Adolescent Medicine
Content Outline

In-Training, Initial Certification, and Maintenance of Certification Exams

Effective for exams administered beginning November 1, 2020

THE AMERICAN BOARD of PEDIATRICS
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Overview

This content outline was developed to serve as the blueprint for the adolescent medicine in-training, initial certification, and maintenance of certification examinations. This outline identifies for all important stakeholders (e.g., prospective candidates, diplomates, the public, training programs, professional associations) the knowledge areas being measured by these exams.

This outline takes effect on November 1, 2020. All adolescent medicine examinations administered after this date will adhere to the specifications within this outline.

Development of the Adolescent Medicine Content Outline

The initial draft of this content outline was developed by the ABP’s Adolescent Medicine Subboard, which is comprised of a diverse, representative panel of practicing adolescent medicine subspecialists. The panel identified the knowledge required of adolescent medicine subspecialists in clinical practice and categorized that knowledge into content domains and subdomains. All Board-certified adolescent medicine subspecialists (N = 622) were then invited to provide feedback via an online survey. A total of 203 adolescent medicine subspecialists (33%) rated the frequency and criticality of the content domains and subdomains. The survey also collected open-ended comments from respondents in order to identify any important content areas that were not included in the initial draft.

The survey results were used to make final revisions to the outline and to establish the exam weights (i.e., the percentage of exam questions associated with each content domain). The content domains that were rated as highly critical and frequently required in practice have been weighted more heavily than the domains rated as less critical and/or less frequently required. Establishing the exam weights in this manner helps to ensure that the ABP adolescent medicine exams are measuring the full breadth of knowledge required for clinical practice, while also placing an appropriate amount of emphasis on the content domains that were identified by practicing adolescent medicine subspecialists as being critically important.

Content Domains

The knowledge for safe and effective practice as an adolescent medicine subspecialist has been categorized into 21 content domains, presented in the table below. The practice of adolescent medicine includes both subspecialty care and comprehensive general care of adolescents and young adults. The content domains reflect these two domains of care. A more detailed breakdown of the knowledge within each domain is reflected in the detailed content outline, beginning on page 5.

<table>
<thead>
<tr>
<th>Adolescent Medicine Content Domains</th>
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<tbody>
<tr>
<td><strong>Core Knowledge Domains</strong></td>
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<tr>
<td>1. Preventive and General Adolescent Care</td>
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<td>2. Safety, Injury, and Violence</td>
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<td>11. Ethics, Legal Issues, and Health Equity</td>
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<tr>
<td>12. Core Knowledge in Scholarly Activities</td>
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<tr>
<td><strong>General Knowledge Domains</strong></td>
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<tr>
<td>13. Dermatology</td>
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<td>14. Gastroenterology</td>
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<td>15. Infectious Diseases</td>
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<td>16. Neurology</td>
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<tr>
<td>17. Cardiology and Pulmonology</td>
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<tr>
<td>18. Nephrology and Urology</td>
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<td>19. Hematology and Oncology</td>
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<tr>
<td>20. Allergy, Immunology, and Rheumatology</td>
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<tr>
<td>21. Head, Eye, Ear, Nose, and Throat</td>
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</table>

Each exam question included on an adolescent medicine exam (in-training, initial certification, and maintenance of certification) is classified according to the content domain and subdomain to which it is most closely aligned. If an exam question does not align with one of the content domain/subdomains, it is removed from the question pool and is not included on an exam.

Universal Tasks

To help ensure the clinical relevance of the adolescent medicine exams, the Adolescent Medicine Subboard identified a set of four universal tasks, described below, that reflect the primary ways in which adolescent medicine knowledge can be applied in clinical practice. Each exam question is classified according to the universal task to which it is most closely aligned. If an exam question does not align with one of the universal tasks, it is removed from the question pool and is not included on an exam.
An 18-year-old man had the gradual onset of pain in the lower abdomen, followed by unremitting pain and swelling of the left testis. One episode of nausea and vomiting occurred after the pain localized. During the past 6 months, he has had two episodes of pain in the left testis that spontaneously subsided. Results of physical examination are normal except for a retracted, swollen, tender left testis that is four times the size of the right testis. The pain is accentuated by elevating the scrotum.

