Post Graduate Diploma in Adolescent Paediatrics  
(PGD- AP)

Scheme of Examination:

No students shall be presented for the examination unless he or she secures 80% attendance at the contact classes. There shall be an examination at the end of the course, consisting of four papers of three hours duration as detailed below:

<table>
<thead>
<tr>
<th>Paper</th>
<th>Name of Paper</th>
<th>Duration of Exam</th>
<th>Maximum Marks</th>
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<td>Code Exam</td>
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<tr>
<td>1</td>
<td>Adolescent Care</td>
<td>3 hrs.</td>
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<td>2</td>
<td>Medical problems in Adolescents</td>
<td>3 hrs.</td>
<td>100</td>
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<td>3</td>
<td>Adolescent Counselling</td>
<td>3 hrs.</td>
<td>100</td>
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<td>4</td>
<td>Marriage and Family</td>
<td>3 hrs.</td>
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<td>5</td>
<td>Project Work</td>
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Syllabus:

**Paper I: Adolescent Care**
Part A Preventive Adolescent Health services
Part B Development of Life Skills
Part C Organizing service for adolescents

**Paper II: Medical problems in Adolescents**
Part A: Growth & Growth Disorders
Part B: Reproductive Health
Part C: Medical Problems

**Paper III: Adolescent Counselling**
Part A Principles of Personality Development
Part B Process & Techniques of counselling
Part C Scholastic Backwardness-guidance

**Paper IV: Marriage and Family**
Part A Women’s issues & Gender sensitization
Part B Pre-Marital & Marital Counselling
Part C Research methods in Adolescent Paediatrics

**Paper V: Project Work**

**Paper I: Adolescent Health Care**
Part A- Preventive Adolescent Health Services

**Unit I: Adolescence - Perspectives**
- Introduction, Definition, Rationale, Need for Teenage Care Policy, Perceived Problems, Morbidity Patterns - Poor stress Tolerance - Abuse - Teenage Pregnancy-Suicides
- Childhood, onset Adult Diseases - Barker Hypothesis - Diabetes - Hypertension Coronary Heart Diseases - Need for Preventive Adolescent Health Services

**Unit II: Adolescents Immunization**

**Unit III: Body image**
- Physical, Fitness & Health Issues
- Sports Pre-participation a Evaluation, sports Injuries, Special Concern for Adol. Athletes
- Shoulder, Elbow a Wrist-Knee injuries - Clinical Approach Et Management
- Beauty Concepts
Part B - Development of Life Skills

Unit I: Life Skill Management in Adolescents

- Life Skill WHO Definition, Psychological Competence - Need for Life Skill Training, Decision Making - Problem Solving - Creative Thinking - Critical Thinking - Effective Communication - Coping with Emotion Stress and Self Awareness - Empathy Interpersonal Skills, Negotiating Skills
- Life Skill Education Program - Methods used for Acquisition of skills, Problem Specific Skills, Peer Pressure, Family Pressure, Media Pressure, Gender Pressure

Unit II: Prevention of Smoking, Alcohol and Drug Abuse

- Smoking cessation Programs, Prevention, Passive Smoking, Health Hazards of smoking
- Alcohol - Untoward effects, addiction and De-addiction Programs
- Drugs - Commonly used Drugs - Determinants of Drugs, Peer Pressure, Risk factors of Drugs, Indication of Drug Abuse, Symptoms of Drug Abuse.

Unit III: Life Style Diseases

- Introduction, Common Life style Diseases, Preventive Strategies, Complications, Lifestyle Modifications, Dietary Patterns of Adols., Fast Food

Part C - Organizing Adolescent Friendly Services

Unit I: Family Life Education

- Adolescent Nutrition, Personal Hygiene, Identity crisis, Life Skill Development Scholastic Achievements, prevention of STI's, HIV/AIDS. Prevention of Abuse

Unit II: Organizing Teen Clubs

- Community Awareness Program, Collaborating with NIGOs - School Health Programs, Teen Clubs in ICDS Anganwadis.

Unit III: Teenage Care Clinic:

- Organization, structure, Functions, Patterns, Models and Community Acceptance.

Paper II: Medical Problems in Adolescents

Part A - Growth and Growth Disorders

Unit 1: Adolescent Growth & Nutrition

- Growth during Adolescence, Short Stature, Breast Disorders, Gynecomastia, Voice Disorders, Thyroid Disorders, Adol. Growth Patterns and Disorders
- Macronutrients & Micronutrients - Adol. over nutrition, Under Nutrition, Food Fads

Unit II: Puberty & Disorders of Puberty

- Onset of Puberty, Delayed Puberty, Precocious Puberty.
Unit III: Obesity in Adolescents

- Obesity - Assessment, BMI, skin fold thickness, Waist-Hip Ratio, Aetiology of Obesity, valuation, complication and Management, Dietary Measures, Life Style Modification, Drugs and Surgery, Obesity clinics

Part B Adolescent Sexuality and Reproductive Health

Unit 1: Sex, Sexuality & Adoles. Sexual Abuse

- Introduction, Sex and Sexuality, Education to Adols. , How to conduct sessions, Common Sexuality Problems in Adols.
- Incidence, Clinical Presentation, Management, Prevention - How to perceive

Unit II: Reproductive Health

- Nocturnal Emission, Menstruation, physiology of Menstruation, Common Menstrual Problems, Management, DUB, Amenorrhoea
- Urinary Tract Infections, Introduction, Commonly seen diseases, diagnosis & Management
- Teen Pregnancy, Incidence, Issues, Complications.

Unit III: Prevention & Management of STIs


Part C - Common Medical Problems

Unit 1: Common Diseases

- Introduction, Type I and Type II Diabetes, issues and Management.
- Cardiovascular Disorders, Congenital Heart Disease, Rheumatic Fever, Hypertension Management
- Asthma in Adols., Precipitating Factors and Management.
- Tuberculosis in Adolescents, Diagnosis and Management.
- Ophthalmic Problems, Refractive errors, Squint, Trauma Management, Headache-Acute and Chronic.
- Epilepsy
- Rheumatological Diseases in Adolescents, Types, Diagnosis, Management

Unit II: ENT issues

- Common Ear, Nose, Throat Problems - Diagnosis and Management.
- Voice Disorders, Stammering and stuttering

Unit III: Skin Diseases & Cosmetology

- Common Diseases - Acne, Hirsutism, Skin Care
- Basic Science of Cosmetology
- Cosmetology Procedures Et Laser Therapy - Availability - Need - Procedures - Complications – Precautions
- Cosmetic Surgery - Procedures - Complications - Precautions
Paper III: Adolescent Psychology & Counselling
Part A – Personality and Achievement
Unit 1: Personality
  • Principles of Personality Development - Definition - Traits and Types - Theories

Unit II: Intelligence
  • Introduction - Nature of Intelligence – IQ Assessment

Unit III: Motivation & Aptitude
  • Nature - Motivational Cycle - Classification - Tests

Part B: Counseling
Unit I: Process & Techniques of Counseling
  • Introduction to counselling - Steps in counselling - Definition of counselling - Characteristic of counsellor - Counsellor, counselee relationship - Different approach - Counselling process

Unit II: Behavior Therapy
  • Behavior Modification and systematic desensitization
  • Assertion training and Operant Conditioning technique
  • Cognitive Behavior modification

Unit III: Scholastic Backwardness- Guidance
  • Scholastic Achievement
  • Factors influencing Scholastic Achievement
  • Helping students with Backwardness
  • Attention Deficit Hyperactive Disorder

Part C: Adolescent Mental Health

Unit I: Psychosomatic Disorders
  • Introduction - Psychosomatic Complaints - Psychosocial Factors - Stress Related Somatisation - Conversion Disorders - Pain Disorders - Differential Diagnosis - Management

Unit II: Emotional, Mood & Conduct Disorders
  • Anxiety, Phobias, Hypochondrisis, Obsession and compulsions, Depression, Mania, Conduct Disorders.

Unit III: Psychopharmacology
  • Antidepressents, Antipsychotics, Mood Stabilizers, Others.
Paper IV: Marriage, Family Counselling
Part A: Women's issues & Gender Sensitization
Unit I: Empowerment of women
  • Introduction - Status and role of women in society - Role as a mother-wife-woman.
Unit II: Legal Rights and present status
  • Introduction - Relevant laws - Societal Perspective
Unit III: Gender Sensitisation
  • Introduction - Current Status - Role of Men - Teaching Boys

Part B: Pre-marital Counseling
Unit I: Family
  • Definition of marriage and family
  • Characteristic of family (related theories)
  • Role and functions of family
  • Pattern of family interaction (theory)

Unit II: Pre-marital Counseling
  • Love & Affection
  • Qualities of Life Partner
  • Adjusting with Partner
  • Incompatibility
  • Marital Conflict
  • Premarital Medical Check Up
  • Precautions before you have a baby

Unit III: Counseling family with various problems
  • Parent and child relation
  • Chronic fitness
  • Mentally ill person with the family
  • Crisis intervention

Part C: Research Methods in Adolescent Pediatrics
Unit I: Basic Concepts
  • Introduction to Research Methodology
  • Introduction to basic concepts of statistics
Unit II: Methodology
  • Research designs
  • Sampling Techniques
  • Questionnaire designing
Unit III: Analysis & Reporting
  • Report Preparation
  • Research Issues Specific to Adolescent Research

Paper V: Project Work
Reference Books:

- Adolescent Care 2000 and Beyond by MKC Nair, (Ed.)
- Counselling Edited by Stephen Palmer, Sheila Dainow And Pat Milner, Published by SAGE Publications 32, M Block Market, Greater Kailash-1, New Delhi. Student support service The other details - Evaluation given in PGDCAFC is applicable to PGDAP also.