

General considerations: definition of adolescence & adolescent development

Training program for UEMS specialists pertaining to the care of adolescents and young adults

EAP – EuTEACH Experts



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Conférence nationale de médecine scolaire 2022, PA Michaud

Are they really special ?

How to become comfortable with the daily care of adolescent patients

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CMGF 2023, Paris, March 23rd

CMGF 2023, workshop on adolescent medicine

Objectives

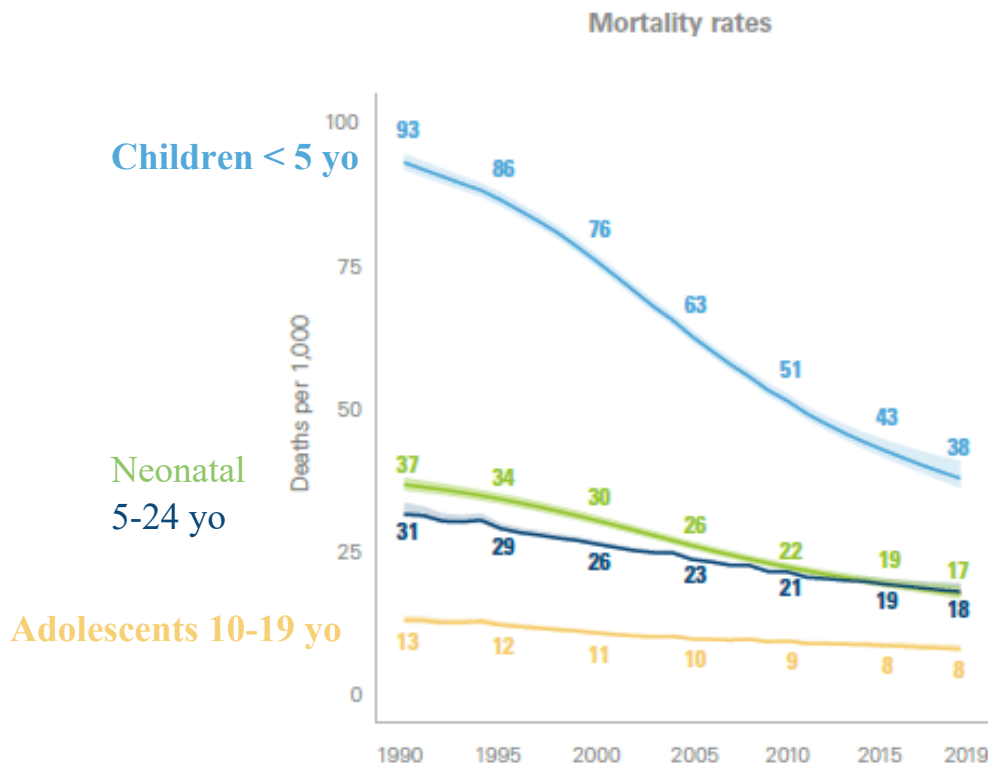
1. To establish an appropriate setting that promotes the adolescent participation and autonomy and respects his rights
2. To adopt/improve effective communication skills and address adolescent lifestyles



*what is special about adolescent
health care?*

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The epidemiological transition



TOP 3 of death causes (10-19y)

-  Accidents
-  Self-harm
-  Interpersonal violence

Source: UN-IGME, 2020

Burden of disease: mental health, substance use, sexuality, eating disorders

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Definition by Age

World Health Organization

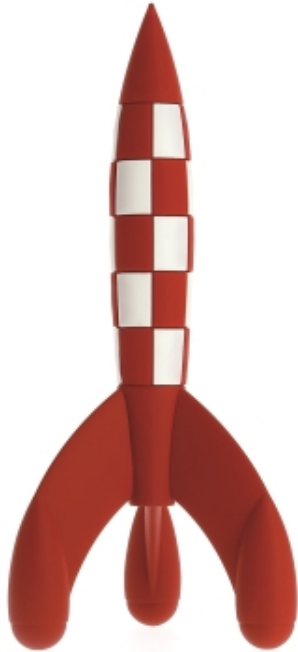
- **Adolescents:** 10-19 years old
- **Young people:** 10-24 years old
Adolescents and Young Adults (AYA)
- **Youth:** 15-24 years old

Key Developmental Tasks of Adolescence

- Adapt to biological and sexual maturation
 - *Am I normal?*
- Develop a personal identity
 - *Who am I?*
- Explore & build Intimate relationships with peers
 - *Am I loveable and loving?*
- Develop independence & autonomy
 - *Am I competent?*



