

Post Graduate Diploma in Adolescent Paediatrics (PGD- AP)

Scheme of Examination :

No students shall be presented for the examination unless he or she secures 80% attendance at the contact classes. There shall be an examination at the end of the course, consisting of four papers of three hours duration as detailed below:

Paper	Name of Paper	Duration of Exam	Maximum Marks		
			Code Exam	Written	Total
1	Adolescent Care	3 hrs.		100	100
2	Medical problems in Adolescents	3 hrs.		100	100
3	Adolescent Counselling	3 hrs.		100	100
4	Marriage and Family	3 hrs.		100	100
5	Project Work			100	100
Total				500	500

Syllabus:

Paper I: Adolescent Care

Part A Preventive Adolescent Health services

Part B Development of Life Skills

Part C Organizing service for adolescents

Paper II: Medical problems in Adolescents

Part A: Growth & Growth Disorders

Part B: Reproductive Health

Part C: Medical Problems

Paper III: Adolescent Counselling

Part A Principles of Personality Development

Part B Process & Techniques of counselling

Part C Scholastic Backwardness-guidance

Paper IV: Marriage and Family

Part A Women's issues & Gender sensitization

Part B Pre-Marital & Marital Counselling

Part C Research methods in Adolescent Paediatrics

Paper V : Project Work

Paper I: Adolescent Health Care

Part A- Preventive Adolescent Health Services

Unit I : Adolescence - Perspectives

- Introduction, Definition, Rationale, Need for Teenage Care Policy, Perceived Problems, Morbidity Patterns - Poor stress Tolerance - Abuse - Teenage Pregnancy-Suicides
- Prevention of Childhood Disability Through Prevention of Low Birth Weight through Prevention of Adolescent Girls Under nutrition - Life Cycle Approach
- Childhood onset Adult Diseases - Barker Hypothesis - Diabetes - Hypertension Coronary Heart Diseases - Need for Preventive Adolescent Health Services

Unit II: Adolescents Immunization

- Adolescent vaccines - Need and Importance, Newer Vaccines, Adolescent Immunization Timetable, Characteristics of Adol. Vaccines, Cold Chain requirements, Immunization and Adol. Health Card.

Unit III: Body image

- Physical, Fitness & Health Issues
- Sports Pre-participation a Evaluation, sports Injuries, Special Concern for Adol. Athletes
- Shoulder, Elbow a Wrist-Knee injuries - Clinical Approach Et Management
- Beauty Concepts

Part B - Development of Life Skills

Unit I: Life Skill Management in Adolescents

- Life Skill WHO Definition, Psychological Competence - Need for Life Skill Training, Decision Making - Problem Solving - Creative Thinking - Critical Thinking - Effective Communication - Coping with Emotion Stress and Self Awareness - Empathy Interpersonal Skills, Negotiating Skills
- Life Skill Education Program - Methods used for Acquisition of skills, Problem Specific Skills, Peer Pressure, Family Pressure, Media Pressure, Gender Pressure

Unit II Prevention of Smoking, Alcohol and Drug Abuse

- Smoking cessation Programs, Prevention, Passive Smoking, Health Hazards of smoking
- Alcohol - Untoward effects, addiction and De-addiction Programs
- Drugs - Commonly used Drugs - Determinants of Drugs, Peer Pressure, Risk factors of Drugs, Indication of Drug Abuse, Symptoms of Drug Abuse.

Unit III: Life Style Diseases

- Introduction, Common Life style Diseases, Preventive Strategies, Complications, Lifestyle Modifications, Dietary Patterns of Adols. , Fast Food

Part C - Organizing Adolescent Friendly Services

Unit I: Family Life Education

- Adolescent Nutrition, Personal Hygiene, Identity crisis, Life Skill Development Scholastic Achievements, prevention of STI's, HIV/AIDS. Prevention of Abuse

Unit II: Organizing Teen Clubs

- Community Awareness Program, Collaborating with NIGOs - School Health Programs, Teen Clubs in ICDS Anganwadis.

Unit III: Teenage Care Clinic:

- Organization, structure, Functions, Patterns, Models and Community Acceptance.

Paper II: Medical Problems in Adolescents

Part A - Growth and Growth Disorders

Unit 1 : Adolescent Growth & Nutrition

- Growth during Adolescence, Short Stature, Breast Disorders, Gynecomastia, Voice Disorders, Thyroid Disorders, Adol. Growth Patterns and Disorders
- Macronutrients & Micronutrients - Adol. over nutrition, Under Nutrition, Food Fads

Unit II:, Puberty & Disorders of Puberty

- Onset of Puberty, Delayed Puberty, Precocious Puberty.

Unit III: Obesity in Adolescents

- Obesity - Assessment, BMI, skin fold thickness, Waist-Hip Ratio, Aetiology of Obesity, valuation, complication and Management, Dietary Measures, Life Style Modification, Drugs and Surgery, Obesity clinics

Part B Adolescent Sexuality and Reproductive Health

Unit 1: Sex, Sexuality & Adol. Sexual Abuse

- Introduction, Sex and Sexuality, Education to Adols. , How to conduct sessions, Common Sexuality Problems in Adols.
- Incidence, Clinical Presentation, Management, Prevention - How to perceive

Unit II: Reproductive Health

- Nocturnal Emission, Menstruation, physiology of Menstruation, Common Menstrual Problems, Management, DUB, Amenorrhoea
- Urinary Tract Infections, Introduction, Commonly seen diseases, diagnosis & Management
- Teen Pregnancy, Incidence, Issues, Complications.

