

Program for Finnish physicians to gain special competence in adolescent health

Elina Hermanson

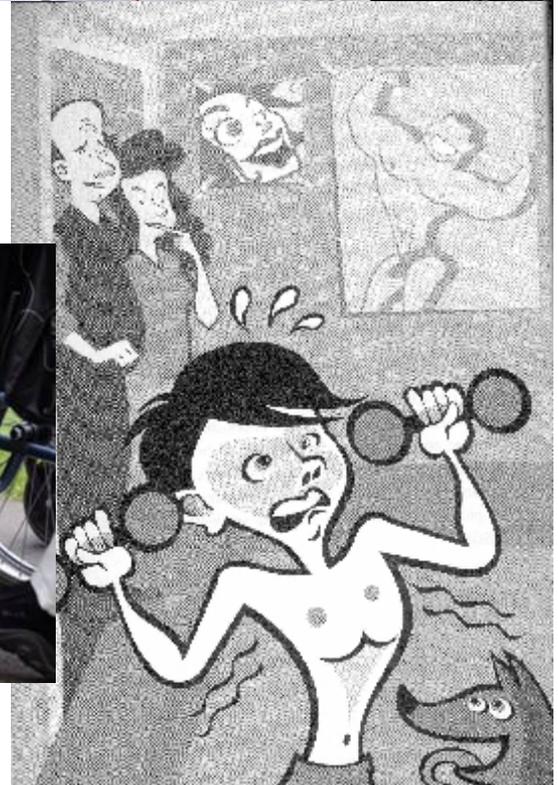
MD, Ph.D, pediatrician

Chief physician, school health care

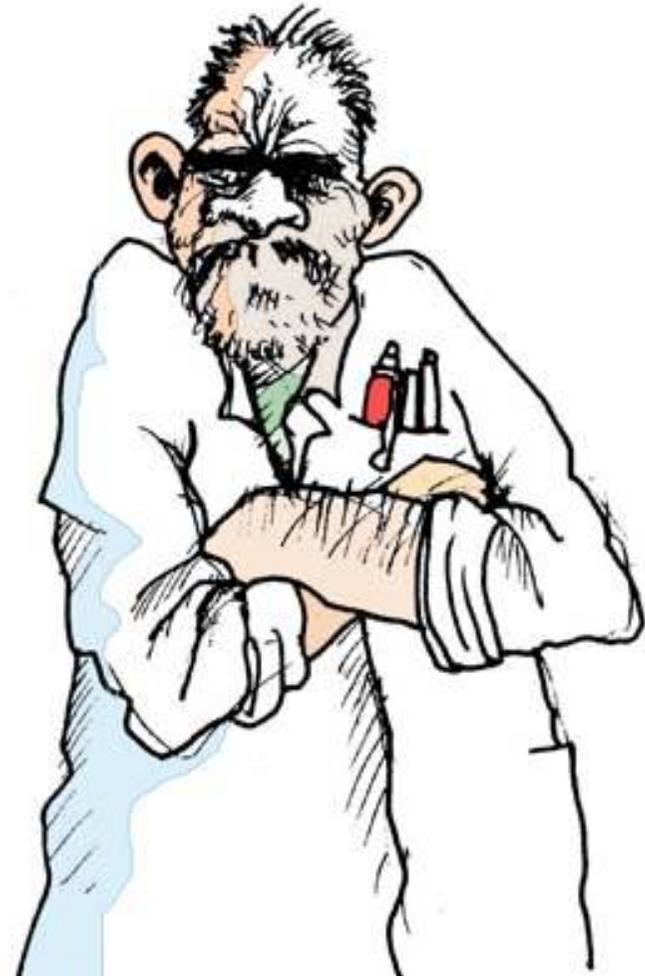
Adolescent medicine doctor