Impact of puberty



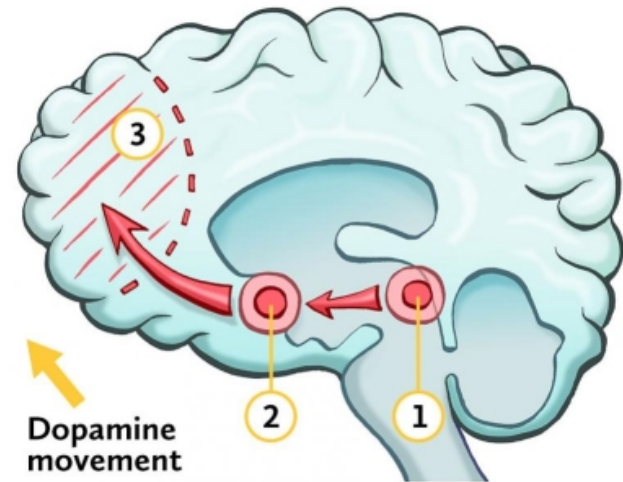
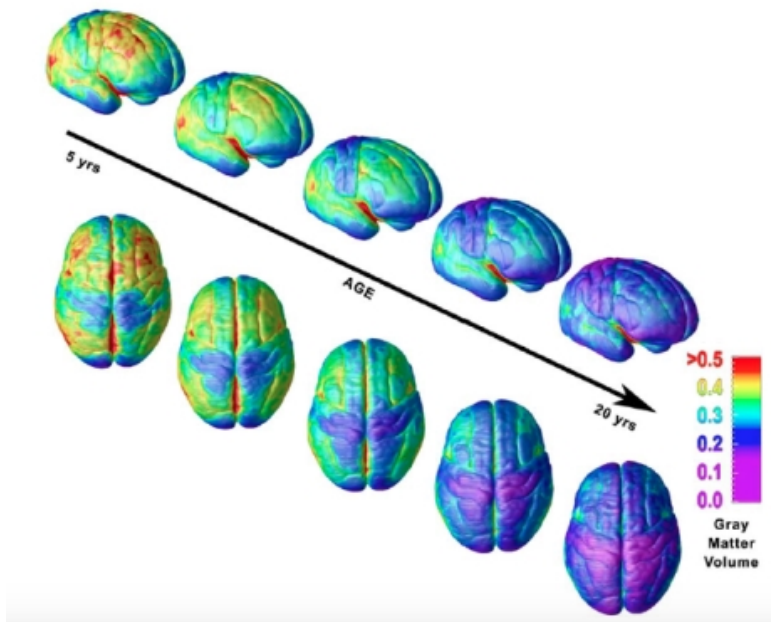
- Adaptation to a **new self-image**
- Changes in **social & family relationships**
- **Exploratory** behavior - **sensation seeking**