Which of the following is the most appropriate next step?

A. Doppler ultrasound
B. Technetium-99m scan of the testis
C. Transillumination of the testis
D. Urinalysis

*Correct answer = A. Doppler ultrasound

The question above would most likely be classified as shown in the table below.

<table>
<thead>
<tr>
<th>Item Classification</th>
<th>Content Domain/Subdomain</th>
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<tbody>
<tr>
<td><strong>Content Domain/Subdomain</strong></td>
<td>4. Reproductive health</td>
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<tr>
<td><strong>Universal Task</strong></td>
<td>3. Diagnosis</td>
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</table>

*Note: Content domain/subdomain 4.B.3 can be found on page 5 of this document (within the detailed content outline section).
Exam Weights

The tables below indicate the exam weights (i.e., the percentage of exam questions associated with each content domain and with each universal task) for the ABP adolescent medicine in-training, initial certification, and maintenance of certification exams. Please note that the weights reflect the content of a typical exam and are approximate; actual content may vary.

<p>| Core Knowledge Domains - Knowledge in these domains is foundational to adolescent medicine practice. Diplomates are distinguished by having specialized knowledge of conditions and problems unique to adolescents and young adults. The adolescent medicine subspecialist is expected to have an in-depth understanding of these subspecialty content areas. |
|---|---|
| Content Domains | Exam Weights |
| 1. Preventive and General Adolescent Care | 10% |
| 2. Safety, Injury, and Violence | 4% |
| 3. Sexuality and Gender | 4% |
| 4. Reproductive Health | 10% |
| 5. Mental and Behavioral Health | 10% |
| 6. Substance-Related Issues and Addictive Disorders | 5% |
| 7. Nutrition and Disordered Eating | 6% |
| 8. Musculoskeletal Health and Sports Medicine | 6% |
| 9. Endocrinology | 6% |
| 10. Sexually Transmitted Infections | 7% |
| 11. Ethics, Legal Issues, and Health Equity | 2% |
| 12. Core Knowledge in Scholarly Activities | 5% |
| Subtotal | 75% |
| General Knowledge Domains - The adolescent medicine subspecialist is expected to have a breadth of knowledge in these domains in order to provide primary care for adolescents and young adults. Diplomates are expected to have general knowledge of pediatric conditions and problems that affect the adolescent and young adult age group. |
| Content Domains | Exam Weights |
| 13. Dermatology | 4% |
| 14. Gastroenterology | 3% |
| 15. Infectious Diseases | 3% |
| 16. Neurology | 3% |
| 17. Cardiology and Pulmonology | 3% |
| 18. Nephrology and Urology | 1% |
| 19. Hematology and Oncology | 3% |
| 20. Allergy, Immunology, and Rheumatology | 3% |
| 21. Head, Eye, Ear, Nose, and Throat | 2% |
| Subtotal | 25% |
| Total | 100% |</p>
<table>
<thead>
<tr>
<th>Universal Task</th>
<th>Exam Weights (In-training, initial certification, and maintenance of certification exams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Biopsychosocial Foundations</td>
<td>10%</td>
</tr>
<tr>
<td>2. Epidemiology, Risk Assessment, and Prevention</td>
<td>15%</td>
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<tr>
<td>3. Assessment and Diagnosis</td>
<td>40%</td>
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<tr>
<td>4. Management and Treatment</td>
<td>35%</td>
</tr>
<tr>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>
Detailed Content Outline

Domain 1: Preventive and General Adolescent Care
A. Normal growth and development
   1. Cognitive
   2. Physical/musculoskeletal
   3. Emotional
   4. Social
B. Prevention and screening
   1. Immunizations
   2. Medical screenings
   3. Mental health screenings
   4. Principles of prevention
C. Anticipatory guidance and health promotion
   1. Health promotion strategies
   2. Counseling (eg, motivational interviewing)
   3. Common issues (eg, school, sleep, media use)
   4. Treatment adherence
   5. Chronic illness
D. Transitions of care (eg, guardianship, handoffs)

