

# ADOLESCENT MEDICINE IN HONG KONG

DR. PO-YEE LOUNG



# Discussion group

- Dr Patrick Cheung ( Consultant, UCH)
- Dr Lai-ping Lee (Associate Consultant, PMH)
- Dr Po-yee Loung (Associate Consultant, QEH)
- Dr Anita Tsang (Consultant, QMH)
- Dr Winnie Tse (Chief of Service, QEH)



# Special features of Adolescent Medicine (AM) in Hong Kong

- \* There are areas of services taken care of by non-medical agencies e.g. substance abuse
- \* Local **cultural context** in Adolescent Medicine



# Adolescent Medicine (AM)

- \* Young persons in Adolescent Medicine Clinic are small in numbers but they need intensive therapy and support



# HKCH

- \* Phase I (2016 - 2024)— Oncology / Cardiology / Renal / PICU with no direct admission from Emergency Department
- \* Phase II (after 2024) - Fully operating HKCH with Emergency Department in the New Acute Hospital right next to it



# Existing adolescent medicine services

- \* adolescent medicine clinics
- \* QEH Adolescent Medical Centre (AMC) was started in 1995 with multi-disciplinary approach providing one-stop holistic care for teenagers aged 12 - 19
- \* Team members: paediatricians, psychologists, psychiatrists, nurse practitioners, medical social workers, dietitians, occupational therapists



# Existing adolescent medicine services

- \* Paediatricians providing services in HA adolescent clinics
  - \* PMH & YCH :Dr. Lai-ping Lee (AC)
  - \* QEH : Dr. Winnie Tse (Consultant), Dr. Po-yee Loung (AC), Dr. Margaret Yu (AC in CCDS, DBP)
  - \* QMH : Dr. Anita Tsang (Consultant)
  - \* TMH : Dr. Karen Lau
  - \* UCH: Dr. Patrick Cheung (Consultant)
- \* Non-HA Paediatricians specialising in Adolescent Medicine : Dr. Sylvia Leung, Dr Lilian Wong
- \* **No** trainee has declared interest in adolescent medicine



# Existing clinical services

## Outpatient services

- \* Eating Disorder
- \* Anxiety and mood disorder
  - +/- suicidal idea
  - +/- school refusal
- \* Multiple psychosomatic complaints
- \* Healthcare transition for young persons with chronic illnesses
- \* Social skills problems or suspected autistic spectrum disorder
- \* Obesity
- \* Behavioural or family problems e.g. violent behaviour

## Inpatient services

- \* Eating disorder
  - \* Newly diagnosed
  - \* Chronic anorexia nervosa (AN) cases with repeated admissions
  - \* Critically ill AN requiring PICU care
- \* Suicidal attempt
- \* Substance abuser with acute intoxication and PICU admission
- \* Aggressive behaviour



ADOLESCENT MEDICINE TRAINING  
- GENERAL PAEDIATRICS AND  
SUBSPECIALTY



# Adolescent Medicine Training

- \* Adolescent medicine training aims at providing a cross discipline experience for trainees in both clinical medicine, mental health service and psychosocial service





# Clearly defined roles of adolescent physician

- \* Medical Expert in providing healthcare for adolescent population with the following roles:
  - \* Professional
  - \* Scholar
  - \* Advocate
  - \* Collaborator





# Training venues for subspecialty trainees

- \* Adolescent Medical Centre / QEH
- \* Eating disorder service network
- \* Community adolescent services providers e.g. mother's choice, non-government organisations for adolescents e.g. hostels or detox program for substance abuser



# AM Training for general paediatric residents

- \* Communication skills training integrated into the MRCPCH training course for pre-member residents
- \* Teaching sessions on core topics in adolescent medicine e.g. puberty, eating disorder, healthcare transition, sexuality, sexually transmitted infection, contraception, LGBTQ healthcare, psychosomatic complaints, adolescents high risk behaviors e.g. alcohol, e-cigarette, bullying, family violence
- \* Short attachment to community services e.g. Mother's Choice, CCDS
- \* Electives to Adolescent Medicine in AMC / QEH



# AM Subspecialty Training

- \* 3 - year program
- \* Allow 1 year overlap with higher trainee of the HKCPaed general paediatrics fellowship program
- \* Rotations to Child Psychiatry, Clinical Psychology, Endocrinology
- \* Dissertation and written examination at exit
- \* In-training assessment included in the final exit examination
- \* Maximum 6 months of recognition for specified qualification or training within the subspecialty training program e.g. Ph.D, MPH



# Future Adolescent Medicine programs

Healthcare transition program for youth with chronic illnesses

General adolescent medicine clinic

e.g. family problems, bullying, anxiety, suicide and sexual health

Eating disorder service network

Eating disorder day hospital

Transgender care program

Obesity program

No Young Families Program or Substance Abuse Program in HKCH



- \* **Adolescent friendly** Hong Kong Children's Hospital



# MANPOWER AT SICKKIDS



Visiting SickKids

Areas of Care

Patient and Family Resources

Careers and Volunteering

Health-care Professionals

About SickKids

## Adolescent Medicine

Who we are

What we do

Good 2 Go Transition program

Programs

Education and learning

Research activities

Referring a patient

Resources

Teen Q & A

[Hospital](#) > [Adolescent Medicine](#)

### What we do

The Teen Clinic is made up of:

- [Eating Disorders Program](#)
- [Good 2 Go Transition Program](#)
- [SickKids Interprofessional Team for Youth \(SITY\)](#)
- [Substance Abuse Day Treatment and Outreach Program](#)
- [Transgender Youth Clinic \(TYC\)](#)
- [Young Families Program](#) (for teen parents and their children)

Listen

6 core programs





# Adolescent Medicine

## Who we are

[History](#)

[Our Mission and Vision](#)

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## Who we are

The Division of Adolescent Medicine is an inter-disciplinary program consisting of physicians, nurses, social workers, dietitians, administrative staff, research staff and mental health professionals.

### Division Head

[Miriam Kaufman](#)

### Subspecialty Residency Training Program Director

[Katherine Hick](#)

### Staff Physicians

[Joey Bonifacio](#)

[Katherine Hick](#)

[Debra Katzman](#)

[Karen Leslie](#)

[Cathleen Steinegger](#)

[Alene Toulany](#)

### Part-time staff physicians

[Dr. Ian Chen](#)

[Dr. Chana Korenblum](#)

[Dr. Eudice Goldberg](#)

[Dr. Trisha Tulloch](#)

[Dr. Ashley Vander Morris](#)

7 full-time staff physicians  
5 part-time adolescent physicians  
6 – 8 subspecialty residents  
1 to 2 first year pediatric residents  
At least 1 nurse practitioner in each  
core program



# Eating Disorder Inpatient Program at SickKids

- \* The only inpatient beds directly under the care of adolescent physicians are the 10 inpatient beds for adolescents with anorexia nervosa
- \* All staff physicians have 2-week rotations to take care of the 10 inpatient eating disorder beds



# Phase 1 (2016 - 2024)

## What to do with each program?

- \* Eating Disorder Service Network
- \* Healthcare transition for adolescents with chronic illnesses
  - \* Starts with spina bifida patients and then expand the service according to need
- \* Transgender (TG) healthcare interest group
  - ➔ Transgender healthcare network
- \* Continuous improvement in general adolescent medicine service - mental health, psychosocial health and sexuality aspects
- \* Obesity Program - similar to SickKids Team Obesity Management Program (STOMP) at SickKids; focus on psychosocial intervention before the expertise for bariatric surgery is available



# Summary

## Training

- \* **Accreditation** of subspecialty training
- \* **Research** in local community
- \* **Spread the knowledge** of adolescent medicine to undergraduate, general pediatric and general public



## Manpower

- \* Attract trainees
- \* **Promotion of Adolescent Medicine** as a well-defined subspecialty



# What to do in phase 1?

## 2016 - 2024

- \* Accreditation of subspecialty training
- \* Liaise with other units for future AM training programs
  - Endocrinology
  - Child Psychiatry
  - Psychologist
  - Community Service Providers
- Research in local adolescent population

## After 2024

- \* 5 adolescent programs to better serve our younger generation
- \* Adolescent physicians play the role of professional, scholar, advocate and collaborator for adolescents in Hong Kong



THANK YOU!