



**ADOLESCENT MEDICINE
SUBSPECIALTY RESIDENCY/FELLOWSHIP
PROGRAM DESCRIPTION**

**DIVISION OF ADOLESCENT HEALTH AND MEDICINE
DEPARTMENT OF PEDIATRICS
BRITISH COLUMBIA CHILDREN'S HOSPITAL
UNIVERSITY OF BRITISH COLUMBIA
VANCOUVER, BRITISH COLUMBIA, CANADA**

July 2020

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 subspecialty training 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, endocrinology, Family Practice, 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, substance use 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 Child & Adolescent Psychiatry.

In addition, the program includes clinical experiences through the Child and Adolescent Psychiatry, Concurrent Disorders inpatient unit, and several sites providing care to gender diverse individuals. 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 Program 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 and/or the Eating Disorders Program. All residents will have an opportunity for electives in clinical areas, research, or program development, geared towards their area of interest. Options include participation in the Center for Healthy Weights in the prevention and treatment of obesity in adolescents, Family Therapy, and Complex Chronic Pain. Residents also participate in a formal weekly participatory and didactic Academic Half Day 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

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 Epidemiology and Biostatistics. Distributed through the two years there are formal curricula on Medical Education and on Ethics.

Residents have protected time and mentorship to pursue a research project. Close partnership with researchers at UBC and Children Hospital Research Institute allow for robust research opportunities. 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. This provided population level data can be accessed by residents to design and test research questions.

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, three 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, somatic symptom disorder, complex pain, gender diversity, adolescent substance use, care of marginalized youth, resilience and positive youth development, health inequity, 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 Paediatric 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: Subspecialty Residency

CaRMS-eligible Canadian applicants may apply to enter the Subspecialty Residency program in their second or third postgraduate training year in pediatrics (to begin subspecialty residency training at the PGY-4 or PGY-5 level); or after completion of 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). 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, indigenous youth, youth from minority ethnicities, sexual minority young people, youth with gender diversity, 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.
- Potential to substantially contribute to the field of adolescent health.
- 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

International Trainees: Clinical Fellowship

The Division of Adolescent Health and Medicine, Department of Pediatrics at the University of British Columbia and British Columbia Children's Hospital, offers a individualized full-time Adolescent Medicine Clinical Fellowship for qualified internationally-trained physicians. We are interested in supporting the training of adolescent health professionals in Canada and internationally, particularly in parts of the world where there is the greatest need. The Adolescent Medicine Clinical Fellowship is substantially similar to the Adolescent Medicine Subspecialty Residency CaRMS training program for Canadian physicians, with individual adjustments made depending on the skill level and career goals of the fellow. There is a competitive application process for the Adolescent Medicine Clinical Fellowship program, and availability is limited.

Successful completion of training would lead to a certificate of Adolescent Medicine Clinical Fellowship training from the University of British Columbia. The Adolescent Medicine Clinical Fellowship does not lead to eligibility for subspecialty certification in Adolescent Medicine from the Royal College of Physicians and Surgeons of Canada.

Because Adolescent Medicine requires strong communication skills, one of the criteria for selection is demonstration of English fluency, which we would observe during the visiting rotation (see below). For preparation, we strongly recommend intensive training in verbal and written English, with an emphasis on accent reduction and pronunciation, ideally with a teacher who is a native English speaker from North America who has expertise in teaching English as a second language. Depending on the level of English proficiency, this can take months or years to acquire strong English fluency.

The pre-application requirements for international fellows are:

1. **Prior Training:** The prospective applicant must be trained in Pediatrics or Family Medicine, or be scheduled to complete training in Pediatrics or Family Medicine prior to starting Adolescent Medicine fellowship. Fellows who have trained in Family Medicine must have at least one year training in inpatient and outpatient pediatrics and demonstrate competency caring for hospitalized adolescents.
2. **Medical License requirements, including medical training credentials and English language proficiency:** Prospective applicants must meet the requirements to obtain a medical trainee license from the College of Physicians and Surgeons of British Columbia (CPSBC). Internationally-trained physicians may be eligible. The requirements include demonstration of English language proficiency as defined by CPSBC, and demonstration of medical training credentials that are acceptable to CPSBC. CPSBC is the governing agency that licenses and regulates all physicians in British Columbia, including trainees. All medical trainees in British Columbia must obtain a license from CPSBC. **We will not consider applications from an international trainee until the trainee has met the English language proficiency requirement.** See the following CPSBC website regarding English Proficiency requirements. Processing time to arrange a medical training license can take a minimum of four to six months, so we strongly encourage beginning this process as early as possible. Please contact our Program Coordinator for questions or concerns.
 - a. <https://www.cpsbc.ca/files/pdf/REG-ELP.pdf>
3. **Visiting Rotation:** All potential international applicants from countries where English is not the primary native language must successfully complete a visiting rotation with us, prior to submitting an application for our fellowship. Once the CPSBC trainee license requirements are met, we would be happy to offer a one-month visiting rotation in Adolescent Medicine with us at BC Children's Hospital in Vancouver. Our availability for visiting rotators is limited, and we would do our best to find a mutually suitable time for a visiting rotation.
4. **Financial Sponsorship:** The University of British Columbia requires commitment of financial support from a sponsoring government or institution, to cover the cost of the training. This cost is in the range of approximately \$86,000 CAD per year (as of 2019; and subject to change), in addition to salary and benefits for the trainee.

5. **Medical Malpractice Insurance:** All clinical fellows will be required to purchase medical malpractice insurance from the Canadian Medical Protective Association (CMPA), to cover the complete time period of the training.

Once the above requirements are met, we would gladly consider an application from internationally trained physicians for our Adolescent Medicine Clinical Fellowship program. The University of British Columbia requires an application fee. Additional application materials that we would like to review (in English) are:

1. **Medical School Degree** certificate (copy)
2. **Three Letters of Reference.** The letters must be confidential (not viewed by the applicant), and must be mailed directly from the reference. One letter should be from the Residency Program Director or Associate Director.
3. **Letter of Standing** from Residency Program Director.
4. **Personal Statement.** The statement should outline experiences and motivations for pursuing education in adolescent medicine, specific areas of interest for practice, education and research including special populations and issues, background in education and research, and professional plans after completion of training. Please limit to 600-1000 words.
5. **Updated Curriculum Vitae**
6. **Interviews with our faculty members.** This will be done via internet videoconferencing or telephone, if in-person interviews in Vancouver are not feasible.

For clinical fellows, please submit your application by early September for a start date of training on July 1 of the following year.

For More Information

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

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