating sensitivities or special needs within the AYA population. • Interpret basic laboratory tests for AYA youth. • Co-manage youth presenting for follow-up care 	
<p>Medical Knowledge: Students must demonstrate knowledge about established biomedical and clinical sciences, along with mental health practices and the application of this knowledge to patient care.</p>	<ul style="list-style-type: none"> • Describe the unique healthcare needs and disparities including challenges and barriers experienced by AYA patients of different race/ethnicities, cultures, religion, limited English proficiency, immigration status, economic status, and sexual and gender identities, including sources of stigma, acute or chronic psychosocial stressors, and the impact of caregiver/familial support, and identify methods of overcoming or minimizing these barriers. • Identify key components of the physical exam and methods of accommodating sensitivities or special needs within the AYA population. • Discuss common medical problems experienced by AYAs, including the non-medical, medical and surgical management options 	<ul style="list-style-type: none"> • Discussion of patient problems with physician, fellows, residents, psychiatrist, and social worker as needed • End of rotation presentation
<p>Interpersonal and Communication Skills: Students must be able to demonstrate interpersonal and communication skills that result in effective information exchange with clinic, patients and their families.</p>	<ul style="list-style-type: none"> • Demonstrate ability to interact with patients and families in a culturally competent manner • Demonstrate the ability for shared-decision making/supportive decision-making with the patient or parent • Tailor health messages to AYA youth to increase resilience and reduce high-risk behaviors. • Work effectively with other members of the healthcare team. • Use the correct terminology and pronouns when caring for 	<ul style="list-style-type: none"> • Interactions with physicians, mental health, social work, and nursing team, support staff, and patients and their families.

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	transgender and gender-diverse youth	
Practice-Based Learning and Improvement: Students must be able to assimilate scientific evidence and improve their patient care practices.	<ul style="list-style-type: none"> • Locate and assimilate evidence from scientific studies related to AYA patients' health problems • Use information technology to manage information, access on-line medical information, and support personal education. 	<ul style="list-style-type: none"> • End of rotation presentation
Professionalism: Students must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.	<ul style="list-style-type: none"> • Demonstrate compassion and responsiveness to the needs of AYA patients. • Demonstrate sensitivity to the patient's culture, age, gender identify, sexual orientation, and disability. • Demonstrate a commitment to ethical principles pertaining to confidentiality of an AYA patient information. • Be on time to clinics and didactic sessions. 	<ul style="list-style-type: none"> • Interactions with physicians, nursing and support staff, and patients and their families. • If possible, have one observed clinical interaction by one of the following: attending physician/fellow/ resident

II. Methods of Instruction

Didactic:

- Online learning
 - Watch videos on the the care of adolescents
 - [Sarah-Jayne Blakemore: The mysterious workings of the adolescent brain - YouTube](#)
 - [Daniel Siegel: Why Teens Seek Novelty and Danger - YouTube](#)
 - [Daniel Siegel: Why Teens Turn from Parents to Peers - YouTube](#)
 - Review article on adolescent confidentiality
 - [Confidentiality and Consent in the Care of the Adolescent Patient | Pediatrics In Review | American Academy of Pediatrics \(swmed.edu\)](#)
 - [Confidentiality-Laws-TX-Spark-Handout.pdf \(healthytyouth.org\)](#)
 - Review the adolescent medicine social history articles
 - [HEEADSSS 3.0: The psychosocial interview for adolescents updated for a new century fueled by media \(contemporarypediatrics.com\)](#)
 - [Chapter 32: The SSHADESS Screening: A Strength-Based Psychosocial Assessment \(aap.org\)](#)
 - Review articles on common adolescent medicine topics
 - [Contraception for adolescents - PubMed \(swmed.edu\)](#)
 - [Long-Acting Reversible Contraception for Adolescents: A Review | Adolescent Medicine | JAMA Pediatrics | JAMA Network \(swmed.edu\)](#)
 - [Long-Acting Reversible Contraception: Specific Issues for Adolescents | Pediatrics | American Academy of Pediatrics \(swmed.edu\)](#)
 - [Abnormal uterine bleeding in adolescents - ClinicalKey \(swmed.edu\)](#)

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- [Sexually Transmitted Infections: Part 1: Genital Bumps and Genital Ulcers | Pediatrics In Review | American Academy of Pediatrics \(aap.org\)](#)
- [Sexually Transmitted Infections Part 2: Discharge Syndromes and Pelvic Inflammatory Disease | Pediatrics In Review | American Academy of Pediatrics \(aap.org\)](#)
- [Depression and Suicide in Children and Adolescents | Pediatrics In Review | American Academy of Pediatrics \(aap.org\)](#)
- [Identification and Management of Eating Disorders in Children and Adolescents - PubMed \(swmed.edu\)](#)
- Watch videos on the care of transgender youth and adults
 - Ximena Lopez: How one pediatrician is supporting transgender youth
 - <https://www.tedmed.com/talks/show?id=687742>
 - Clinical Educational Initiative video series
 - https://www.youtube.com/playlist?list=PLq3eR4Llqg-oeVJIXoTa3M_5UYFuWbmV
 - A Pediatric Transgender Medicine Curriculum for Multidisciplinary Trainees
 - Please download the appendices on the right side of the screen and review module 1-6
 - https://www.mededportal.org/doi/10.15766/mep_2374-8265.10896
- Review article on caring for transgender youth
 - Lopez X et al. Pediatr Rev. 2016;37(3):89-98
 - <https://publications.aap.org/pediatricsinreview/article/37/3/89/34951/Approach-to-Children-and-Adolescents-with-Gender>
 - Ten things transgender youth want their doctors to know
 - Turban J et al. JAACAP. 2017; 56(4): 275-277
 - [https://www.jaacap.org/article/S0890-8567\(17\)30027-8/fulltext](https://www.jaacap.org/article/S0890-8567(17)30027-8/fulltext)
- Pediatric Grand Rounds
 - If you do not have an experience or clinic that starts at 8 am, feel free to attend in person or virtually Pediatric Grand Rounds. Please let Anthony Lee know if you need the link to the virtual meeting.