Domain 2: Safety, Injury, and Violence
A. Violence and abuse
   1. Physical (eg, firearms, intimate partner)
   2. Sexual (eg, assault, abuse)
   3. Psychological/emotional abuse
   4. Intimate partner violence
B. Unintentional injury (eg, motor vehicle accidents, water accidents, fire accidents, safety)
C. Bullying (eg, school, in-person, electronic)

Domain 3: Sexuality and Gender
A. Sexuality (eg, orientation, identity, behavior, healthy development, etc.)
B. Gender
   1. Identity and expression
   2. Gender dysphoria
   3. Transgender care

Domain 4: Reproductive Health
A. Sexual development and function
   1. Sexual maturity rating
   2. Normal sexual function
   3. Disorders of sexual function (eg, anorgasmia, dyspareunia, premature ejaculation, erectile dysfunction)
B. Male genitalia
   1. Normal anatomy and variants
   2. Penile disorders
   3. Scrotal pain
   4. Scrotal masses
   5. Other anomalies
C. Female genitalia
   1. Normal anatomy and variants
   2. Pelvic disorders
   3. Pelvic pain
   4. Vulvar disorders
   5. Vaginitis and vaginal disorders
   6. Cervical disorders
   7. Other anomalies
D. Menstrual dysfunction
   1. Normal menstrual function
   2. Amenorrhea and oligomenorrhea
   3. Abnormal uterine bleeding and heavy menstrual bleeding
   4. Dysmenorrhea
   5. Premenstrual syndrome and dysphoric disorder
   6. Menstrual suppression
E. Breast disorders (eg, male gynecomastia, fibrocystic changes, breast pain)
F. Contraceptive use, benefits, side effects, and contraindications
   1. Long-acting reversible (eg, subdermal implant, intrauterine devices)
   2. Injectable and oral progestin-only
   3. Combined hormonal
   4. Barrier methods
   5. Emergency
   6. Other (eg, periodic abstinence, spermicide, coitus interruptus, sterilization)
G. Pregnancy and parenting (eg, initial counseling, normal pregnancy, complications, termination, parenting)
   1. Fertility intentions
   2. Options counseling and termination
   3. Normal early pregnancy and complications
   4. Adolescent parents
H. Infertility and fertility preservation

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<tr>
<th>Domain 5: Mental and Behavioral Health</th>
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<tbody>
<tr>
<td>A. Depressive disorders</td>
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<td>B. Bipolar and related disorders</td>
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<tr>
<td>C. Anxiety disorders</td>
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<tr>
<td>D. Obsessive-compulsive and related disorders</td>
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<tr>
<td>E. Neurodevelopmental disorders</td>
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<tr>
<td>1. Attention deficit hyperactivity disorder</td>
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<td>2. Autism spectrum disorders</td>
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<tr>
<td>3. Other (eg, intellectual disability, learning disorders)</td>
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<tr>
<td>F. Trauma and stress (eg, post-traumatic stress disorder, bereavement, divorce, foster care, adoption, war, displacement)</td>
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<tr>
<td>G. Self-harm (eg, suicide, overdose toxidromes, self-cutting)</td>
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<td>H. Disruptive disorders (eg, conduct disorder, oppositional defiant disorder)</td>
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<tr>
<td>I. Somatic symptom disorders and chronic pain</td>
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<td>J. School-related issues (eg, school avoidance, truancy, gifted/overachievement)</td>
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<tr>
<td>K. Other mental health disorders (eg, schizophrenia, psychotic disorders, personality disorders)</td>
</tr>
</tbody>
</table>
Domain 6: Substance-Related Issues and Addictive Disorders

A. Prevention, screening, and intervention
   1. Office-based services
   2. Community and population-based therapies

B. Substance use and misuse
   1. Tobacco/nicotine
   2. Alcohol
   3. Cannabis
   4. Stimulants (eg, cocaine, methamphetamine, caffeine)
   5. Opiates/opioids (prescription and nonprescription, medically assisted treatment)
   6. Benzodiazepines
   7. Performance-enhancing drugs (eg, anabolic steroids)
   8. Other substances (eg, inhalants, hallucinogens, 3,4-methylenedioxymethamphetamine [MDMA], synthetic cannabinoids)

