

The Case for Adolescent Medicine in Paediatrics

or

**why look beyond
the traditional age groups in paediatrics**

The case for Adolescent Medicine in Paediatrics

- **Paediatrics has always been a speciality devoted to the welfare and well being of children and young people and not just to the prevention and treatment of diseases.**
- **If we do not wish others to assume this role exclusively, we are obliged to maintain an active interest and competency in all matters which pertain to the welfare of the young generation.**

Adolescent Medicine in Primary Care Paediatrics

**If we wish to save paediatrics at the primary care level
we need to engage with young people and their**

- concerns**
- health- and risk behaviours**
- current morbidities**

Adolescent Medicine in Primary Care

The general paediatrician in PC should be able to

- screen for **health risk** in adolescents
- provide **health promotion** and **anticipatory guidance**
- manage **acute and chronic illness**

and above all should be able to

- detect, assess and manage **psychosocial problems**

The Case for Adolescent Medicine in Paediatric Secondary Care

Paediatric hospitals have become smaller in size and fewer in numbers while days of occupancy for children have dramatically declined since many physical diseases have been conquered or can be dealt with in ambulatory care.

This requires new fields of activity.

Offering comprehensive care for adolescents could possibly help to counter this trend (?)

The Case for Adolescent Medicine in Paediatric Tertiary Care

... has been widely recognised and accepted

Care for chronically ill adolescents comprises

- Treatment of disease**
- Prevention of ill health**
- Promotion of healthy behaviour**
- Successful transition into adult care**

Adolescent Medicine in Paediatric Tertiary Care

If paediatric specialists wish to improve their adolescent patients compliance they need to know and understand the

Reciprocal Effects of Chronic Disease and Adolescent Development

(i.e.growth, puberty and psychosocial development)

and

- **learn about the strategies to improve adherence to therapy**
- **acquire communication skills meeting the adolescent's maturational stage**

How to Tackle the Case for AM in Paediatrics

- **Enhanced awareness for this age group**
- **Introduction of elements of AM into medical studies**
- **Establishing chairs for AM at Universities**
- **Train-the-Postgraduate-Trainers in AM**
- **Development of a basic paediatric curriculum in AM**
- **Start or carry on with CME in AM in all EU countries**