Unit III: Prevention & Management of STIs

- Introduction, Diagnosis of STI, Management of STI, HIV/AIDS, AIDS Awareness programs, Counseling for HIV/AIDS, Passive and Supportive Counseling.

Part C - Common Medical Problems

Unit 1: Common Diseases

- Introduction, Type I and Type II Diabetes, issues and Management.
- Cardiovascular Disorders, Congenital Heart Disease, Rheumatic Fever, Hypertension Management
- Asthma in Adols., Precipitating Factors and Management.
- Tuberculosis in Adolescents, Diagnosis and Management.
- Ophthalmic Problems, Refractive errors, Squint, Trauma Management, Headache-Acute and Chronic.
- Epilepsy
- Rheumatological Diseases in Adolescents, Types, Diagnosis, Management

Unit II: ENT issues

- Common Ear, Nose, Throat Problems - Diagnosis and Management.
- Voice Disorders, Stammering and stuttering

Unit III: Skin Diseases & Cosmetology

- Common Diseases - Acne, Hirsutism, Skin Care
- Basic Science of Cosmetology
- Cosmetology Procedures Et Laser Therapy - Availability - Need - Procedures - Complications - Precautions
- Cosmetic Surgery - Procedures - Complications - Precautions

Paper III: Adolescent Psychology & Counselling

Part A – Personality and Achievement

Unit 1: Personality

- Principles of Personality Development -- Definition - Traits and Types – Theories

Unit II: Intelligence

- Introduction - Nature of Intelligence – IQ Assessment

Unit III: Motivation & Aptitude

- Nature - Motivational Cycle - Classification - Tests

Part B: Counseling

Unit I: Process & Techniques of Counseling

- Introduction to counselling -Steps in counselling -Definition of counselling - Characteristic of counsellor -Counsellor, counselee relationship -Different approach -Counselling process

Unit II: Behavior Therapy

- Behavior Modification and systematic desensitization
- Assertion training and Operant Conditioning technique
- Cognitive Behavior modification

Unit III: Scholastic Backwardness- Guidance

- Scholastic Achievement
- Factors influencing Scholastic Achievement
- Helping students with Backwardness
- Attention Deficit Hyperactive Disorder

Part C: Adolescent Mental Health

Unit I: Psychosomatic Disorders

- Introduction - Psychosomatic Complaints - Psychosocial Factors -Stress Related Somatisation -Conversion Disorders - Pain Disorders - Differential Diagnosis - Management

Unit II: Emotional, Mood & Conduct Disorders

- Anxiety, Phobias, Hypochondrisis, Obsession and compulsions, Depression, Mania, Conduct Disorders.

Unit III: Psychopharmacology

- Antidepressants, Antipsychotics, Mood Stabilizers, Others.

Paper IV: Marriage, Family Counselling

Part A - Women's issues & Gender Sensitization

Unit 1: Empowerment of women

- Introduction - Status and role of women in society - Role as a mother-wife-woman.

Unit II: Legal Rights and present status

- Introduction - Relevant laws - Societal Perspective

Unit III: Gender .501: Sensitisation

- Introduction - Current Status - Role of Men - Teaching Boys

Part B - Premarital Counseling

Unit I: Family

- Definition of marriage and family
- Characteristic of family (related theories)
- Role and functions of family
- Pattern of family interaction (theory)

Unit II: Pre-marital Counseling

- Love & Affection
- Qualities of Life Partner
- Adjusting with Partner
- Incompatibility
- Marital Conflict
- Premarital Medical Check Up
- Precautions before you have a baby

Unit III: Counseling family with various problems

- Parent and child relation
- Chronic fitness
- Mentally ill person with the family
- Crisis intervention

Part C - Research Methods in Adolescent Pediatrics

Unit I: Basic Concepts

- Introduction to Research Methodology
- Introduction to basic concepts of statistics

Unit II: Methodology

- Research designs
- Sampling Techniques
- Questionnaire designing

Unit III: Analysis & Reporting

- Report Preparation
- Research Issues Specific to Adolescent Research

Paper V: Project. Work

Reference Books:

- Adolescent Care 2000 and Beyond by MKC Nair,(Ed.)
- Ranjan K.Pejawer. Pub. By Prism Books ltd.,1865 BSK II Stage,Bangalore.
- IAP Text Book of Paediatrics. Editor-in Chief Dr. A. Parthasarathy. Published by Jaypee Brothers Medical Publishers Private Ltd. New Delhi. 2nd Edition 2001.
- Nutrition &Child Development by K.E. Elizabeth By PARAS Medical Publishers, 1st Edition, 1998.
- Text Book of Obstetrics by DC Dutta. 4th Edition. Published by New Central Book Agency Pvt.Ltd.8/1 Chintamony Das Lane, Calcutta-9.
- Research Methodology, Editors S. Jayam & Vijaya Srinivasan. National Neonatology Forum and CEU Medical College, Thiruvananthapuram.
- Counselling Edited by Stephen Palmer, Sheila Dainow And Pat Milner, Published by SAGE Publications 32, M Block Market, Greater Kailash-1,New Delhi. Student support service The other details - Evaluation given in PGDCAFC is applicable to PGDAP also.