

# OVERVIEW OF “ADOLESCENT HEALTH” SKILLS COURSE

A/Prof Goh Lee Gan

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## INTRODUCTION

Adolescent health is now receiving the attention it deserves. Adolescence is the transitional phase between childhood and adulthood and can be an unnerving experience for many. The family doctor is often consulted by concerned parents, worried adolescents, and often by irate teachers for various things related to this period of the individuals' lives. Health Promotion Board has sponsored this family practice skills course as part of its health promotion programme for the people of Singapore.

In this skills course the focus will be on understanding adolescents, interacting effectively with them, as well as learning more about adolescent addictive behaviours, mental health, eating disorders, gynaecological issues, and male developmental issue.

We look forward to your participation in this skills course.

## COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- κ Distance Learning Course – 6 units (1 CME point per unit)
- κ 2 Seminars (2 CME points per seminar)
- κ 2 Workshops (2 CME points per workshop / attend only 1 workshop)
- κ Reading papers on ADOLESCENT HEALTH – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

### Distance Learning Course

- Unit 1 : Understanding Adolescents  
*Dr Victor Loh*
- Unit 2 : Adolescent Friendly Consultation  
*Dr Daniel Fung*
- Unit 3 : Adolescent Addictive Behaviours – Principles for initial evaluation and intervention  
*Dr Arthur Lee*
- Unit 4 : Adolescent Mental Health  
*Dr Geraldine Goh, Prof Kua Ee Heok*
- Unit 5 : Eating Disorders  
*Dr Lee Huei Yen*

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Unit 6A : Gynaecological Issues in the Adolescent Female  
*Dr Sadhana Nadarajah*

Unit 6B : Developmental Issues in the Adolescent Male  
*A/Prof Loke Kah Yin*

## COURSE TOPIC DETAILS

### Unit 1: Understanding Adolescents

- Introduction
- Definition
- Physical Health
- Mental Health
- Health-Risk Behaviours
- The Doctor-Patient Relationship
- The Stages of Adolescence
- The Developmental Tasks of Adolescence
- Adulthood
- Resilience and Positive Outcomes Factors
- The Family Physician and Adolescent Health

### Unit 2: Adolescent Friendly Consultation

- Introduction
- Understanding Adolescence
- Conducting Adolescent-friendly Consultation
- Communicating with Adolescent
- Strategies for Establishing Rapport
- Designing Clinics for Adolescents
- HEADSS Assessment
- Risk Assessment

### Unit 3: Adolescent Addictive Behaviours – Principles for initial evaluation and intervention

- Introduction
- Initial Evaluation
- Interviewing the Parents or Guardians
- Interviewing the Adolescent
- Some Brief Screening Tools
- More Detailed Assessment
- Lab Investigations
- Treatment Options and Recommendations
- Two Illustrative Case Examples
- Conclusions

### Unit 4: Adolescent Mental Health

- Introduction
- Adolescent Mental Health Issues
- Adolescent Depression
- Frequent Issues that Adolescents Have
  - Anger Management
  - Coping with Failures
  - Confidence and Self Esteem

### Unit 5: Eating Disorders

- Introduction
- Epidemiology
- Etiology
- Diagnosis
- Differential Diagnosis
- Screening Tools
- History and Presenting Symptoms
- Physical Examination
- Laboratory Evaluation
- Treatment
- Prognosis

### Unit 6A: Gynaecological Issues in the Adolescent Female

- Normal Puberty
- Delayed Puberty
- Precocious Puberty
- Irregular Periods
- Polycystic Ovarian Disease (PCOD)
- Dysmenorrhea
- Contraception in the Teenager

### Unit 6B: Developmental Issues in the Adolescent Male

- Introduction
- Physical and Hormonal Changes
- Sexuality
- Emotional and Psychosocial Adaptations
- Psychosocial Developmental Phases in Boys
- Taking a History from an Adolescent Boy

## FACE-TO-FACE SESSIONS

### Seminar 1: 27 October 2007

2.00pm – 4.15pm

Unit 1 : Understanding Adolescents

*Dr Victor Loh*

Unit 2 : Adolescent Friendly Consultation

*Dr Daniel Fung / Dr Ong Say How*

Unit 3 : Adolescent Addictive Behaviours – Principles for initial evaluation and intervention

*Dr Arthur Lee*

### Workshop 1: 27 October 2007

4.30pm – 6.45pm

Group A:

Case studies on Adolescent Health Issues

Group B:

Interviewing Adolescents (video material)

### Seminar 2: 28 October 2007

2.00pm – 4.15pm

Unit 4 : Adolescent Mental Health

*Dr Geraldine Goh, Prof Kua Ee Heok*

Unit 5 : Eating Disorders

*Dr Lee Huei Yen*

Unit 6A : Gynaecological Issues in the Adolescent Female

*Dr Sadhana Nadarajah*

Unit 6B : Developmental Issues in the Adolescent Male

*A/Prof Loke Kah Yin / Dr Chan Poh Chong*

### Workshop 2: 28 October 2007

4.30pm – 6.45pm

Group A:

Case studies on Adolescent Health Issues

Group B:

Interviewing Adolescents (video material)