C. Other addictive behaviors (eg, gambling, internet, pornography)

Domain 7: Nutrition and Disordered Eating

A. Normal nutrition
   1. Nutritional needs
   2. Population-specific nutritional needs (eg, vegetarian, vegan)
   3. Condition-specific nutritional needs (eg, pregnancy, chronic illness)
   4. Nutrition supplements (eg, vitamins, herbals)

B. Obesity/overweight and comorbidities

C. Feeding and eating disorders
   1. Anorexia nervosa
   2. Bulimia nervosa
   3. Avoidant-restrictive food intake disorder
   4. Binge-eating disorder
   5. Other food intake disorders (eg, pica, contamination fears, functional dysphagia, orthorexia nervosa)

Domain 8: Musculoskeletal Health and Sports Medicine

A. Disorders of bone mass accrual (eg, female athlete triad)
B. Physeal disorders (eg, slipped capital femoral epiphysis)
C. Traumatic/acute injuries (eg, fractures, dislocations, sprains, strains, rhabdomyolysis)
D. Chronic/overuse conditions of the extremities
   1. Enthesopathies (eg, apophysitis of the calcaneus [Sever], tibial tubercle [Osgood-Schlatter], medial humeral epicondyle [little league elbow])
   2. Bony stress injuries
   3. Major joint conditions (eg, patellofemoral pain syndrome of the knee, shoulder multidirectional instability)
E. Axial skeletal disorders
   1. Scoliosis and kyphosis
   2. Back pain (eg, spondylolysis and spondylolisthesis, ankylosing spondylitis)
   3. Chest wall pain (eg, costochondritis)
F. Injury prevention
   1. Primary (eg, heat, illness recognition)
   2. Secondary (eg, preparticipation evaluation)
   3. Tertiary (eg, return to participation from concussion)
Domain 9: Endocrinology

A. Abnormal growth and development
   1. Short stature
   2. Tall stature
   3. Delayed puberty (eg, constitutional delay, chronic illness, growth hormone deficiency)

B. Disorders of glucose metabolism
   1. Type 1 and other non-type 2 diabetes (eg, MODY, cystic fibrosis-associated)
   2. Type 2 diabetes and metabolic syndrome
   3. Hypoglycemia (eg, fasting, reactive)

C. Thyroid disorders
   1. Hypothyroidism
   2. Hyperthyroidism (eg, Graves disease)
   3. Nontoxic goiter
   4. Thyroiditis (eg, autoimmune, infectious)
   5. Thyroid nodules and cancer

D. Hyperandrogenic disorders
   1. Polycystic ovary syndrome
   2. Congenital adrenal hyperplasia
   3. Other (eg, adrenal or ovarian tumors, hirsutism)

E. Adrenal disorders (eg, Cushing syndrome, adrenal insufficiency)

F. Hypothalamic/pituitary disorders
   1. Hyperprolactinemia
   2. Hypogonadotropic hypogonadism
   3. Hypopituitarism

G. Other disorders (eg, diabetes insipidus, syndrome of inappropriate antidiuretic hormone secretion [SIADH], parathyroid disorders)

Domain 10: Sexually Transmitted Infections

A. Screening and prevention (eg, partner treatment, pre-exposure prophylaxis)

B. Bacterial infections
   1. Chlamydia trachomatis
   2. Neisseria gonorrhoeae
   3. Treponema pallidum
   4. Other (eg, Haemophilus ducreyi, Mycoplasma genitalium)

C. Viral infections
   1. Herpes simplex virus
   2. Human papillomavirus
   3. Human immunodeficiency virus
   4. Other (hepatitis B, molluscum, Zika virus)

D. Parasitic infections and infestations
   1. Trichomoniasis
   2. Pediculosis pubis and scabies

E. Syndromes
   1. Pelvic inflammatory disease
   2. Vulvovaginitis
   3. Epididymitis
   4. Genitourinary ulcerations
   5. Nongonococcal urethritis
   6. Proctitis
   7. Prostatitis
Domain 11: Ethics, Legal Issues, and Health Equity