EUSUHM 2015

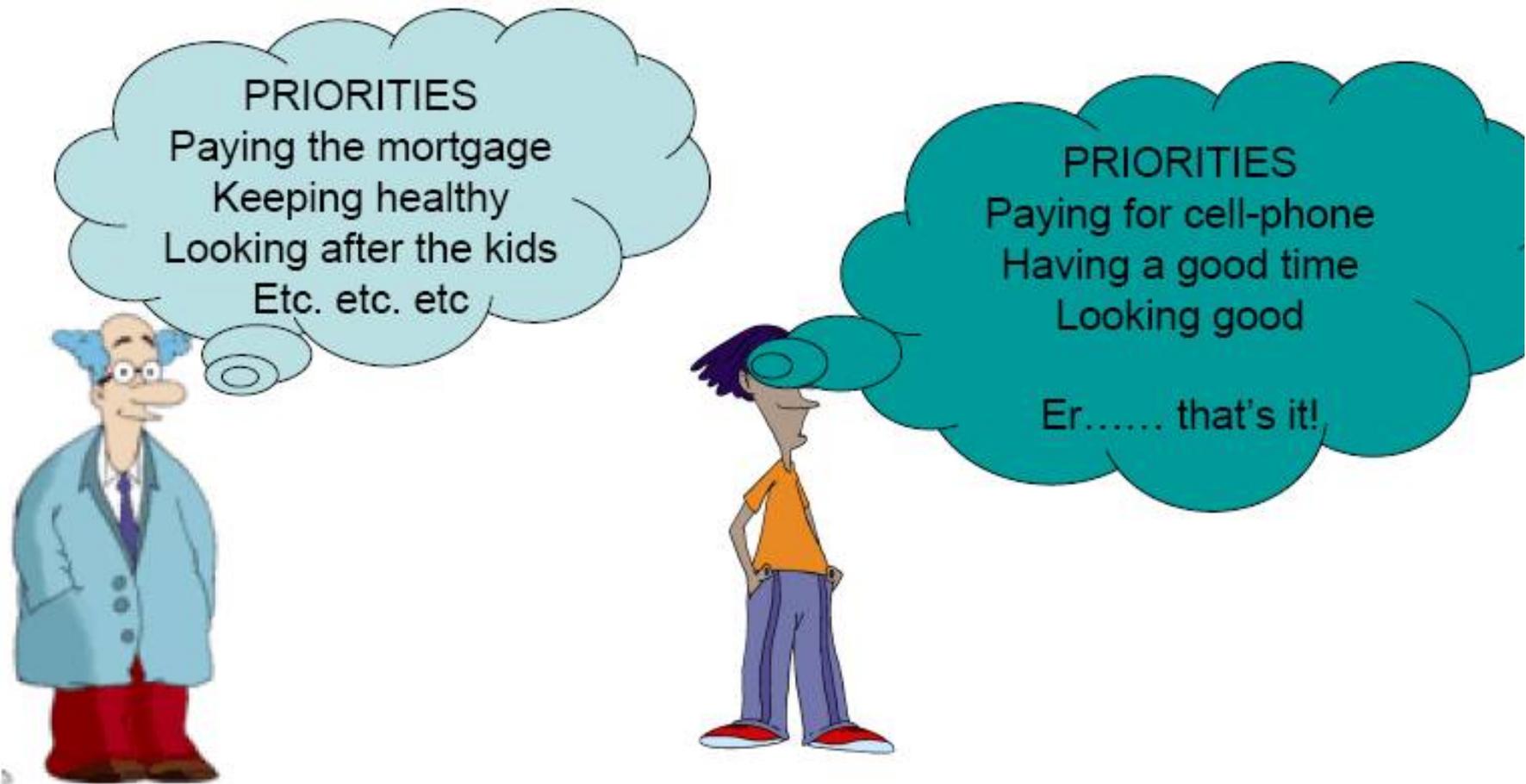




- The needs of adolescent patients are often overlooked.



The clinical interaction with the adolescent is the only time the clinician does not deal with an adult who *largely* shared the same world view



