Mission: To prepare graduates of this program for successful careers in Adolescent Medicine as leading clinicians, scholars, and educators in Canada and internationally.
Introduction

Adolescent Medicine was accredited as a Pediatric subspecialty by the Royal College of Physicians and Surgeons of Canada in 2008. The field recognizes that adolescence is a unique stage of development, with particular medical, social, and developmental issues that affect the health and health care of adolescents. According to the Royal College, “Adolescent Medicine is a Pediatric subspecialty that focuses on the assessment, diagnosis and management of complex health issues within the context of the major biopsychosocial events that define the transition to adulthood. The subspecialty of Adolescent Medicine generates and disseminates new knowledge and best practices in adolescent health care.”

The Adolescent Medicine Subspecialty Residency Program at the University of British Columbia (UBC) was accredited by the Royal College in 2010 as the first Adolescent Medicine program in western Canada. We provide an enriching, diverse learning environment that aims to support trainees to learn and grow to their full potential. Our program emphasizes models and principles of resilience and positive youth development. Our goal is to attract and develop highly motivated, exceptional trainees who will become leaders in Adolescent Medicine and make significant contributions to the health of adolescents.

Now is a very exciting time to get involved in Adolescent Medicine in Canada in general, and British Columbia in particular. The field is now entering a growth phase, with opportunities for leadership. There is tremendous interest, energy, and potential to do new and creative work, and make a real difference in the lives of youth.

Program Overview

The Adolescent Medicine Subspecialty Residency (“Fellowship”) Program is based at the British Columbia Children’s Hospital (BCCH) in Vancouver. BCCH is the only pediatric hospital in British Columbia and is the referral center for complex pediatric and adolescent patients for the entire Province. The subspecialty residency is a two-year program, leading to subspecialty board eligibility in Adolescent Medicine from the Royal College of Physicians and Surgeons of Canada.

Clinical Training

Clinical education and training is provided on clinical rotations by the BCCH Division of Adolescent Medicine subspecialty faculty, as well as by faculty in Child Psychiatry, Adolescent Gynecology, Psychology and other medical and mental health services. Subspecialty residents are trained in inpatient and outpatient Adolescent Medicine consultations for complex adolescent health conditions, including management and adherence of chronic illness, transition to adult care, medically unexplained symptoms, stress management, and developmental and behavioral issues of adolescence.
Subspecialty residents are also an integral part of the Provincial Specialized Eating Disorder Program which provides inpatient, outpatient, and day treatment services for adolescents with eating disorders in affiliation with Adolescent Psychiatry.

In addition, the program includes clinical experiences through the Center for Healthy Weights in the prevention and treatment of obesity in adolescents, Child and Adolescent Psychiatry, Concurrent Disorders, and several subspecialty medical services. Subspecialty residents participate in community based adolescent health clinics including reproductive health and primary care through the network of Youth Health Clinics in Vancouver. In addition, the Division of Adolescent Medicine participates in a developing Social Pediatrics Initiative in the lowest income area of Vancouver through which subspecialty residents will work clinically, and contribute to program development, to address social determinants of health of marginalized youth.

Subspecialty residents have a weekly longitudinal continuity clinic at the Youth Health Clinic or the Eating Disorders Program. The training curriculum includes a Simulated Patient program for trainees to practice and improve skills in interviewing adolescents around sensitive psychosocial issues, and getting structured feedback on these skills from trained youth actors and Adolescent Medicine faculty. All residents will have an opportunity for electives in clinical areas, research, or program development, geared towards their area of interest. Residents also participate in a formal weekly participatory and didactic curriculum covering critical topics of adolescent health including interviewing, assessment and counseling skills, evaluation and management of specific medical and mental health conditions, adolescent development, risk and resiliency, and public health.

**Academic Training**

During the first year the resident participates in a monthly seminar on Epidemiology and Biostatistics. In addition, over the two years the resident takes graduate-level classes at the University of British Columbia on population based research methodology, multidisciplinary perspectives on adolescent health, and youth in the child welfare and delinquency systems. Distributed through the two years there are formal curricula on Medical Education and on Ethics.

The Division of Adolescent Medicine works closely with the McCreary Centre Society (http://www.mcs.bc.ca/), a unique resource that conducts a periodic Adolescent Health Survey and related research on the physical and emotional health of youth in British Columbia, the largest survey of its kind in Canada.

Residents have protected time and mentorship to pursue a research project. All residents are expected and supported to attend the Society for Adolescent Health and Medicine annual meeting. The program is individualized to match the career goals and strengths of individual trainees, and ongoing feedback and mentorship is provided by division faculty.
About our Faculty

The division currently has four full time Adolescent Medicine subspecialty faculty, two part-time adolescent medicine subspecialty faculty, and associate research and education faculty in the UBC School of Nursing and the UBC School of Social Work. We have extensive experience in adolescent health in the Canada, the United States, and Australia. Particular areas of interest of our faculty include medical education, social determinants of health, transitions to adult health care, eating disorders, care of marginalized youth, resilience and positive youth development, disparities, cultural competence, and stress management and mindfulness-based interventions in youth. Our faculty are active in the Society for Adolescent Health and Medicine, the American Academy of Pediatrics, and the Canadian Paediatrics Society.

We are enthusiastic and committed to making a positive contribution to adolescent health in clinical care, medical education, policy, and research. We hope to mentor and pass on these strengths to the next generation of adolescent medicine specialists.

About Vancouver

Vancouver is a wonderful place to learn and practice adolescent medicine, with a dedicated and active community of youth health professionals. Vancouver and British Columbia also offers an enjoyable and active lifestyle, with a beautiful natural setting, mild climate, a diverse population, and a wealth of cultural and athletic opportunities.

Vancouver is the largest city in Western Canada, and the third largest city in Canada. Situated between the North Shore and coastal mountain ranges and at the edge of the Pacific ocean, Vancouver is consistently ranked as one of the world’s most desirable cities to live in.

The greater Vancouver metropolitan area has a population of around 2.1 million, with immigrants from all over the world. In particular, Vancouver is known for its substantial Asian population, which includes Chinese, Southeast Asians, and South Asians. In addition, Vancouver has a significant urban aboriginal population, with unique social and health issues.

Applicant Requirements

Canadian applicants may apply to enter the Subspecialty Residency program in their third or fourth postgraduate training year in pediatrics, or after completion of training in pediatrics.

International applicants may apply for a Clinical Fellowship in adolescent medicine after completion of residency training in pediatrics.
Application Process

We are currently recruiting Canadian applicants for subspecialty residency via the CaRMS Pediatrics Subspecialty Match. All Canadian applicants must submit their application through the CaRMS match (www.carms.ca). The application process is generally January through May, for a training start date the following July. See the CaRMS website for the applicant timeline:

http://www.carms.ca/eng/peds_1stIteration_e.shtml

Factors that will be considered during the application process include:

- Demonstrated interest in adolescent health and development, in particular of marginalized and vulnerable youth, youth in care, Aboriginal youth and youth from minority ethnicities, sexual minority young people, and youth growing up in poverty.
- Demonstrated interest in caring for adolescents with eating disorders.
- Interest or background in education, research, program development or leadership development that address concerns of child and adolescent health.
- Excellence in clinical care rotations. Demonstrated effectiveness in communication skills with adolescents, families, and multidisciplinary teams.
- A supervised clinical rotation in Adolescent Medicine (at the applicant’s home training institution, or a visiting rotation at an outside institution) is highly recommended.

For More Information

Please contact Dr. Dzung Vo (Program Director) or Daisy Yin (Program Coordinator) to learn more about the subspecialty residency/fellowship program.

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