



Entrustable Professional Activities

EPA 3 for Adolescent Medicine

EPA 3: Provide Preventive Health Care That Includes the Conditions Specific to the Adolescent and Young Adult Population

Supervision Scale for This EPA

1. Trusted to observe only
2. Trusted to provide care with direct supervision and coaching
3. Trusted to provide and coordinate care with indirect supervision for most simple and some complex cases
4. Trusted to provide care with indirect supervision but may require discussion of case details for a few complex cases
5. Trusted to provide care without supervision

Description of the Activity

Adolescents and young adults may present with conditions particular to their age group, including disorders of growth and development, gynecologic and sexual health issues, substance use and abuse, musculoskeletal problems, behavior and mental health problems, and nutritional and eating disorders. They may develop risk behaviors that contribute to their age-specific morbidity and mortality. A key role of the adolescent medicine specialist is to understand the guidelines for primary adolescent and young adult health care and offer preventive health care for patients who may be at risk for or be experiencing these unique conditions and behaviors.

The specific functions which define this EPA include:

1. Demonstrating knowledge of conditions and risk behaviors specific to adolescents and young adults, and then applying the guidelines and standards of care developed for preventive care, screening, evaluation, and management of these conditions (e.g., sexually transmitted infections (STI) screening and treatment guidelines, alcohol and other drug screening strategies, mental health screening, immunizations)
2. Demonstrating interviewing skills to aid in the elicitation of sensitive physical and mental health concerns from adolescents and young adults and their families, as appropriate, while paying particular attention to the issues of confidentiality and consent in adolescent health care
3. Performing general and specialized examinations (e.g., breast, testicular, female external genital and pelvic examinations, musculoskeletal examinations) in order to provide preventive health services and address complaints specific to the adolescent and young adult patient
4. Developing evidence-based management plans to treat adolescent specific diseases and conditions, addressing relevant preventive health issues
5. Counseling both patients and families to reinforce health prevention behaviors
6. Counseling and providing anticipatory guidance for both patients and families to reinforce health prevention behaviors
7. Monitoring and providing follow-up with adolescents and young adults, and their families, as appropriate
8. Providing/recommending appropriate referrals to other health care providers (e.g., mental health providers, obstetricians/gynecologists, orthopedists, nutritionists) for evaluation and/or management of more complex conditions that require consultation or collaboration



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Judicious Mapping to Domains of Competence

- Patient Care
- Medical Knowledge
- Practice-Based Learning and Improvement
- Interpersonal and Communication Skills
- Professionalism
- Systems-Based Practice
- Personal and Professional Development

Competencies Within Each Domain Critical to Entrustment Decisions

PC 8:	Performing procedures
PC 10:	Providing health maintenance
MK 2:	Practicing EBM
PBLI 9:	Educating others
ICS 1:	Communicating with patients/families
ICS 2:	Demonstrating insight into emotion
SBP 7:	Advocating for the promotion of health

Context for the EPA

Rationale: Adolescent Medicine physicians must possess the knowledge and skillset needed to offer high quality evidence-based **preventive health care services** to adolescent and young adult patients. This care includes primary care, vaccinations, reproductive health care and screening, treatment and referral as needed for physical disorders, eating disorders, mental health problems and risky behaviors commonly seen in this age group.

Scope of Practice: The patient population includes adolescents and young adults. Age range may vary, depending on the setting (certain practices may start at age 12 and end at age 18; others may extend the age range of young adults eligible for care up to age 25 years). School-based clinic and college health settings may also set their own age ranges, which are dictated by their systems.

Scope of practice will change with context. Some settings will be more primary-care focused; others may offer more specialized consultative care. Others may combine specialized consultative practice and primary care of adolescents. Nonetheless, Adolescent Medicine physicians will be expected to be skilled and knowledgeable about preventive health care, screening, and counseling to adolescent and young adult patients in whatever practice venue they find themselves.

Curricular Components That Support the Functions of the EPA

1. Demonstrating knowledge of conditions and risk behaviors specific to adolescents and young adults, and then applying the evidence-based guidelines and standards of care developed for preventive care, screening, evaluation, and management of these conditions (e.g., STI screening and treatment guidelines, alcohol and other drug screening strategies, mental health screening, immunizations)



