THE FIRST 4 YEARS OF ADOLESCENT MEDICINE IN FINLAND

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EUSUHM 2017
IAAH Lisbon 2005
Ungdomsmedisinska kurs, Sweden 2005
EuTeach Lausanne 2008
Eusuhm Leiden 2009
International Association for Adolescent Health
Pupil and student care in Finland includes
- School health nurses
  - 600 pupils, 1-3 schools/nurse
- School doctors
  - 2100-5000 pupils /doctor
- Dental personnel

AND

(psychologists, social workers, special education teachers)

Adolescent psychiatry as a speciality of its own
No systematic training for youth health physicians nor education about adolescent medicine for doctors

- The immature brain
- The developmental tasks of adolescent
- Craving for autonomy
- Confusion caused by rapidly changing body and sexuality
- Importance of peers

- Encountering an involuntary adolescent patient
- Motivational interview
- Caution with sick leaves
Finnish Association for Adolescent Medicine
• Founded in 2013

• 141 members (including 12 students)

• Annual two-day meeting

• Diploma for special competence in adolescent medicine since 2014
Special competence system by the Finnish Medical Association

- Postgraduate authorized programmes
- 31 different programmes, f.ex. traffic medicine, sleep medicine, military medicine
- suitable for doctors of various specialities
The diploma for special competency in adolescent medicine

• Two years of working experience at places where most patients are 12-22 years
• Experience both of primary and secondary/tertiary care
• Experience both of somatics and psychiatry
• 80 hours of appropriate theoretical training

• A transition phase 6.6.2014-6.6.2017:
  • no specialization was required
Demonstrating special competence with a portfolio

• No examinations.

• The special competence committee appoints a tutor > individualized training plan.

• 10 written case reports including analyses and appropriate references.
Cumulative number of members of the association and special competences for adolescent medicine granted so far
Work places of adolescent medicine doctors/ transition phase

- Secondary/tertiary care
- Senior position
- Health care of the university students
- Health centers/School and student health care
87 individuals with special competence in adolescent medicine today in Finland; end of transition phase

- Not specialized: 33%
- General practice: 29%
- Adolescent psychiatry: 15%
- Paediatrics: 11%
- Other: 6%
Future?

• First Finnish course on adolescent medicine in 2018
  • Interactive methods
  • Problem based learning
  • Team based learning
  • Emphasis on communication, interprofessional coworking, advocacy, giving lectures to adolescent groups or parents

• Part one: from Sunday to Wednesday
• Part one 2 months later, Friday to Saturday

• Annual !!
Take home message

You are not alone with your ideas.

Go around talking about them. See your ideas develop. Talk more. Talk to other people, to unlikely people. To anyone.

Suddenly you’ll find yourself with a bunch of good friends.
... on behalf of the committee for the competency in adolescent medicine in Finland:

- Dr, Professor Pirjo Mäki, University of Oulu, Chairman of the committee
- Dr Elina Hermanson, City of Helsinki, Secretary of the committee
- Dr, Professor Riittakerttu Kaltiala-Heino, University of Tampere
- Dr Anna Kotiranta, Children’s Hospital, University of Helsinki
- Dr, Associate professor Kristina Kunttu, Finnish Student Health Service, Turku
- Dr Marjo Kuortti, City of Tampere, Sexual and Adolescent Health Care
- Dr Satu Suhonen, City of Helsinki, Sexual Health Care
- Dr Silja Kosola City of Helsinki, School and Student Health Care