



Rotation Director: Elizabeth Robinson, MD, Mobile 434-242-7295, ear5s@virginia.edu

EDUCATIONAL PURPOSE

The goal of this rotation is to equip the University of Virginia Health System Family Medicine Resident with the specific knowledge, skills, and attitudes necessary to care for adolescents / young adults. This includes improving the family medicine resident's ability to manage the common health concerns affecting young adults and to deliver preventive services appropriately tailored to this population.

LOGISTICS

- The Medical Services clinic hours are 8:00AM-5:00PM Monday through Friday. Family Medicine residents are expected to be in clinic for the entire day unless approved for time off because of other house staff requirements. Residents are excused from clinic for noon conferences/grand rounds and when they have previously scheduled clinic duties elsewhere. Communication with the front desk secretarial staff is expected regarding any scheduling changes/conflicts (434-982-3915).
- Family Medicine residents will receive orientation to the clinic and its electronic health record system on the first day of the rotation. Unless otherwise arranged through communication with Dr. Robinson, Family Medicine residents should arrive at 8:00AM on the first day of the rotation.
- One week prior to the start of the rotation, each resident should complete the required IT (Information Technology) and Workday modules assigned to them.
- Family Medicine residents may rotate only during the UVA academic school year, excluding the student winter break. **Family Medicine residents should not be scheduled to rotate 5/15-8/15 or 12/15-1/15 each year.**
- Maximum trainee limits (per month): 1-2 Internal Medicine residents, 1 additional resident (Pediatrics, Family Medicine)
- There are no call duties.
- There is no on-site parking available for residents.
- Location: 550 Brandon Avenue, Charlottesville, VA 22908

CURRICULAR MILESTONES TO BE ACHIEVED

By the end of this rotation, the Family Medicine resident should be able to:

Patient Care

1. Diagnose and treat outpatient conditions affecting young adults.
2. Demonstrate appropriate knowledge, attitudes, and skills in the delivery of clinical preventive services targeted at young adults.

Medical Knowledge

3. Demonstrate knowledge of normal anatomy and physiology relevant to adolescents/ young adults.
4. Obtain a history pertinent to common complaints and health maintenance in this population.
5. Demonstrate improved skill in the physical examination of adolescents/ young adults.
6. Access, analyze, and assimilate clinical information relevant to the care of adolescents/ young adults.

Practice-Based Learning and Improvement

7. Learn and improve through performance reviews and feedback.
8. Locate, evaluate and assimilate evidence from scientific studies.
9. Use information technology to manage information, access online medical information and support own education.
10. Facilitate the learning of colleagues and other healthcare professionals.

Interpersonal and Communication Skills

11. Communicate effectively and demonstrate caring and respectful behavior toward patients and family members.
12. Demonstrate effective interpersonal skills, sensitivity, and cultural awareness when communicating with young adults.
13. Create a therapeutic and ethically sound relationship with patients and families.
14. Demonstrate competence in counseling regarding health issues affecting young adults, including sexual and mental health issues, and substance abuse.
15. Communicate effectively with all team members.
16. Demonstrate appropriate knowledge, skills, and attitudes in integrating the psychosocial aspects of diagnosis and therapeutics.
17. Demonstrate the ability to report and document a history, physical examination, assessment, and plan accurately and efficiently.

Professionalism

18. Exhibit respect, compassion, integrity, and ethical behavior in professional conduct toward patients and families, colleagues, and other members of the health care team, including respect for patient confidentiality.
19. Demonstrate sensitivity and responsiveness to patients' culture, age, gender, disabilities and individual needs and preferences.
20. Demonstrate a commitment to excellence.
21. Accept responsibility and follow through on tasks.

Systems-Based Practice

22. Advocate for quality patient care and assist patients in dealing with system complexities.
23. Recognize system error and advocate for system improvement.
24. Identify forces that impact the cost of health care, and advocate for and practice cost-effective care.
25. Transition patients effectively and safely within and across health care delivery systems

Educational Conferences

Medical Services CME Conference, 2 Tuesdays each month, 8:00-9:00 AM, Student Health 1st Floor Conference room or by Zoom.

READING LIST/RESOURCES

Sports Medicine

1. Griffin LY, ed. Essentials of Musculoskeletal Care, 4th edition. (Available in clinic)
Review these topics: Sprains and Strains, Shoulder, Hand and Wrist, Knee and Lower Leg, Foot and Ankle

Vaccines

2. ACHA Guidelines: Immunization Recommendations for College Students, 2021. [Link](#)

Sexual Health

3. ACHA Best Practices for Sexual Health Promotion and Clinical Care in College Health Settings, 2020. [Link](#)

Infections

4. US Public Health Service. Preexposure Prophylaxis for the Prevention of HIV Infection in the United States – 2021 Update (HIV PREP Guidelines). [Link](#)
5. Chow AW, et al. IDSA clinical practice guideline for acute bacterial rhinosinusitis in children and adults. Clin Infect Dis 2012;54:1041-1045. [Link](#)

6. Luzuriaga K, Sullivan JL. Infectious mononucleosis. *New Engl J Med* 2010;362:1993-2000. [Link](#)

Dermatology

7. Zaenglein AL, et al. Guidelines of care for the management of acne vulgaris. *J Am Acad Dermatol* 2016;74:945-973. [Link](#)

Travel Medicine

8. CDC Travelers' Health Web Site: <http://wwwnc.cdc.gov/travel/>
9. CDC Yellow Book 2024 – Available in Clinic

Updated: 07/2023