

Maharashtra University of Health Sciences,

Nashik

Syllabus

“Fellowship Course Adolescent Medicine”

Title of the course : Fellowship Course Adolescent Medicine

Duration : 01 Year

Eligibility : MD (Gen. Medicine) / MD (Psychiatry)/MD (PSM)/ DNB

Paper I

Principles of Adolescent Practice

1. Adolescent Scenario in India
2. Overview of Adolescent Problems
3. Organizing Adolescent Care Activities, Teen Age care clinic.
4. Setting up of Adolescent services in private settings
5. Setting up of Adolescent services in public sector
6. Family Life education, Teen clubs
7. Legal and Ethical issues, consent and confidentiality
8. Government programs for Adolescent

Paper II

Adolescent Health Care : Medical Problems

1. Life style diseases:- DM, CHD, HT, FOAD
2. Smoking, Alcohol, Drug Abuse.
3. Adolescent Immunization.
4. Growth and Development:- Plotting of graph, bone age.
5. Puberty:- Precocious, Delayed
6. Obesity, Endocrine Disorders.
7. Nutrition and Diet
8. Stature a concern:- short / tall
9. Asthma
10. Ophthalmic Problems:- Refractive error , squint etc.
11. Headache.

12. Epilepsy
13. ENT issue:- sinusitis allergic disorder, voice disorder, stammering.
14. Skin diseases and cosmetology
15. Thyroid disorder, Cardiovascular disorder
16. Respiratory disease and T B
17. Rheumatologic disease and muscular and skeletal dis.
18. Renal problem
19. Spots Injury
20. Computer Injuries
21. Acid peptic disease and inflammatory bowel disease
22. Neurological disorders.

Paper III

Adolescent Psychology Or Adolescent Behavioral and Mental Health.

1. Life skills Management in Adolescent
2. Personality, Identity Crisis, Body Image
3. Intelligence Assessment, IQ, EQ, SQ.
4. Emotional Intelligence and achievement
5. Counseling approach and Technique
6. Behavioral therapy , Motivation
7. School Mental Health Programs
8. Adolescent Risk taking behavior
9. Stress Management:- Examination and Day to day
10. Learning disorders:- Identification, diagnosis, certification, Remedial Education
11. Rehabilitation of mentally and physically handicap
12. Career guidance:- Indian Tests, counseling Indian scenario, scope in future
13. Depression and Suicide : Identification, Treatment and prevention
14. Eating disorders Identification, Treatment and prevention

15. Anxiety disorders Identification, Treatment and prevention
16. Obsessive compulsive disorders Identification, Treatment and prevention
17. Psychosomatic disorders, DSM IV criterion for identification of disorders
18. Psychopharmacology :- How to prescribe and to Whom and How long and when to refer
19. Nocturnal Enuresis, Trichotilomania , Habit disorders
20. Conduct disorders
21. Cognitive Behavioral Therapy
22. Schizophrenia
23. Autism
24. Positive mental health: Yoga, discipline, Self regulation, Alternative Therapies, Art therapy
25. Hypnosis, biofeedback and other relaxation technique in application to adolescent behavioral problems
26. Dating, Date rape drugs
27. Media and adolescent.

Paper IV

Adolescent sexuality and reproductive health care

1. Adolescent sexuality and reproductive health care
 - a. Menstrual disorders
 - b. Teenage pregnancy
 - c. Introducing sex and sexuality
 - d. HIV /AIDS awareness, Treatment, Counseling
 - e. Sexual abuse.
 - f. S.T.D.
 - g. Contraception.
2. Marriage and family counseling
3. Premarital medical checkup
4. Gender sensitization
5. Women empowerment

6. Research methodology
7. Street adolescent
8. Adolescent labor

General Considerations in Adolescent Care

1. *Epidemiology of Adolescent Health Problems & National Adolescent Health Programs*
2. *Normal Adolescent Growth & Development*
3. *Adolescent Friendly Health Services (Private and public sector)*
4. *Approach to an Adolescent Client*
5. *Medico legal & Ethical Issues of Adolescent Care*
6. *Adolescence: what lies ahead?*
7. *Adolescents and impact of media.*
8. *Adolescent Parenting*
9. *Family life education for adolescents..*

Medical Health

1. *Adolescent Nutrition- Anaemia, Undernutrition, Obesity, Eating Disorders*
2. *Endocrinal Disorders- Pubertal disorders, thyroid disorders, diabetes mellitus, gynecomastia, metabolic syndrome*
3. *Cardiovascular Problems- Systemic Hypertension, Syncope*
4. *Neurological Disorders- Epilepsy, Headache, Sleep Disorders*
5. *Dermatological Disorders- Acne, hirsutism, seborrheic dermatitis, cosmetic surgery*
6. *Respiratory and E. N. T. Problems- Asthma, TB, Pneumonia*
7. *Orthopedic Problems & Sports Pre participation Evaluation*
8. *Ophthalmic Problems*
9. *Genitourinary tract Problems*
10. *Rheumatology*
11. *Adolescent immunisation*

Sexual Health

1. *Adolescent Sexuality*
2. *Common sexual misconceptions and phobias.*
3. *Menstrual Disorders*
4. *Sexually Transmitted Diseases*
5. *Adolescent pregnancy & contraception*

Mental Health

1. *Stress and its management.*
2. *Mood disorders*
3. *Anxiety disorders*
4. *Disruptive Behavior*
5. *Psychosis and related disorders.*
6. *Substance abuse and other high risk behaviours.*
7. *Scholastic Issues*
8. *Life Skill Education*
9. *Counseling and behavior therapy.*

Miscellaneous topics:

1. *Abuse: sexual, mental and physical.*
2. *Gender bias and women empowerment.*
3. *Premarital and family counseling.*
4. *Street adolescents.*
5. *Adolescent labor.*
6. *Research methodology in adolescent medicine.*

Suggested Reference Books

- *Essential Adolescent Medicine - Donald Greydanus, Dilip Patel, Helen Pratt Mc Graw Hill 2006*
- *Adolescent Health Care- Lawrence S Neinstein Wolters Kluwer 5th ed 2008*
- *Bhave's Textbook of Adolescent Medicine- Swati Y Bhave JP Bros 2006*

- *Post Graduate Diploma in Adolescent Health-4 Modules- MKC Nair CDC Trivandrum 2005*
- *Course manual I.A.P.-I.T.P.A.H. training manual on adolescent health.*
- *Course manual W.H.O. Training program on adolescent health for medical officers.*
- *T.O.T. Manual on adolescent care office practice (Adolescent health academy – 2011)*