Clinical: Please contact all physicians and support staff (except the AYA physicians) at least two days prior to experience to verify that the experience is still occurring. Experiences are subject to change.

- Adolescent and Young Adult Program at Children's Health Specialty Center Dallas F5200 with Drs. Brett Cooper (brett.cooper@utsw.edu), Jenny Francis (Jenny.Francis@utsw.edu), May Lau, and Erik Su (Erik.Su@utsw.edu)
 - 8 - 5 pm
 - Please verify the time the clinic will start on Epic. Some clinics may start at 9 am or later due to meetings or cancellations.
 - Please read up on the patients prior to clinic to make the most of your experience
 - **Please be sure you have EPIC access prior to clinic.**
 - Epic Log-on context for AYA physicians is DAL AYA
 - If there is no AYA clinical experience or outside experiences for you that day, you may be scheduled to be in the transgender health clinic.
- Pediatric and Adolescent Gynecology at Children's Health Specialty Center Dallas F5200 with Dr. Jason Jarin (Jason.Jarin@utsw.edu)
 - 8- 5 pm
 - **Please be sure you have EPIC access prior to clinic.**
 - Epic Log-on context for Dr. Jarin is DAL GYN

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- [Teen Recovery Program \(childrens.com\)](#) (Mockingbird Towers, East Tower, Suite 500E, Dallas Texas)
 - Substance Abuse and Mental Health Treatment
 - Tuesday Clinic from 2-6 pm
 - Group sessions Monday, Tuesday and Thursday 5-8 pm
 - Please contact Dr. David Atkinson (David.Atkinson@utsw.edu) and Stacie Goran (Stacie.Goran@childrens.com)
- Potential Experiences:
 - Adolescent and Young Clinic Plano (Children's Health Specialty Center 1 Plano 7609 Preston Road 3rd Floor. Plano, TX 75024) with Dr. Brett Cooper
 - First, second, and third Tuesday
 - 8 am – 5 pm
 - Eating disorders (Center for Pediatric Eating Disorders Children Health Specialty Center 1 Plano, 7609 Preston Road, Suite 4300 Plano Texas 75024) with Dr. Urszula Kelley (Urszula.Kelley@utsw.edu)
 - Monday and Thursday multidisciplinary rounds
 - Job Corp (North Texas Job Corps (Wellness Center) 1701 N. Church Street McKinney, Texas 75069) with Dr. Kevin M. Windisch (Windisch.Kevin@jobcorps.org and kmwindisch@sparkspeds.com)
 - Tuesday, Wednesday, or Thursday 8 am – 4 pm.
 - Please bring a brown bag lunch
 - Windhaven Adolescent and Sports Medicine with Dr. Laura Scalfano (nurse.windhaven@yahoo.com)
 - 8 am-4:30 pm
 - Contact Stephanie Evans (stephanie.windhaven@yahoo.com or 2144638336 for any urgent or time sensitive issues.
 - On Thursdays Methodist Addison Pavilion, 17051 N. Dallas Pkwy, Suite 300, Addison, TX
 - On Fridays Medical City Frisco Medical Office Building, 5680 Frisco Square, Suite 2000, Frisco TX
 - Resource Center (5750 Cedar Springs Road)
 - Gender Identity Night Tuesday evenings at 7pm
 - Email: Aloe Johnson (allisonjohnson@myresourcecenter.org), Lauren Veatch (lveatch@myresourcecenter.org), Elise Mathews (ematthews@myresource.org)
 - Transgender Clinic at the Endocrinology Clinic (Internal Medicine Subspecialties Clinic, West Campus Building 3, 2001 Inwood Road, 8th and 9th Floor, Dallas, Texas 75390)
 - Every Tuesday morning with Dr. Jessica Abramowitz
 - Email: Jessica.Abramowitz@UTSouthwestern.edu

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Summary of Sample Schedule:

○ Sample week

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Dr. Cooper (AYA/GYN clinic 5 th floor Pavilion F5200)	Dr. Su (AYA/GYN clinic 5 th floor Pavilion F5200)	Dr. Windisch (Job Corps)	Dr. Scalfano (Windhaven Adolescent and Sports Medicine)	Dr. Jarin (AYA/GYN clinic 5 th floor Pavilion F5200)
Noon	Lunch	Lunch	Lunch	Lunch	Lunch
PM	Dr. Cooper (AYA/GYN clinic 5 th floor Pavilion F5200)	Dr. Su (AYA/GYN clinic 5 th floor Pavilion F5200)	Dr. Windisch (Job Corps)	Dr. Scalfano Windhaven Adolescent and Sports Medicine	Dr. Jarin (AYA/GYN clinic 5 th floor Pavilion F5200)

III. Overview of Student Responsibilities

- Business-casual dress.
- Attend clinics and outside experiences as outlined.
- Attend conferences as outlined.
- Read literature and review online material from prepared curriculum.
- **Be on time** to clinics and didactic sessions.

IV. Method of Evaluation of Students and Requirements

Pass-fail grades; there are no examinations. Evaluations of the student by the faculty will be based on achievement of the stated objectives of the course. This will be assessed by the student's preparation, fund of knowledge, participation in clinic, and participation in didactic sessions.