**Advanced Training Committee in Adolescent and Young Adult Medicine**

**LOGBOOK**

*All logbooks must be typed. If it is handwritten it will be returned to you by the Education Officer for amendment prior to assessment.*

**TRAINEE DETAILS**

|  |  |
| --- | --- |
| **Trainee Name:** |  |
|  |  |
| **Trainee MIN:** |  |
|  |  |
| **Supervisor Name:** |  |
|  |  |
| **Submission Type:** | First Year of Advanced Training  End of Advanced Training |
|  |  |
| **Date Submitted:** |  |
|  |  |
| **Trainee Signature:** |  |
|  |  |
| **Supervisor Signature:** |  |

**IMPORTANT INFORMATION**

**About the Logbook**

One logbook is to be maintained over the course of Advanced Training and must be submitted twice; once in progress at the end of first year of training (first 12 months) for review, and then the final logbook is to be submitted by the end of Advanced Training (end of last 12 months). Submissions must be made via email to [AdolescentMed@racp.edu.au](mailto:AdolescentMed@racp.edu.au).

The Logbook component of your Advanced Training in Adolescent and Young Adult Medicine covers eight areas:

* Growth and development
* Psychosocial assessments
* Long-term follow up
* Nutrition – overweight/underweight
* Mental health and behavioural issues
* Chronic physical illness or disability
* Health risk behaviour including substance abuse
* Sexual health (e.g. sexuality, same sex attraction, STIs, contraception, teenage pregnancy, sexual abuse, reproductive health in chronic illness and disability, gender identity disorder etc.)

For each area:

* A minimum of 20 cases are to be logged (the same cases cannot be repeated over more than one area)
* At least one case from each of the following age ranges must be included: 10-14, 15-19, 20-24 years

**CURRICULUM OBJECTIVES**

Learning objectives have been taken from the Adolescent and Young Adult Medicine Advanced Training Curriculum. Please refer to the full Curriculum throughout training, and when completing the logbook.

Below is the list of intended curriculum objectives:

**Growth and Development**

* Describe normal and abnormal physical development *(Learning Objective 1.1.2)*

**Psychological Assessments**

* Engage with and assess adolescents and young adults *(Learning Objective 1.2.1)*

**Long-Term Follow Up of Patients**

* Manage common chronic conditions *(Learning Objective 2.1.1)*

**Nutrition**

* Manage common chronic conditions in overweight and underweight patients *(Learning Objective 2.6.1)*

**Mental Health and Behavioural Issues**

* Recognise and manage common mental health problems *(Learning Objective 2.2.1)*

**Chronic Illness or Disability**

* Manage common chronic conditions *(Learning Objective 2.1.1)*
* Diagnose and manage common medical disorders arising in adolescents and young adults with disability *(Learning Objective 2.5.1)*

**Health Risk Behaviour Including Substance Abuse**

* Describe the epidemiology of alcohol and other drug use *(Learning Objective 2.4.1)*
* Identify substance use problems that require specific intervention and specialist referral *(Learning Objective 2.4.2)*

**Sexual and Reproductive Health**

* Describe normal and abnormal physical development *(Learning Objective 1.1.2)*
* Diagnose and manage sexually transmitted diseases *(Learning Objective 2.3.1)*
* Discuss issues around contraception with adolescents, young adults and families *(Learning Objective 2.3.2)*
* Manage adolescents and young adults who are pregnant *(Learning Objective 2.3.3)*
* Identify and manage health problems in adolescents and young adults who are marginalised or at risk *(Learning Objective 2.7.1)*
* Recognise, assess and manage adolescents and young adults who have been sexually abused *(Learning Objective 2.7.2)*

**GROWTH AND DEVELOPMENT**

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**PSYCHOSOCIAL ASSESSMENTS**

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**LONG TERM FOLLOW-UP OF PATIENTS**

Examples of areas to be covered include, but are not limited to:

* Engagement with young person and family over time
* Changing nature of clinical issues with time
* Changing management plans according to health concern.

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**NUTRITION**

Examples of areas to be covered include, but are not limited to:

* Explaining the concept of body image
* Managing an acutely ill patient with anorexia nervosa
* Recognising insulin resistance

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**MENTAL HEALTH AND BEHAVIOURAL ISSUES**

Examples of areas to be covered include, but are not limited to:

* Clinical presentations of common mental health conditions
* Initial management of common mental health problems

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**CHRONIC PHYSICAL ILLNESS OR DISABILITY**

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**HEALTH RISK BEHAVIOUR INCLUDING SUBSTANCE ABUSE**

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**SEXUAL AND REPRODUCTIVE HEALTH**

Examples of areas to be covered include, but are not limited to:

* Sexuality
* Same sex attraction
* Sexually transmitted infections
* Contraception
* Teenage pregnancy
* Sexual Abuse
* Reproductive health in chronic illness and disability
* Gender identity disorder

|  | **Date** | **Patient initials** | **Age of patient** | **Major clinical issues and key learning points** | **Name of supervisor** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |