Gynaecological issues in Adolescence
Do Paediatricians and Paediatric Residents feel comfortable about it?

Bota S, Alcafache M., Sassetti L.
Adolescents Unit, Hospital D. Estefânia, Lisbon, Portugal

Introduction
In Portugal, recent paediatric age extension to 18 years old brought new challenges to the Paediatrician, who is now frequently facing with Adolescence Gynaecological problems.

Through longstanding contact with the teen and her family, the Paediatrician is in an ideal position to approach common concerns in this field. However, lack of familiarity and training may compromise it.

Aims & Methods
Aims: To identify Gynaecological issues evaluated in hospital General Paediatrics and Adolescent Clinics, both by consultants and residents.

Methods: An anonymous survey was filled out by 96 physicians from 4 Paediatric Departments from Lisbon and surrounding areas.

Results

<table>
<thead>
<tr>
<th>Covered topics</th>
<th>NEVER</th>
<th>SOMETIMES</th>
<th>ALWAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pubertal development</td>
<td>1%</td>
<td>36%</td>
<td>62%</td>
</tr>
<tr>
<td>Sexuality</td>
<td>6%</td>
<td>66%</td>
<td>27%</td>
</tr>
<tr>
<td>STD’s</td>
<td>8%</td>
<td>69%</td>
<td>23%</td>
</tr>
<tr>
<td>Contraception</td>
<td>7%</td>
<td>68%</td>
<td>24%</td>
</tr>
<tr>
<td>Dating violence</td>
<td>42%</td>
<td>51%</td>
<td>5%</td>
</tr>
</tbody>
</table>

90% of clinicians attend patients until 18 years old in their daily practice.

Gynaecology referral
53% between 12-15 years
44% by routine

How does the Paediatrician feel about it?

- Uncomfortable
- A little uncomfortable
- Comfortable
- At ease

91% of the Paediatricians think these topics belong to their competence and 87% express learning needs

Discussion
Clinicians showed important information gaps and urgent learning needs in this area.

More opportunities for being taught should be included in the Portuguese Paediatric Training Program, as well as activities in Continuing Medical Education for General Paediatrics Consultants.

Bibliography: