

Welcome to the Adolescent Medicine Rotation!

Rotation Director		
Dr. Katherine Hill	404-408-1517	kbell1@stanford.edu
Administrative Associate		
Ana Fraser	650-736-9557	ana.fraser@stanford.edu
Office Location		
Adolescent Medicine Division Office (770 Welch Road, Suite 100)		

*Please call or email Dr. Hill with any questions during this rotation. If you are considering any changes to your schedule, e-mail Dr. Hill and The Chiefs (lpchchiefs@gmail.com). Please copy Ana Fraser on any approved schedule changes.

Some key points about this rotation:

1. Teaching on this rotation occurs through:

- Clinical experiences
- Didactic and case-based teaching
- Self-directed reading
- Online learning modules and PREP questions (see #4 below).

2. You will rotate through multiple clinics; please see your assigned schedule. Please watch short orientation video: http://youtu.be/DVVZ3_rktPc to learn about the clinic sites. ***For visiting medical students, please provide your evaluation form at the beginning of the rotation for Dr. Hill to review.**

This is partly a community rotation:

- Attendings off-site have worked out their schedules to accommodate and teach residents only on specific half-days. These times are not usually interchangeable.
- The rotation does involve multiple clinics, and frequent driving. This is to give you a diverse, varied experience that you do not get elsewhere. This cannot be avoided if we wish to maintain the breadth of experience we think is most useful to your training.
- Drive safely and do not rush – we intend to have 1 hour in between sites; attendings do understand if you are late coming from a morning site, as long as you call to let them know.
- ***Prior to your assigned clinics, please review Dr. Paula Hillard's Pediatric Gynecology guidelines as well as Dr. Shelley Aggarwal's Juvenile Hall orientation materials. Also, please check your EPIC logins before attending Juvenile Hall and call the VMC IT desk at 408-885-5300.**

3. Tuesday and Thursday mornings start with morning report, located at the LPCH Board Room (1st floor of the Children's Hospital). You will then connect with the Adolescent Medicine attending on the LPCH service for dedicated teaching time at the

Adolescent Medicine Division office (770 Welch Road, Suite 100, 1st floor conference room). You will be going over a variety of basic adolescent medicine topics with the teaching attending during the month.

4. You will rotate on LPCH each morning for one consecutive week of the rotation. During this time, you will work with the attending (and sometimes a Fellow), and see any consults that occur at LPCH, including our new contraception service. You will be given instructions to contact the Fellow or attending each morning to find out if there is a consult. On Mondays and Thursdays, you will find out after the scheduled teaching session. If there is no consult, you will have reading time.

5. Check out the online adolescent medicine modules (peds.stanford.edu under core rotations) to supplement your learning with articles, cases, website links and board review questions.

6. Thursday mornings you will also attend our division meeting. You'll receive emails during the month with the division meeting schedule. Generally, those meetings run from 10:00-11:30 am, and include invited speakers, journal club, case conference, and resident presentations (see #6 below). Once a month we use this time for our administrative meeting—so you'll have that time free. For journal club, please read the article beforehand so you can fully participate. For case conference, we have Fellows and residents give brief patient presentations and go over a learning point from the case. It is an opportunity to ask questions about patient care, share interesting findings, and discuss management in cases where multiple doctors are sharing care.

7. Near the end of your rotation you will give a presentation on a topic that sparks your interest, related in some way to adolescent medicine. You will present at our Thursday morning division meeting with a very friendly and participatory audience. Residents typically use a power point format (but you do not have to), and it should be 20 minutes in length. You can run ideas by your teaching attending for the month and we can help you figure out a good topic.

8. Some clinics (Mission, Health Van, EDC) go until 6:00 or even 8:00 pm since teens appreciate evening access hours. We try to give you a lighter day at another point in the week when you have an evening clinic.

9. Most importantly: **Have a great time!**

Looking forward to working with you,
Dr. Katherine Hill, MD

Clinic Site Locations and Phone Numbers:

1. Eating Disorders Clinic, Teen Clinic, Weight Clinic, and Pediatric Gynecology Clinic all occur at Sunnyvale Clinic.

Address: 1195 West Fremont Avenue, 2nd floor, Sunnyvale, Ca
Phone: Clinic Front Desk – (408) 637-5959

2. Health Van locations are found online.

Address: *Google “LPCH Teen Van” to get the current schedule and location addresses.
Phone: Dr. Seth Ammerman (Cell phone) – (415) 515-9473

3. Comprehensive Care Program (CCP) is the adolescent unit at El Camino Hospital in Mountain View (eating disorder inpatient care).

Address: 2500 Grant Road, Tower C (take the C elevator), 4th floor, Mountain View, CA 94040
Phone: Nurses station – (650) 988-8381
Parking: You should be able to get away with parking in visitor parking next to the main new hospital. You can take off your badge and look like a visitor while walking in. Don’t try to park in the lot next to the YMCA (across North Drive from the main new hospital)—that lot is carefully guarded! There is also a staff ramp at the corner of North Drive and Hospital Drive available to you if needed.

4. Sports Medicine Clinic with Dr. Sally Harris is at the Palo Alto Medical Foundation in Palo Alto.

Address: 795 El Camino Real, Clark Building, 3rd floor, Palo Alto, Ca
Phone: Office – (650) 853-2943

5. Peds Gyn Clinic is with Dr. Paula Hillard at the Sunnyvale Clinic, address and phone see #1.

*Please note: Dr. Hillard would like residents to present patients with an initial identifying statement: Age, G P, LMP, ever/currently sexually active, current contraception, reason for visit.

Please read through PEDIATRIC AND ADOLESCENT GYNECOLOGY: Guidelines, Expectations, and Information, before your Peds Gyn Clinic experience.

6. Juvenile Hall in San Jose with Dr. Shelley Aggarwal and Dr. Charlene Shough.

Address: 840 Guadalupe Parkway, San Jose, Ca 95110
Phone: (408) 299-4841

Directions: Take 280S to 87N (Guadalupe Parkway) Take the Taylor exit, go right, 1 block, Left on San Pedro. Go through 2 lights and pull into large lot on right.

Parking: Parking is "C" permit parking which you have for Valley. Parking at juvenile hall is a tremendous ticketing hazard. Do not back into spaces and make sure that you read all the signs about where you can/cannot park. We do not reimburse for parking fees or tickets.

Walking Directions after parking: Go back down San Pedro when you leave the parking lot to Hedding and turn right. Walk down Hedding, pass Main Jail on left, pass overhead walkway. You'll see a driveway on your left and up the driveway is the Visitor entrance to Juvenile Hall. If you get to Guadalupe parkway, you've gone too far.

Check in at front entrance and show Stanford ID. Tell them you are working at medical clinic with Dr. Aggarwal or Dr. Shough – get visitor pass and go in. Check in w/nurse and ask for tour.

7. Mission Clinic (Mission Neighborhood Health Center) map:
<http://www.sfccc.org/sfcccclinics/mnhc.htm>

Address: 240 Shotwell Street, San Francisco, Ca, 94110

Parking: Clinic parking lot, or street parking (if lot is full)

Time: Clinic goes until ~8pm

Where to go: Teen Clinic is on the 1st floor, in the back toward 17th St.

Phone: Dr. Seth Ammerman (Cell phone) – (415) 515-9473

Rotation Summary - Adolescent Medicine

Rotation Contacts and Scheduling Details

Introduction:

When pediatrics was redefined by the American Academy of Pediatrics in the early 1970's to span the years from birth to 21, pediatricians were cast in the role of experts in the care of the adolescent patient. In a subsequent study by the Task Force on Pediatric Education (COPE), it was found that the overwhelming majority of pediatricians in practice felt ill-prepared for this role. Whether our residents become pediatric subspecialists or generalists, enter practice or academia, they will have adolescent patients.

The outpatient rotation draws on a rich network established by our Adolescent Medicine division with both Stanford and community-based sites serving very diverse populations of adolescents. The basic adolescent medicine out-patient rotation covers skills that are fundamental to interviewing and assessing adolescent patients. This includes skills in the assessment of growth and pubertal development, and in the recognition and management of common adolescent health problems. Residents on the rotation will develop basic skills in interviewing and conducting physical examinations with adolescent patients. They will develop an understanding of normal growth and development and learn to recognize aberrations in normal development. In addition, they will learn how to recognize and manage common adolescent health problems. This is probably the one time in your residency that you will be able to fully focus on improving your skills with teens and their health.

Weekly Schedule:

You will be sent a schedule for the month several days before you start the rotation. Addresses/phone numbers and driving directions will be sent to you by email with your schedule.

Requests for Schedule Changes: if at any point questions arise, or a medical or family emergency mandates a schedule change, please call or email Dr. Katherine Hill and the chief on call. Please copy our administrator, Ana Fraser (ana.fraser@stanford.edu) on any approved schedule changes.

Rotation Specifics

Orientation:

You will be oriented in person on the first day of the rotation by either the LPCH Adolescent Medicine teaching attending or Dr. Hill. This will be included on your schedule.

The structure of the rotation is meant to teach via four basic routes:

- Clinical experiences

- Didactic teaching sessions
- Reading
- Self-directed learning via online resources

The rotation does involve multiple clinics and frequent driving:

This is to give you a diverse, varied experience that you do not get elsewhere. Every effort has been made not to shuttle people to San Francisco and then to San Jose in the same day, but there certainly is driving from Palo Alto to Mountain View or from Palo Alto to San Francisco in the same day.

Our division is committed to improving your ability to care for adolescents; we enjoy working with the residents very much. We ask for your active participation in all clinics and consideration of the above points in order to get the best exposure to this fun and challenging age group. Please let me know if there is anything we can do to improve your experience.

Contact Information for Division

Note: Please contact the division administrator, Ana Fraser, or the page operator if you are having difficulty reaching faculty at the numbers listed here.

Faculty	Fellows
Neville Golden, MD Pager 13989	Rachel Goldstein, MD Pager 12666
Seth Ammerman, MD Pager 13096	Jonathan Avila, MD Pager 14471
Jennifer Carlson, MD Pager 13896	Megan Wong, MD Pager 14392
Cynthia Kapphahn, MD, MPH Pager 13747	
Sophia Yen, MD Pager 13470	
Katherine Hill, MD Pager 23883	

Online Learning Resources:

<http://med.stanford.edu/peds/rotations/core/adolescent-medicine-educational-tools.html>

Resident Roles and Responsibilities:

Attend all clinics, teaching sessions, and activities as outlined in block schedule sent to you at the start of the rotation. If you encounter an illness or a family emergency, you must contact the chief on call and Dr. Hill.

Evaluation and Feedback:

The methods of evaluation for the Adolescent Medicine Rotation will consist of:

- MedHub Resident Evaluations, Faculty Evaluations, Rotation Evaluations
- At the end of the rotation an end-of-rotation feedback session will be conducted by the LPCH Adolescent Medicine Teaching Attending or Dr Hill.