2008-07-02

EUTEACH SUMMER SCHOOL

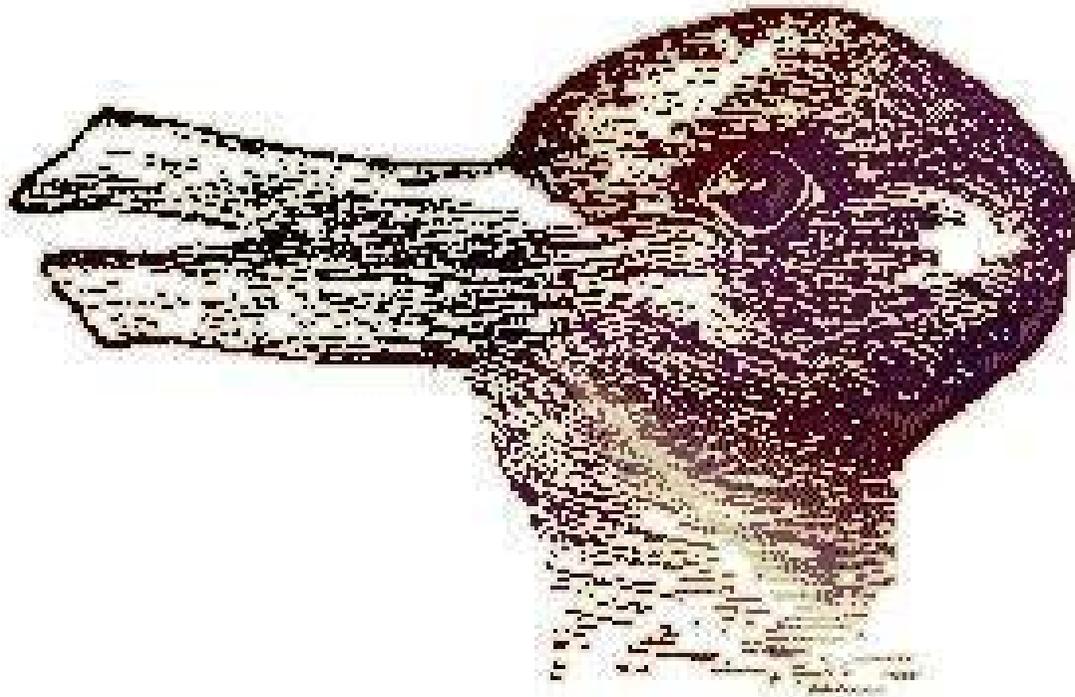


Physicians in Finland

- Medical school 6yrs > licensed physician
- > specialization 6 yrs
- 50 different specialities
- 65% of the physicians are specialists

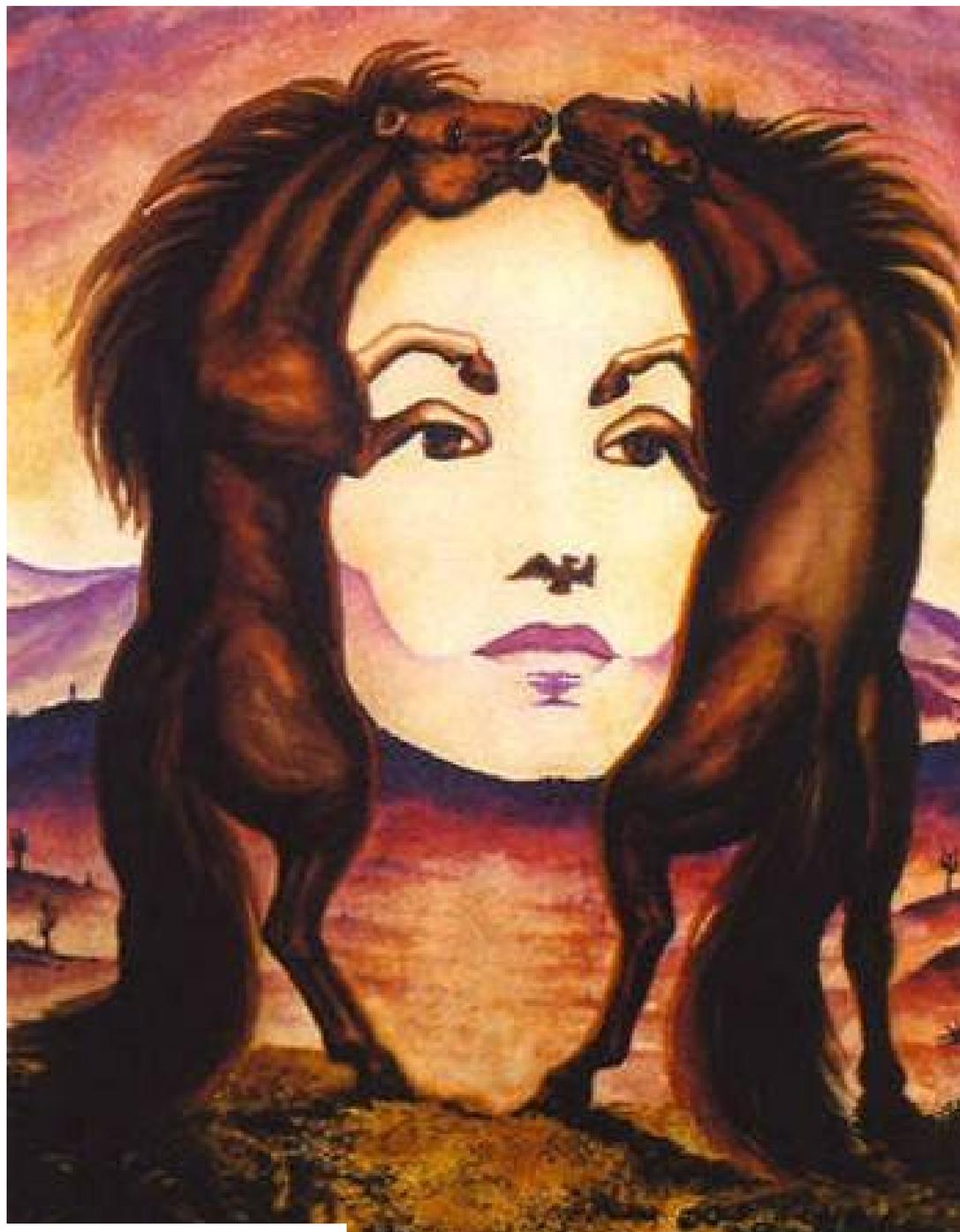
Among the medical specialities in Finland are...

