ADOLESCENT MEDICINE FELLOWSHIP PROGRAM

Indiana University School of Medicine
James Whitcomb Riley Hospital for Children
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Overview

Our ACGME accredited adolescent medicine fellowship prepares physicians for leadership positions in academic medicine and public health. Our medical fellowship is one component of the Indiana University Leadership Education in Adolescent Health (LEAH) program which is an interdisciplinary training program that provides leadership training in adolescent health and medicine for post graduate trainees in nursing, social work, psychology, nutrition as well as medicine. Core faculty within the Section of Adolescent Medicine represent multiple disciplines and specialties including pediatrics, internal medicine, clinical psychology, social work, nutrition, nursing, health behavior, and sociology. Thus, the interdisciplinary environment allows for all trainees the opportunity to receive input, education, and mentorship from multiple perspectives around adolescent health and medicine. In addition, medical fellows in our program may elect additional coursework leading to a Master Degree in Clinical Research (MS) or a Master in Public Health (MPH) through Indiana University at IUPUI.

Facilities/Resources

The Section of Adolescent Medicine is located in the new Health Information and Translational Sciences (HITS) building. The HITS building is near the Canal stop of the monorail system that connects Riley and Methodist Hospitals. HITS houses programs such as the Regenstrief Institute, Bioinformatics, Biostatistics, Bioethics, Human Genomics, Pediatrics’ Adolescent Medicine and Children’s Health. These sections are the nerve center of IU’s clinical and translation research activities.

Clinical Setting

The Section maintains its clinical program at James Whitcomb Riley Hospital for Children, Clarian North Medical Center, and Community Clinic sites. Riley Hospital continues to be recognized as one of the top children's hospitals and has achieved many distinctions, establishing the hospital as one of the premier pediatric research facilities in the nation.

Ambulatory care is provided in the Riley Outpatient Center, a state-of-the art clinical facility, HealthNet Pediatric & Adolescent Care Center at Methodist Medical Tower, six Adolescent Primary Clinics operated by the Wishard Hospital system and Indiana University Medical Group, the Charis Eating Disorders Program, a school-based clinic, and Marion County Juvenile Detention Center Clinic. Nursing, dietary, pharmacy, laboratory and radiographic support are readily accessible. All components and clinics are linked by an extensive electronic medical record system.
Fellowship in Adolescent Health

Curriculum

Training activities are designed to strengthen teaching, research, administrative, health planning, and clinical skills so that graduates will acquire the competencies for the independent practice of adolescent medicine. All facets of the program's instruction pertaining to these five areas provide trainees with 1) discipline-specific role models, 2) formal instruction, 3) supervised application of new knowledge and skills, and 4) the opportunity to teach others. A core curriculum provides didactic instruction in adolescent health and research methods. Field experiences (clinical activities and liaison to state agencies) permit the application of new skills and knowledge. Inter-organizational and cross-disciplinary teams allow health professionals to interact with agencies and disciplines important for comprehensive care of youth. Health planning and policy is taught in didactic and field experiential courses. Fellows may elect enrollment in the Master in Public Health or Master of Science program in Clinical research of the Indiana University. Over the three-year period, approximately 50% of time is devoted to clinical training and 50% to research and didactic work. Fellows dedicated to a career in academic medicine are encourage to apply for the NIH supported Pediatric Scientist Training Program described below.

Goals, Objectives and Format of fellowship

The goal of this ACGME approved fellowship is to educate subspecialty physicians in adolescent medicine to acquire the skills needed to become competent to practice adolescent medicine, teach other health professionals and conduct clinical research. All fellows have a Scholarship Oversight Committee to review the scholarship of their individual career trajectories. The subspecialty training is imbedded within a larger, federally supported interdisciplinary health training program, Leadership Education in Adolescent Health (LEAH). LEAH prepares graduate-level physicians, nurses, social workers, dietitians and psychologists for careers in adolescent health.
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<th>Competency-objective</th>
<th>Required skill</th>
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<tr>
<td>Patient Care</td>
<td>Communicate effectively and demonstrate caring and respectful behaviors when interacting with adolescents and their families</td>
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<td>Gather essential and accurate information from and about adolescent patients</td>
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<td>Make informed decisions about diagnostic and therapeutic interventions based on adolescent patient information and preferences, up-to-date scientific evidence, and clinical judgment</td>
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<td>Develop and carry out patient management plans</td>
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<td>Counsel and educate adolescents and families</td>
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<td></td>
<td>Use information technology to support patient care decisions and adolescent patient education</td>
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|                      | Perform competently all medical and invasive procedures considered essential in adolescent medicine  
  a) Routine physical exam  
  b) Sexual maturity rating  
  c) Male genital exam  
  d) Female pelvic exam |
|                      | Provide health care services aimed at preventing health problems or maintaining health in adolescents |
|                      | Work with health care professionals, including those from other disciplines to provide adolescent-focused care |
| Medical knowledge    | Demonstrate an investigatory and analytic thinking approach to clinical situations |
|                      | Know and apply the basic and clinically supportive sciences which are appropriate to adolescent medicine |
|                      | Analyze practice experience and perform practice-based improvement activities using a systematic methodology |
|                      | Locate, appraise, and assimilate evidence from scientific studies related to adolescent health problems |
|                      | Obtain and use information about their own population of adolescent patients and the larger population from which their adolescent patients are drawn |
|                      | Apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness |
|                      | Use information technology to manage information, access on-line medical information; and support their own education |
|                      | Facilitate the learning of students and other health care professionals |
| Practice-based learning and improvement | Create and sustain a therapeutic and ethically sound relationship with adolescent patients |
|                      | Use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills |
|                      | Work effectively with others as a member or leader of a health care team or other professional group |
| Interpersonal & Communication skills | Demonstrate respect, compassion, and integrity; a responsiveness to the needs of patients and society that supersedes self-interest; accountability to patients, society, and the profession; and a commitment to excellence and on-going professional development |
|                      | Demonstrate a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and business practices |
|                      | Demonstrate sensitivity and responsiveness to adolescent culture, age, gender, and disabilities |
| Professionalism      | Understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice |
|                      | Know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources |
|                      | Practice cost-effective health care and resource allocation that does not compromise quality of care |
|                      | Advocate for quality patient care and assist patients in dealing with system complexities |
|                      | Know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance |
**Seminar in Adolescent Health (LEAH)**

LEAH (Leadership Education in Adolescent Health) is a 2-semester seminar that meets for 3 hours weekly. Content includes didactic presentations by topic experts, journal club, research-in-progress, case-based discussions of topics in adolescent health, and leadership training. This multi-disciplinary graduate-level seminar includes faculty and trainees from the disciplines of medicine, nursing, nutrition, social work, psychology and sociology. Fellows participate in Years 1, 2, and 3.

**Goals**

The overall goals of the Adolescent Health Seminar are to:

1. Provide trainees with knowledge of core adolescent health topics including growth and development, puberty, physical and social morbidities affecting youth, and nutrition.

2. Provide trainees with skills in collaborative work with community youth-serving agencies and programs, communication and problem-solving strategies with adolescents and their families, health planning, financing and policy, and cultural competency.

3. Teach leadership skills including understanding of personality style differences and their importance in leadership, time and project management, negotiation skills, conflict resolution, facilitation of small meetings, development and delivery of didactic presentations, and lifelong learning.
Clinical Services

The adolescent medicine program provides nearly 50,000 visits per year to adolescents ages 13 – 24. In-patient care takes place at Riley Hospital for Children, Methodist Hospital and Clarian North Hospital – all within 20 minute drive. Riley and Methodist Hospitals are linked by a monorail system that runs 24 hours daily. Clinics are both hospital and community based and fellows have experiences in all with continuity clinics in one community and one hospital-based clinic throughout the 3 year fellowship.

Faculty in adolescent medicine includes 9 physicians with sub-specialty certification in adolescent medicine, psychologists, social worker, nurse, dietitian, and health services researchers.

In-patient Services

Adolescent In-patient and Consultation Service provides care to patients hospitalized at Riley Hospital for Children and Methodist Hospital and consultative care at Clarian North Hospital.

Ambulatory Services

Adolescent Subspecialty services

- Riley Adolescent Medicine Fellows Consultation Clinic provides follow-up care to patients hospitalized/consulted on the adolescent inpatient service and consultative and follow-up care to patients referred by primary care and specialty physicians throughout Indiana and adjoining states.
- Adolescent/Young Adult Diabetes Clinic provides care to adolescents and young adults with all type of diabetes.
- Adolescent/Young Women’s Clinic offers consultative care to children, adolescents and young adults with gynecologic disorders.
- Charis Center for Eating Disorders provides comprehensive evaluation and treatment for children, adolescents and adults with eating disorders. Services include intensive outpatient treatment and a partial hospitalization program.

Community Based Adolescent Primary Care Services

- Wishard Hospital Adolescent Clinics are located in 7 community clinics in metropolitan Indianapolis. These clinics provide primary care to a large population of urban youth with 22 half-day sessions per week.
- HealthNet Pediatric & Adolescent Care Center (PACC) at the Methodist Medical Tower provides primary and consultative care to adolescents served by both HealthNet and outside referring providers.
- Juvenile Detention Center Clinic, located in the Marion County (Indianapolis) juvenile detention center, provides intake physical examinations and mental health screening for all detained youth.
- School-based Clinic provides health care to a local urban high school

Clinical experience in other clinics:

- Sexually Transmitted Diseases Clinic adjacent to Riley Hospital
- Sports Medicine Clinic
Research

Research training is an integral part of the fellowship and may be in an area of clinical research, translational research, or basic science. Early in the first year of fellowship, trainees are exposed to the research activities of investigators in the Adolescent Medicine section as well as in the Children’s Health Services Research, Adult Infectious Diseases Division, the Section of Pediatric Endocrinology and Diabetes and the Kinsey Institute for Gender and Reproduction. Areas of interest include sexuality, sexually transmitted infections, contraception, eating disorders, juvenile justice, mental health, psychological impact of cancer and diabetes. Faculty and fellow research is supported by grants from the National Institutes of Health, Centers for Disease Control and Prevention, Maternal and Child Health Bureau, industry and private foundations. By the end of the first quarter of training, the fellow selects a mentor and the initial research project. Using extant data within the section, the fellow and mentor prepare an abstract for presentation at the scientific meeting of the Society for Adolescent Health and Medicine. Sufficient time, support, and guidance are given during the fellowship program to allow for completion of a meaningful research project. Fellows select their primary research topic in the second quarter of Year 1. Fellows typically have presented their research findings at national meetings of the Society for Adolescent Health and Medicine and have been the first author of one or more manuscripts in journals such as the Journal of Adolescent Health Care, Pediatrics, Sexually Transmitted Diseases and Archives of Pediatrics and Adolescent Medicine.

Research Goals

The goals of these activities are to provide instruction in research and application of research skills through the conduct of a mentored research project. The fellowship program is a highly structured research program for the fellow providing instruction in research methods, ethics, statistics and mentorship during the completion of a research project. In addition, fellows may elect to enroll in the Masters of Science program in Clinical research (CITE) offered by IUPUI and coordinated by the School of Medicine. Three graduate level courses are required for all first year fellows; one course (G651) teaches biostatistics and the other two (G660 and G661) provide instruction in research ethics, research methods, basic epidemiology, elementary statistics and research design. All fellows take the course in mentored research (G664) for which they receive graduate credit if they have elected the master degree program (CITE) and courses in Scientific Communication (G655) and Grant Writing (N802). Examples of other CITE courses available to fellows include advanced research ethics, advanced biostatistics, epidemiology, and Neuropharmacology. Fellows may elect other courses offered by the university. Past fellows have elected graduate courses in Medical Sociology to gain competency in qualitative research methods, Women’s Health and other statistical courses.

Courses include:

- Clinical Research Methods
- Clinical Trials
- Biostatistics
- Grant Writing
- Research Communication (scientific writing)
- Research Ethics
- Mentored Clinical Research
- Clinical teaching seminars
- Professional development seminars

Fellows may also select courses through Indiana University. Completion of all courses qualifies fellows for the Master of Science in Clinical Research degree through the Indiana University Graduate School. Fellows may also elect to pursue an MPH through the School of Public Health.
Faculty

Vaughn I. Rickert, PsyD, HSPP
Director of Adolescent Medicine
Professor of Pediatrics

J. Dennis Fortenberry, MD, MS
Professor of Pediatrics and Medicine
Director of Fellowship Training

Donald Orr, MD
Professor of Pediatrics and Nursing (Emeritus)

Matthew C. Aalsma, PhD, HSPP
Associate Professor of Pediatrics

Marcia L. Shew, MD, MPH
Associate Professor of Clinical Pediatrics & Clinical Obstetrics and Gynecology

Margaret Blythe, MD
Professor of Pediatrics & Clinical Obstetrics and Gynecology

Devon Hensel, PhD
Assistant Research Professor of Pediatrics

Rebekah L. Williams, MD
Assistant Professor of Clinical Pediatrics

Mary R. Rouse, MD
Associate Professor of Clinical Pediatrics

Gregory D. Zimet, PhD, HSSP
Professor of Pediatrics & Clinical Psychology

Bree A. Weaver, MD
Assistant Research Professor of Medicine

Mary Ott, MD, MA
Assistant Professor of Pediatrics

Nathan Stupiansky, PhD
Assistant Research Professor of Pediatrics

Theresa Rohr-Kirchgraber, MD
Associate Professor of Clinical Pediatrics and Medicine

Dan Kraft, MD
Assistant Clinical Professor of Pediatrics

Lekeisha R. Terrell, MD
Visiting Assistant Professor of Clinical Pediatrics

Paula Sullivan, PhD
Associate Clinical Professor of Pediatrics
Living in Indianapolis

Indianapolis is the nation’s twelfth largest city. With a metropolitan population of over one million people, Indianapolis offers the advantages of a city with a diverse, thriving economy combined with “Hoosier Hospitality”. The downtown area has become a focal point of the city with the 1996 opening of Circle Centre, a downtown shopping mall and entertainment complex. Downtown landmarks include the Soldiers and Sailors Monument, the Indiana Repertory Theater, the Indianapolis Zoo in White River State Park, the NCAA headquarters, and the Eiteljorg Museum of American Indian and Western Art.

Sometimes termed the “Amateur Sports Capital of the World”; the city has hosted the Pan American Games, the National Swimming and Diving Championships, the RCA Hardcourt Tennis Championships, the World Gymnastics Championship, the NCAA Men’s Basketball Final Four Championship, and in 2012 Super Bowl XLVI. Professional teams include the Indiana Pacers of the NBA and the Indianapolis Colts of the NFL. The Triple-A Indianapolis Indians play baseball in Victory Field, a new downtown stadium. CHL Indianapolis Ice games are available to hockey fans. Professional soccer is represented by the Indianapolis Twisters.

Indianapolis is considered the “Automobile Racing Capitol of the World”. In addition to the Indianapolis 500 race held each May, The National Hot Rod association’s US Nationals and the Brickyard 400 NASCAR races are held here yearly. The Indiana University Natatorium, site of the 1996 & 2008 Olympic swimming and diving trials, is conveniently located near the IUSOM campus. Big Ten Conference athletics at Indiana University and Purdue University are within an hour’s drive. Recreational possibilities abound at Eagle Creek Park which offers biking, sailing, swimming, fishing and cross-country skiing. Two major tennis complexes and over 30 public golf courses are conveniently located throughout the city. The world’s largest Children’s Museum features numerous exhibits for kids of all ages. Cultural events are offered at Clowes Hall on the Butler University campus, at Verizon Wireless Music Center, at the restored Murat Theater and at the Circle Theater, home of the well-endowed Indianapolis Symphony Orchestra. The Indianapolis Museum of Art is the seventh largest in the U.S. Other cultural activities include dance and opera companies, professional and amateur theater, jazz clubs, comedy clubs, and art leagues and galleries. The city offers six different cultural districts around downtown. More information on Indy cultural districts can be found online at www.discoverculturaldistricts.com/home.htm.

Indiana University-Purdue University at Indianapolis (IUPUI) offers 170 degree programs. Part-time or graduate students can complete studies here or at other local universities such as Butler University, the University of Indianapolis or Marian College. The city also has a variety of public, private and parochial schools to meet the educational needs of family members. There are affordable new and renovated apartment complexes downtown and in neighborhoods near Eagle Creek Park, as well as at other locations within 20 minutes of the hospitals. House rentals are also available. Housing costs are reasonable and many resident fellows find they can purchase a home. These are only some of the attractions which make Indianapolis an ideal place to live. The facilities and resources are typical of those of a large city, but without the crowding, congestion and other problems that have troubled many large cities. The people of Indianapolis are friendly. They are proud of their community and treasure it as a great city in which to live, work, play and raise a family. For more information on downtown indy, go to www.indydt.com or www.visitindy.com.
Applications

Applicants must be U.S. citizens or have permanent resident status and be eligible for licensure in Indiana. Please provide three letters of recommendations (one of which must come from the Director of their residency program), transcripts from college and medical school, and scores on USMLE. The application below may be submitted online or by US mail. Please send all information to:

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Indiana University School of Medicine  
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