The «Booster»
Of the adolescent process

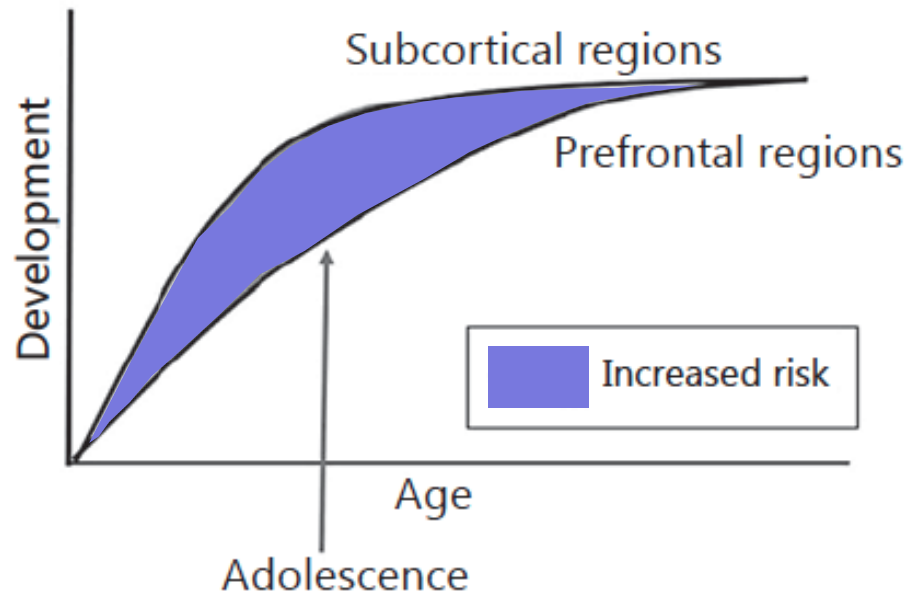
Brain development

Pruning

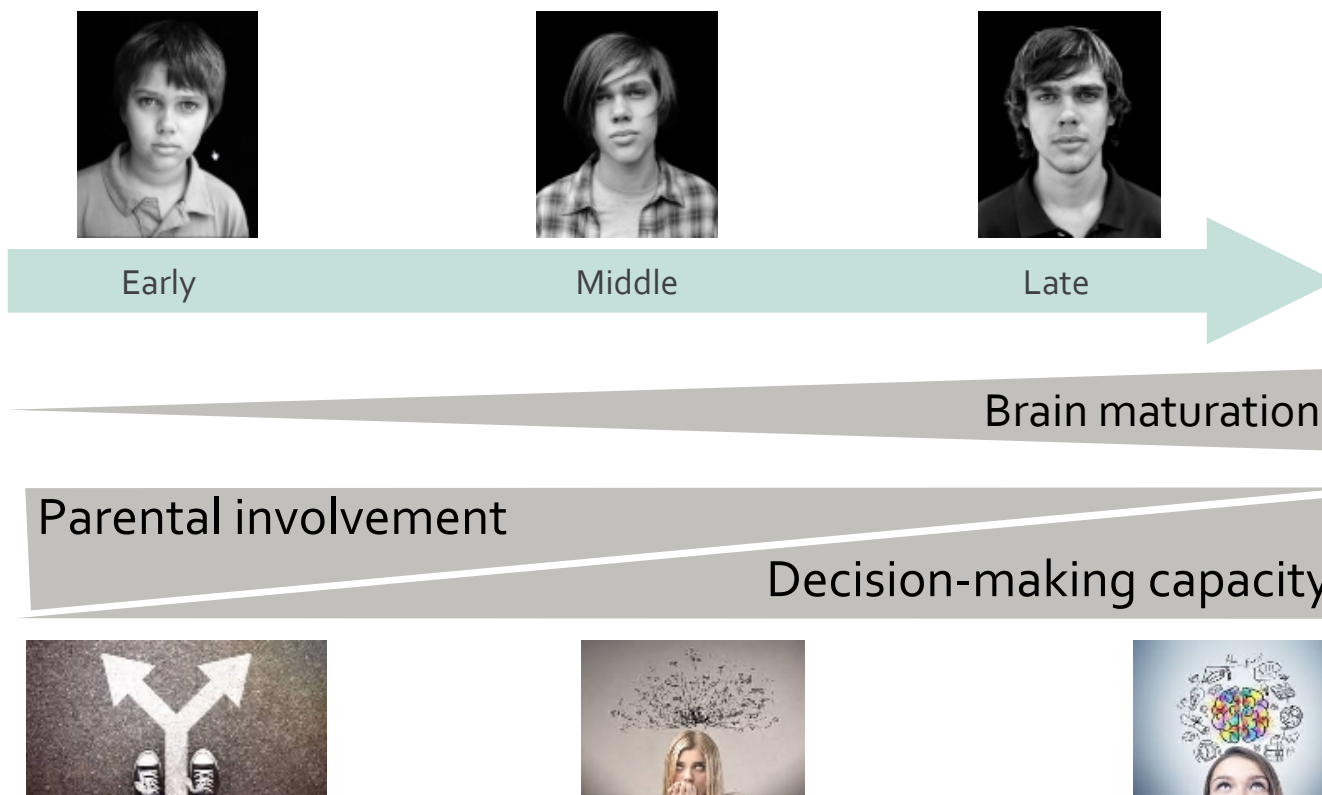
« Use it or loose it »



Brain development (2)



Evolving capacity



The adolescent developmental needs: a challenge for professionals

- ❖ Self confidence
- ❖ Self determination
- ❖ Health promoting behaviour

- ❖ Exploration/risks
- ❖ Poor adherence
- ❖ Lack of anticipation



The adolescent is a partner

Traditional approach:
paternalistic



Current approach:
collaborative



The CRC: Convention on the Right of the Child

- the right to *be heard* (art. 12)
- the right to *express his own rights* and the right for autonomy (art. 12 & 14)
- the *best interest* of the child (art. 3)
- the *right to be protected* from violence (art. 23)
- the right not to be discriminated against (art 2)

Convention ratified by all countries except USA

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Some tricky issues in the everyday health care of adolescents

1. Providing confidentiality
2. Addressing self-harm or/and substance misuse
3. Discrepancy between the views of parents & children
4. Sexual matters, gender issues
5. Poor adherence
6. Etc.



A review of lifestyles

Resources versus vulnerabilities

Home / habitation

Education, employment, eating

Activities (incl. social media, ICTs)

Drugs (legal & illegal)

Sexuality, **S**afety **S**uicide/mental health **S**ocial media



Explore resources

- Self image
- Plans for the future
- Ability to challenge
- flexibility

- Family life
- Significant bonds with peers & adults
- Positive school climate
- Plans / perspective for the future

Tips for good communication

- Adopt a correct distance
- Decrypt somatic symptoms
- Explore the patient's representations
- Take your time, beware of « pseudo » urgency
- Keep in touch, importance of bonding

**POCKET BOOK
OF
Primary health care
for children and
adolescents**



**GUIDELINES FOR HEALTH PROMOTION,
DISEASE PREVENTION AND MANAGEMENT**
from the newborn period to adolescence



**World Health
Organization**
REGIONAL OFFICE FOR **Europe**