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- Distinguishes between normal and abnormal adolescent growth and development
 - Interprets physical exam findings in the context of pubertal stage
 - Describes the common causes of mortality/morbidity among adolescents
 - Describes the factors that are linked to adolescents' use of or forgoing health care (e.g., having a usual source of care, race/ethnicity, perceptions of health care settings, gender, insurance status, presence of a disability, confidentiality concerns)
 - Describes risk assessment and selective screening guidelines for screening for anemia, hyperlipidemia, diabetes, low bone mass, scoliosis, and nonalcoholic steatohepatitis in adolescents at risk
 - Describes guidelines for risk assessment and selective screening for vision and hearing problems in adolescents
 - Describes the indications for and interprets the results of a screening evaluation for tuberculosis in an adolescent
 - Describes guidelines for screening of substance use and abuse in adolescents, including the legal and ethical considerations regarding drug testing
 - Describes guidelines for screening for use of tobacco and nicotine products, and cessation counseling and treatment
 - Describes guidelines for screening for depression in adolescents
 - Describes guidelines for screening for sexually transmitted infections in adolescents including gonorrhea, chlamydia, syphilis, and HIV
 - Explains when a first Pap test is recommended in different patient populations (healthy adolescent and young adults, immunocompromised teens, teens with HIV)
2. Demonstrating interviewing skills to aid in the elicitation of sensitive physical and mental health concerns from adolescents and young adults and their families, as appropriate, while paying particular attention to the issues of confidentiality and consent in adolescent health care
- Obtains a complete medical history
 - Obtains a complete psychosocial history
 - Recognizes which persons are legally able to authorize or consent to medical and mental health treatment in various circumstances
 - Discusses techniques to maintain patient confidentiality during the provision of services for an adolescent presenting with reproductive health care concerns, substance use and/or abuse, depression or other mental health concerns, recognizing the limits of confidentiality and where mandated reporting is required
3. Performing general and specialized examinations (e.g., breast, testicular, female external genital and pelvic examinations, musculoskeletal examinations) in order to provide preventive health services and address complaints specific to the adolescent and young adult patient
- Performs a complete examination showing respect for patient comfort and modesty
 - Demonstrates techniques to screen for sexually transmitted infections
 - Demonstrates the appropriate technique for obtaining a Papanicolaou test
 - Describes the indications for and demonstrates proper technique in performing testicular, breast, pelvic, and back (for kyphosis and scoliosis) examinations
 - Performs a pre-participation sports examination
 - Identifies patient conditions that would limit participation in various types of sports



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4. Developing **evidence-based management** plans to treat adolescent specific diseases and conditions, addressing relevant preventive health issues
 - Demonstrates the use of evidence-based, validated tools for screening for substance abuse, mental health conditions, and other health conditions (e.g., lipids, abnormal Pap tests)
 - Demonstrates the use of SBIRT (Screening, Brief Intervention, Referral to Treatment) to screen for and manage adolescent substance use
 - Interprets the results of a screening evaluation for tuberculosis in an adolescent, and plan management
 - Interprets results from an examination and testing obtained for sexual assault and plan management
5. Counseling and providing appropriate **immunizations** for adolescents and young adults
 - Describes the recommended immunization schedules for healthy adolescents
 - Plans a catch-up immunization schedule for under-immunized adolescents
 - Recognizes the indications for using the pneumococcal vaccine in an adolescent
 - Describes the contraindications to live virus vaccines in pregnant or immunocompromised adolescents
 - Plans the immunization schedule for an adolescent immigrant who arrives with missing or incomplete immunization records
 - Plans the immunization schedule for an adolescent undertaking international travel
6. Counseling and providing anticipatory guidance for both patients and families to reinforce health prevention behaviors
 - Pubertal development, and psychological development (psychosocial and cognitive), considering an adolescent's chronologic age
 - Prevention of sexually transmitted infections
 - Contraceptive methods
 - Tobacco, alcohol, illicit substance use and abuse, and prescription drug abuse
 - Safety in the operation of vehicles, including cars, motorcycles, boats, and bicycles, including dangers of texting while operating vehicles
 - Physical and sexual violence by intimate partners or strangers and violence with weapons
 - Healthy nutrition, weight gain or loss, obesity, and physical activity
 - Dental hygiene and preventative dental care
7. Monitoring and providing follow up with adolescents and young adults, and their families, as appropriate
 - Demonstrates appropriate follow-up skills for patients who have had screening laboratory tests performed
 - Demonstrates an understanding of systems to ensure routine preventive visits for adolescents
8. Providing/recommending appropriate referrals to other health care providers (e.g., mental health providers, obstetricians/gynecologists, orthopedists, nutritionists) for evaluation and/or management of more complex conditions that require consultation or collaboration
 - Demonstrates when to counsel an adolescent with mental health concerns within the office setting and when to involve ancillary services like social work, psychiatry and psychology



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- Refers to specialists (i.e., gynecologists for surgical conditions, obstetricians, orthopedists, nutritionists, pediatric and adult subspecialty providers) as needed, maintaining a collaborative approach

EPA Authors

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The Adolescent EPAs were developed by consensus with adolescent provider representatives from the AAP, SAHM, CoPS, and the ABP.

Curricular Components Authors

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