A. Ethical frameworks (eg, autonomy/beneficence/justice, human rights, public health)

B. Consent and assent
   1. Legal framework (eg, national and state law, mature minor doctrine)
   2. Capacity to consent
   3. Shared decision-making

C. Confidentiality (eg, individual and system-level considerations, mandated reporting)

D. Professional integrity (eg, disclosure of medical errors, deception, and truth-telling)

E. Health equity and health disparities
   1. Health care access
   2. Social determinants of health
   3. Implicit bias
   4. Culturally effective health care and cultural humility

Domain 12: Core Knowledge in Scholarly Activities

A. Principles of biostatistics in research
   1. Types of variables (eg, continuous, ordinal, nominal)
   2. Distribution of data (eg, mean, standard deviation, skewness)
   3. Hypothesis testing (eg, Type I and Type II errors, P values, statistical power)
   4. Common statistical tests (eg, ANOVA, chi-square, nonparametric tests)
   5. Measurement of association and effect (eg, correlation, relative risk, odds ratio)
   6. Regression (eg, linear, logistic, survival analysis)
   7. Diagnostic tests (eg, sensitivity and specificity, predictive values, disease prevalence, receiver operating characteristic [ROC] curves)
   8. Systematic review and meta-analysis

B. Principles of epidemiology and clinical research design
   1. Study design, performance, and analysis (internal validity)
   2. Generalizability (external validity)
   3. Bias and confounding
   4. Causation
   5. Incidence and prevalence
   6. Screening
   7. Cost benefit, cost effectiveness, and outcomes
   8. Measurement (eg, validity, reliability)

C. Ethics in research
   1. Professionalism and misconduct in research (eg, conflicts of interest, falsification)
   2. Principles of research involving human subjects
   3. Principles of consent and assent

D. Quality improvement
   1. Project design (eg, models, aims, key drivers, tools, Plan-Do-Study-Act [PDSA] cycle)
   2. Data and measurement (eg, outcomes, balancing measures, run charts, control charts, common cause and special cause variation)
Domain 13: Dermatology
A. Acne (eg, vulgaris, conglobata)
B. Body modification (eg, tattooing, piercing)
C. Other skin conditions (eg, infections, atopic and inflammatory conditions, drug-associated rashes)

Domain 14: Gastroenterology
A. Inflammatory conditions
   1. Inflammatory bowel disease
   2. Celiac
   3. Other (eg, nonalcoholic steatohepatitis, pancreatitis)
B. Infectious conditions
   1. Helicobacter pylori disease
   2. Hepatitis
   3. Other (eg, infectious colitis)
C. Functional and structural disorders
   1. Constipation
   2. Functional abdominal pain
   3. Irritable bowel syndrome
   4. Gastroesophageal reflux
   5. Lactose intolerance
   6. Other (eg, gallstones, superior mesenteric artery syndrome)
D. Other conditions (eg, Wilson disease, hemochromatosis, porphyria)

Domain 15: Infectious Diseases
A. Systemic infections
   1. Mononucleosis
   2. Tuberculosis
   3. Meningococcal disease
   4. Other (eg, tick- and mosquito-borne disease, zoster)
B. Superficial skin infections (tinea corporis, cruris, and pedis)
C. Syndromes (eg, toxic shock syndrome, rheumatic fever, viral, fever of undetermined origin)
D. Other considerations
   1. Immunocompromised host
   2. Travel-related infections
   3. Vaccine-preventable diseases
   4. Antibiotic resistance

Domain 16: Neurology
A. Clinical presentations
   1. Headache (eg, primary headache [migraine, tension-type, cluster], secondary headache)
   2. Seizure (eg, new-onset, recurrent, status epilepticus)
   3. Altered mental status (eg, delirium and confusional states, encephalopathy)
   4. Dizziness (eg, Ménière disease, acoustic neuroma)
   5. Sleep disturbance (eg, breathing-related [sleep apnea] disorders and parasomnias)
B. Diseases, disorders, conditions
   1. Brain (eg, benign intracranial hypertension, cerebral palsy)
   2. Spinal cord (eg, Guillain-Barré syndrome, spina bifida)
   3. Peripheral nervous system
   4. Movement disorders (eg, tics, Tourette syndrome, ataxia)
5. Neurocutaneous neurofibromatosis, tuberous sclerosis
6. Degenerative/demyelinating disorders (eg, multiple sclerosis)
C. Inflammatory/infectious (eg, meningitis, encephalitis)
D. Masses/lesions (eg, benign and malignant tumors, arteriovenous malformations)
E. Trauma/injury (eg, concussion, closed-head injury, spinal cord injury)