- General practice
- Pediatrics
- Obstetrics and Gynecology etc...
- Psychiatry
- Child psychiatry
- Adolescent psychiatry



A Rabbit... Or A Duck?

hint: the duck is looking left, the rabbit is looking right





Finnish Association for Adolescent Medicine (1)

- Founded in 2013
- 78 members, including 47 specialists in
 - general medicine (15)
 - psychiatry/ adolescent psychiatry/ child psychiatry (13)
 - pediatrics (10)
 - gynecology (5)
 - rheumatology (2),
 - respiratory medicine(1),
 - dermatology (1)
- 8 medical students



Finnish Association for Adolescent Medicine (2)

- Workplaces:
- communal school and student health care 25
- Finnish Student Health Service YTHS 13
- Sexual health clinic or similar 6
- Special health care (somatic, hospital) 4
- Special health care (psychiatry, hospital) 7
- Etc...



Browser window showing the website of Nuorisolääkärit ry (Finnish Association for Adolescent Medicine). The browser address bar shows "nuorisolaakarit.yhdistysavain.fi". The website header includes a search bar and navigation links. The main content area features a large image of a group of young people holding hands, with the text "Nuorisolääkärit ry" overlaid. Below the image is a navigation menu with the following items: Etusivu, Hallitus, Säännöt, Toiminta, Kannanotot, Erityispätevyys, Jäseneksi?, **In english**, and Ota yhteyttä. The "In english" link is circled in red. The main text reads: "Suomen Nuorisolääkärit ry, Finnish Association for Adolescent Medicine". Below this is a paragraph describing the association's purpose and a list of bullet points. A red line connects the "In english" link to the English text below. The footer contains contact information and a link to the membership page.

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Nuorisolääkärit ry

Etusivu Hallitus Säännöt Toiminta Kannanotot Erityispätevyys Jäseneksi? **In english** Ota yhteyttä

Suomen Nuorisolääkärit ry, Finnish Association for Adolescent Medicine

Suomen Nuorisolääkärit ry (Y-tunnus 2689575-4) on vuoden 2013 alussa rekisteröity yhdistys, jonka tarkoituksena on ylläpitää, kehittää ja edistää nuorten kanssa toimivien lääkäreiden ammattitaitoa ja yhteistyötä.

- Yhdistys edistää nuorten suotuisia kasvu- ja elinolosuhteita ja hyvinvointia.
- Yhdistyksen jäsenyyttä voi hakea kuka tahansa Suomessa toimiva, nuorisolääketieteestä kiinnostunut lääkäri tai lääketieteen opiskelija.
- Yhdistys järjestää koulutusta ja ylläpitää keskustelua nuorten hyvinvoinnista sekä ottaa tarvittaessa kantaa nuorten kasvu- ja elinoloihin vaikuttaviin tekijöihin.
- Yhdistys toimii verkostona nuorten kanssa toimivien tahojen, vaikuttajien ja päättäjien kesken.

Hae [jäsenyyttä](#), osallistu [koulutuksiin](#), tutustu nuorisolääketieteen [erityispätevyysohjelmaan](#).

Nuorisolääkäripäivät 2016!
4.5.2015

Kirjasuositus: Kristina

Nuorisolääkärit ry

Etusivu Hallitus Säännöt Toiminta Kannanotot Erityispätevyys Jäseneksi? In english Ota yhteyttä

in english

Finnish Association for Adolescent Medicine

The Finnish Association for Adolescent Medicine (FAAM) was established in 2013 and aims at developing, sustaining and advancing the professional skills and collaboration of doctors working with adolescents.

