



THE FIRST 4 YEARS OF ADOLESCENT MEDICINE in FINLAND



Nuorisolääkärit ry

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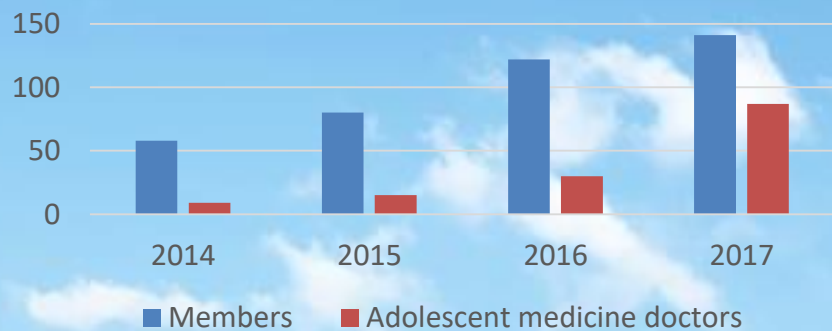
The Finnish Association for Adolescent Medicine was founded in 2013. It is open to any physician willing to gain expertise in treating adolescents, irrespective of their medical speciality. In 2014, a program for special competence in adolescent medicine was established. It grants the right to use the title Specialist in Adolescent Medicine

Background: Finland, a small country with 5.5 million people, was among the first countries to establish school health services and to train health nurses for children. Currently school and student healthcare services include specially trained nurses, as well as psychologists, social workers, youth workers and special education teachers, who have also been trained to work with adolescents. Adolescent psychiatry is a speciality of its own. There is a training program for physicians working at well baby care or elementary schools. Despite the many efforts, one aspect was forgotten: the physicians working at schools or in hospitals had no education or training to work with young people.

The requirements for the diploma for special competency of adolescent medicine:

- Any medical speciality
- Two years of working experience at places where most patients are 12-22 years
- Experience both of primary and secondary/tertiary care
- Experience both of somatics and psychiatry
- 80 hours of appropriate theoretical training
- The applicant has to compose a portfolio of ten case reports that cover different aspects of adolescent medicine (e.g. chronic diseases, mental and sexual health issues, complex family situations). Special attention is paid to a holistic approach and understanding of the development of adolescents.
- A transition phase 6.6.2014-6.6.2017:
 - no specialization was required

Cumulative number of members of the association and special competences for adolescent medicine granted so far



Work places of adolescent medicine doctors/ transition phase