Domain 17: Cardiology and Pulmonology
A. Clinical presentations
   1. Murmurs and heart sounds
   2. Abnormal blood pressure
   3. Syncope and presyncope
   4. Chest pain/palpitations
   5. Tachypnea/respiratory distress
   6. Coughing/wheezing
   7. Chest masses/adenopathy
B. Cardiovascular disease, disorders, conditions
   1. Structural heart disease
   2. Inflammation/infection (eg, cardiomyopathy, Kawasaki disease, endocarditis)
   3. Dysrhythmias
   4. Postural orthostatic tachycardia syndrome
   5. Hypertension
   6. Dyslipidemias
   7. Ischemic heart disease
C. Pulmonary disease, disorders, conditions
   1. Asthma
   2. Cystic fibrosis
   3. Inflammation/infection (eg, inhalation exposure, pneumonia)
   4. Pneumothorax
   5. Pulmonary embolism
   6. Pleural effusion/pleuritis
   7. Obstructive sleep apnea

Domain 18: Nephrology and Urology
A. Enuresis/incontinence
B. Proteinuria
C. Hematuria
D. Pyuria (eg, urinary tract infections, sterile pyuria)
E. Kidney injury and failure (eg, trauma, medication-induced, dehydration)
F. Nephrolithiasis

Domain 19: Hematology and Oncology
A. Anemia and hemoglobinopathies (eg, sickle cell disease, iron deficiency)
B. Splenic disorders (eg, splenomegaly, asplenia)
C. Lymphadenopathy
D. Hypercoagulable states and thrombotic disorders (eg, factor V Leiden, anticardiolipin antibody)
E. Bleeding disorders (eg, von Willebrand disease, hemophilias)
F. Common malignancies and tumors (eg, leukemia, lymphoma)
G. Sequelae of cancer treatment (eg, second malignancies, delayed growth and development)
H. Platelet and other bone marrow disorders
Domain 20: Allergy, Immunology, and Rheumatology

A. Allergy and immunology
   1. Allergic and nonallergic rhinitis
   2. Urticaria, angioedema, and anaphylaxis
   3. Adverse reactions (eg, foods, drug allergy, or hypersensitivity)
   4. Other (eg, immunodeficiency disorders, lymphedema)

B. Rheumatology
   1. Juvenile idiopathic arthritis
   2. Systemic lupus erythematosus
   3. Chronic pain syndromes (eg, myalgic encephalomyelitis/chronic fatigue syndrome, fibromyalgia)
   4. Connective tissue disorders (eg, Ehlers-Danlos syndrome, Marfan syndrome)
   5. Other conditions (eg, vasculitis, dermatomyositis/polymyositis, psoriatic arthritis, reactive/postinfectious arthritis, spondyloarthropathies)

Domain 21: Head, Eye, Ear, Nose, and Throat

A. Eye conditions (eg, cellulitis, uveitis, conjunctivitis, hyphema, visual disturbance, red eyes, papilledema, proptosis, ptosis, orbital fracture)
B. Ear conditions (eg, benign positional vertigo, otitis externa/media, hearing loss, otalgia, tinnitus, vertigo, otorrhea)
C. Nose/sinus diseases/disorders/conditions (eg, sinusitis, rhinorrhea, epistaxis)
D. Mouth, oropharynx, and throat conditions (eg, laryngitis, epiglottitis, peritonsillar abscess, oral ulcers, upper airway obstruction, dental health)
E. Jaw and neck conditions (eg, temporomandibular joint dysfunction, temporomandibular joint disorders [eg, neck masses, salivary gland enlargement])