Mission of FAAM is to:

- promote positive circumstances for adolescent growth, living and wellbeing
- advocate for improvement of youth health services and other services to advance the wellbeing of adolescents in society
- facilitate collaboration of professionals working with youth, service providers and decision makers
- increase common knowledge of the special needs of adolescents

Core functions of FAAM:

- organizes training for doctors (e.g. annual two-day education event)
- coordinates a training programme for [special competence in adolescent health](#)
- encourages and supports scientific research aimed at improving adolescent health
- participates in contemporary discussions on key aspects of adolescent wellbeing
- builds international networks of adolescent health professionals through its active members

FAAM membership is open to doctors and medical students in Finland. International correspondence membership is possible through an invitation.

Finnish Medical Association & special competence system

- Additional authorized programmes
- 31 different programmes,
f.ex.traffic medicine, sleep
medicine, military medicine
- suitable for doctors of various
specialities

Competency program

- A group of doctors propose a competency program >
- If the Finnish Medical Association accepts, a working group is nominated
 - maintains the program and
 - suggests new persons to be qualified to have a special competency diploma

- Program for special competence in adolescent health was accepted by the Finnish Medical Association June 5th, 2014.



Competence program, practical training (1):

- 2 yrs working experience in different levels of health service system in tasks that mainly involve adolescents.
 - If less than half of the patients are adolescents, the equal experience over a longer period of time.

Competence program, practical training (2)

- Applicant needs at least 3 months working experience outside of own speciality
 - Physicians specialized in somatic diseases: 3 mo within adolescent mental health services
 - Psychiatrists at least 3 mo in school or student health services
 - Physicians working within primary health care need experience from tertiary care ; physicians working at hospitals need likewise experience in working within primary health care.

Transitional phase

- Until June 5th, 2017, some exceptions are allowed.
 - Do not need to be a specialist

Theoretical training

- At least 80 hours
- Specific focus within the areas listed in the protocol.
- An international course on adolescent medicine.

Demonstrating special competence in adolescent medicine

- Portfolio; no examinations.
- The special competence committee appoints a tutor > Written competence training plan.
- 10 written case reports including analyses and appropriate reference.

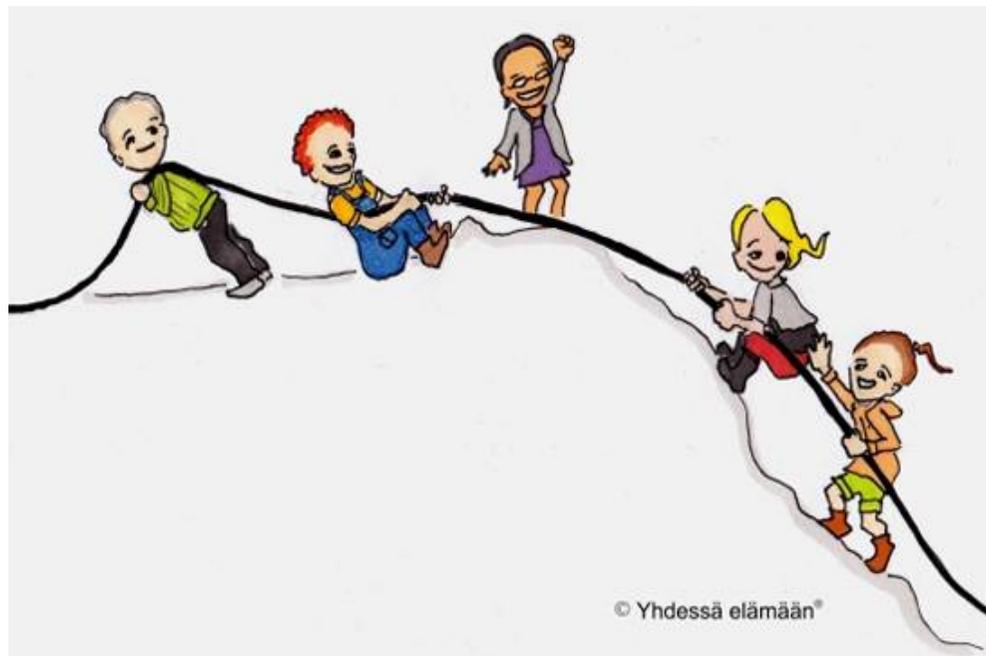
Where are we now?

- 12 special competence diplomas so far:
 - 4 adolescent psychiatrists
 - 4 general practitioners
 - 2 pediatricians
 - 1 gynecologist
 - 1 rheumatologist
- 36 colleagues in the process with a nominated tutor

Why bother?

- *Adolescent Health Specialist /Adolescent Medicine Doctor* is now a certified title.
- *May* help in job seeking process?
- *May* help with contacts with adolescents.
- Certainly helps collaborators to understand your field of interest.

“Alone we are rare. Together we are strong.” *



*trademark by **National Organization for Rare Disorders, Inc.**

