

EDUCATIONAL PROGRAM

in the field of

ADOLESCENT MEDICINE

1. Purpose

The purpose of the specialization education in the multidisciplinary field of adolescent medicine is to acquire broad clinical knowledge in the medicine of this age, general knowledge of the physiology and pathology of maturation and of diseases that are typical for this age. The trainee also acquires knowledge in the area of occupational medicine required for expert reporting work, for the assessing work capability, for an occupational choice and for monitoring adolescents during training for a profession in occupational medical care for adolescents.

2. Minimum requirements on specialization education

An acceptance condition for this specialization education in the field of adolescent medicine consists in gaining professional qualification for the performance of the profession of physician through completion of at least six-year presence study, encompassing theoretical and practical training in an accredited masters study program of general medicine at a faculty of medicine.

The specialized education is acquired during the performance of a medical profession through full-day preparation in an extent according to the defined weekly working time pursuant to Section 83a of the Labour Code.

An entrance condition for the field of adolescent medicine consists in completion of an educational program in the field of paediatric medicine, the joint paediatric basic study – *36 months* and the actual specialized training in the field of paediatric medicine – *24 months* and at least a further *12 months* practice in the field of adolescent medicine. The overall duration of the specialization education in the field of adolescent medicine lasts at least 6 years.

a) completion of the educational program in the field of paediatric medicine – at least 60 months

b) specialized training in the field of adolescent medicine – at least 12 months

8 months of compulsory practice, of which:

6 months at an in-patient certified department, which is accredited for post-gradual education of adolescent medicine

2 months under the supervision of a supervisor at an out-patient practice of a professional adolescent physician,

c) 4 months compulsory supplementary practice

1 month occupational medicine,

1 month venerology.

1 month an anti-drug centre for adolescents,

1 month in a child and adolescent psychiatry department (out-patient or in-patient)

d) recommended supplementary practice

1 months child and adolescent gynaecology,

1 month district social security administration (subject of assessing working ability, invalidity),

e) participation in educational activities

- compulsory specialization fellowship prior to the post-graduate examination – *2x 1 month*
- recommended lectures of the Institute for Post-Graduate Education in Health Care and the Czech Pediatric Society etc.

3. Range of the required theoretical knowledge and clinical skills

Field of study :

- Getting detailed knowledge of the physiology of adolescence and early adulthood (biological and psychosocial processes) and their disorders and variations; for typical diseases of adolescence (eating disorders, juvenile hyperbilirubinemia, juvenile hypertension, sideropenia, etc.), detailed knowledge of diagnosis and therapy and also the aspect of borderline findings and states, predictions of functional consequences, expert reporting aspects.
- For diseases occurring throughout life, knowledge of their specific features for adolescents (STI sexual transmitted infections, pelvic inflammatory disease, chronic fatigue syndrome, the subject of suicidal tendencies, etc.).
- Detailed knowledge of the subject of reproductive health in adolescence, contraception at this age, adolescent sexuality, education in partner relations and for parenthood, in the entire bio-psycho-social extent, the subject of hazardous behaviour of adolescents (including abuse of narcotic substances, social maladaptation, behavioural disorders, aggression, etc.), protection and risk factors, health and social consequences, principles of prevention.
- Knowledge of the subject of nutrition in adolescence, restrictive diet, alternative means of nutrition, the most frequent stoppages at this age and their treatment.
- Knowledge of the legal regulations related to adolescent health.

Practical skills:

Demonstrate the approach and communication skills with adolescents according to the principles for conduct towards patients of this age, the ability to explain the subject of adolescence to parents and pedagogues, carrying out examination and assessment of an adolescent patient in his (her) entire bio-psycho-social context (somatic, developmental, psychosocial, prediction and expert report aspects) and provision for the necessary measures in this full extent. Examination of vegetative balance in adolescents. Explaining to

adolescents the advantages and procedure in breast self-examination for girls and examination of the testes for boys in screening for malignancies. In consulting for adolescents with reference to life style, employing the principles of proper procedure and contents. In a specific case, analysis of the risk and protective factors for hazardous behaviour and employing the results in further practical procedure. Cooperation in the creation of medial literacy in adolescents.

Demonstrate of the ability for specific expert reporting in the occupational choice and also for monitoring of apprentices during their vocational training in a specific working environment, making statements not only on what a specific person may not do, but also on what is optimum for him (her) under the specific conditions. Demonstration of the ability to introduce the optimum professional standpoint in practical life of a concrete adolescent and to assist a physically handicapped adolescent to implement this.

Other fields

Orthopedics: knowledge of the subject of congenital defects of the coxa, scoliosis, Scheuermann's disease, coxa vara adolescentium. Practical: the ability to assess the development of scoliosis, x-ray features of Scheuermann's disease, x-ray anomalies of the coxa.

Psychiatry: behaviour disorders in adolescence, specific signs of attention deficit hyperactivity disorder (ADHD) and tic diseases in adolescence, the subject of depression and suicide amongst adolescents, problems of drug abuse and dependence.

Gynaecology: specificity of early pregnancy, specific features of hormonal contraception in adolescence, juvenile metrorrhagia, abnormalities of the menstrual cycle, specific signs of pelvic inflammatory diseases in girls.

Venerology: knowledge of the classical and the commonest nonclassical sexual transmitted infections, HIV/AIDS – manifestations, diagnosis and treatment. Practical: interpretation of laboratory results and their importance for diagnosis. Prevention.

Occupational medicine: knowledge in basic facts of toxicology, consequences of professional exposure for the organism, risk factors for various occupations, fundamentals of professionography.

Other fields (paediatrics, internal medicine, etc.): specific features and aspects in adolescence in another diseases (chronic fatigue syndrome, immunity disorders, spontaneous pneumothorax, inflammatory bowel disease, Helicobacter pylori infection, genetic consultation, the effect of intense physical exercise in adolescence, etc.).

4. Evaluation of post-gradual education

a) Regular evaluation by the supervisor – record of activities carried out in the professional identity card and logbook in six-month intervals.

b) precondition for acceptance for the post-graduate examination

- completion of compulsory training events and compulsory practice of a fixed length,
- successful completion of a written test at the conclusion of a specialization stay,
- submission of a list of operations (logbook),

- preparation of a written work - casuistics,

c) actual post-graduate examination

- theoretical part - 2 professional questions, the 3rd question is replaced by defence of a written work,
- practical part - diagnosis and occupational assessment of a patient.

5. Characteristics of activities for which the graduate of specialization education gained qualification

Specialization in the field of adolescent medicine authorizes the graduate for the independent out-patient position of an adolescent physician, to examine and treat diseases and disorders typical for this age, especially in cases of uncertain diagnoses, therapeutically and from a psychosocial standpoint of difficult cases; for consulting work in the above cases and in respect to expert reports; for evaluating health qualifications in the choice of a profession for patients under medication and in high-risk occupational fields and for a change in the state of health during vocational training; for provision of primary occupational medical care for adolescents during practical training or for work in centres of occupational medical care in cooperation with occupational medicine. At large in-patient facilities for children and adolescents, (s)he may hold the position of registrar for adolescents.

Multidisciplinary education permits the professional adolescent physician in a particular region to be one of the guarantors of the health-care policy of the state in the area of adolescent health, qualified to monitor the aspect of risk behaviour and other negative phenomena and propose possible measures of prevention; to ensure professional and organizational connection with the relevant hygiene bodies and other bodies in this respect.