



EuTEACH SUMMER SCHOOL 2012
Basic Course
Lausanne, July 8th to 13th

Aims

To improve the quality of health care and preventive services delivered to adolescents, using the best available evidence.

To develop more effective skills for adolescent health teaching and advocacy.

Target audience

- Experienced health professionals working with young people aged 10 to 19
- Professionals with current or future teaching responsibilities
- Professionals involved in public health, policy making and advocacy for young people

The number of participants is limited to 24. Therefore, professionals who want to participate should send in their application as soon as possible; preferably **before April 15th 2011**. This should include a one page CV, a short letter of motivation to the organizer, and the registration form (see below). Acceptance of the application will be acknowledged shortly after receiving the application. Detailed information will follow.

All sessions are in English and interactive. Participants are expected to actively participate and to share their own experiences. **Reasonable fluency in English is therefore essential.**

Program

	Morning		Afternoon	
Sunday	<i>5 pm: Information session</i>			
Monday	Adolescent development	Youth friendly health services	Communication skills	
Tuesday	Mental health	Substance use	Chronic conditions	Epidemiology
Wednesday	Public health		Public health	Advocacy
Thursday	Chosen module 1		Chosen module 2	
Friday	Chosen module 3	Evaluation	<i>Course ends at 2 pm</i>	

The course will start on Sunday July 8th at 5 pm with a mandatory information session (followed by a get-together reception) and will end on Friday July 13th at 2 pm. Please plan a departure flight after 5 pm at the earliest on Friday.

The course is divided in 2 parts. For the first three complete days (Monday to Wednesday), all participants will attend the same modules. For the second part (Thursday & Friday) participants can choose three of the six proposed half-day long modules (Modules A through F).

Thursday & Friday, three modules to choose from:

Module A. Eating disorders including obesity

Adolescents are at risk for a broad spectrum of weight-related problems including body dissatisfaction, disordered eating behaviors, eating disorders and obesity. This session will cover definitions and diagnosis; Weight and shape issues and how to address them with young people; The parents' role; Assessment of medical compromise (both at the individual and familial levels); Prevention and therapeutic strategies including motivational and systemic. Case-based presentations will guide the session, and practical problem solving and solution focused strategies will be discussed. Participants are encouraged to bring challenging scenarios with which they are wrestling to be shared during the session.

Module B. Legally young

Ethical and legal subjects are often especially challenging when dealing with young people. Adolescence is a period of identity building and autonomy seeking and most young people are competent to make decisions regarding their own health. However, legal regulations and patient rights differ between nations. In this module we will review and discuss international ethical and legal guidelines and resolutions regarding young patients. We will use experiences from participants as well as clinical and public health cases in the module.

Module C. Exploratory and risk behaviors

Adolescence is a time of experimentation. However, the line between an exploratory and a risk behavior is often very thin. The objective of this module is to define these different types of behaviors together with risk and protective factors and to put them in the context of adolescent bio-psychosocial development. We will also explore the reciprocal association between social influences and exploratory/risk behaviors.

Module D. Family influences and dynamics

Families invariably encounter crises often manifested by adolescents who may present to us for care. Addressing the health needs of the adolescent requires an awareness of family issues and appropriate strategies for management, including behaviour change. In this session, the dominant patterns of family functioning will be presented as well as their impact on the fulfilment of the adolescent developmental tasks. Grounded in the bio-psychosocial model and emphasizing a developmentally based, family oriented approach, this session is designed for professionals who desire to gain further knowledge and skills that will enhance their confidence and competence to provide integrated health care.

Module E. Common medical problems during adolescence

This module will consider the range of common medical problems that young people frequently present with in clinical practice including skin problems, musculoskeletal conditions, fatigue, and idiopathic pain syndromes. The adolescent-specific aspects of these conditions will be explored and the skills in assessment, diagnosis and management of the conditions highlighted. Teaching tools will include, mini lectures, group discussions (particularly to enable sharing of expertise of the participants themselves) and role play.

Module F. Sexual health and sexual health promotion in various settings

This module will focus on general aspects of sexual health and sexual health promotion and how to teach them both for clinicians and public health professionals in a multidisciplinary approach. It will not focus on specialized gynecological topics.

At the end of the module the participants will be able to: Integrate various pedagogical tools; Practice various communication styles to address sexual health issues in clinical settings (clinical non gynecological settings, school health settings, etc.); Increase awareness of the influence of cultural values and gender issues, including sexual orientation when dealing with sexual health issues (public health and clinical issues); Get familiar with European sexual health education standards; Discuss the role of sexual health education in various settings (schools, communities, adolescent clinics,..).

Note: *we will try to accommodate participant's wishes as much as possible on a first-come first-serve basis.*

Facilitators

Kirsten Boisen (Denmark)
Helena Fonseca (Portugal)
Janet McDonagh (United Kingdom)
Anne Meynard (Switzerland)
Pierre-André Michaud (Switzerland)
JC Suris (Switzerland)

Additional information

The course takes place on the campus of the University of Lausanne. There are a number of hotels in the vicinity of the campus and for those who prefer to stay in Lausanne, access to the campus from the city is fast and easy through public transportation (M1 metro). Participants are responsible for both the reservation and the payment of their own accommodation.

Course fee is **700 Euros** (800 Euros if the application is received after May 30th 2011).

The fee includes course materials, lunches, coffee breaks, welcome party (Sunday evening) and Gala Dinner (Thursday evening).

Registration will be effective once payment has been received.

For further information, please contact Dr. JC Surís (joan-carles.suris@chuv.ch)

or the EuTEACH secretariat (euteach@chuv.ch)

Registration form

Family name:.....

First name:.....

Institution:.....

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Preferred modules:

Number 1 choice:.....

Number 2 choice:.....

Number 3 choice:.....

Number 4 choice:

Number 5 choice:

Number 6 choice:

Note: *we will try to accommodate participant's wishes as much as possible on a first-come first-serve basis.*

Please indicate:

Do you need a vegetarian meal? YES NO

Accompanying person(s)?

NO

YES → How many?.....

→ Will the accompanying person(s) participate at the Get together party on Sunday afternoon?
 YES NO

→ Will the accompanying person(s) participate at the Gala diner on Thursday evening (Fee: 100 Swiss Francs per accompanying person)?
 YES NO

PLEASE SEND THIS FORM VIA E-MAIL (euteach@chuv.ch) OR FAX (+4121 314 37 69) TOGETHER WITH YOUR CV AND MOTIVATION LETTER
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