



## MINUTES

### EAP Winter Meeting 2019 | Brussels, Belgium

#### EAP Adolescent Health and Medicine Working Group

Friday, Dec 6th 2019 | 10.00 – 11.00

#### Chair: Artur Mazur

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| 1. Welcome  | Artur Mazur                               |
| 2. Introduction of Working Group Members  | Artur Mazur                               |
| 3. Information about publication accepted to the Journals                         | Artur Mazur                               |
| • SSB in children with ECOG   |   |
| 4. Information about manuscripts of statements                                    |   |
| • SSB in children with ECOG   |   |
| • Prevention of childhood obesity through increased physical activity (with ECOG) |   |
| • Identifying and Treating Eating Disorders (with ECOG)                           |   |
| • Front of pack in food labeling for children and adolescents                     |   |
| • How should primary care practitioner address substance use by adolescents?      | Pierre Andre Michaud                      |
| 5. European Training in Adolescent Care and Health                                | Pierre Andre Michaud,<br>Rob Ross-Russell |

Professor Michaud introduced current status of work about Adolescent Medicine and Health MJC. It was agreed that there were three themes: the agreement that education about adolescent issues should be part of the syllabus right from medical school, through 'core training' and into specialist training in (almost) all specialties; that there was a balance of training needed between specific adolescent health issues, and the separate but important issue of transitioning care; and that mental health and wellbeing were a critically important part of the training. There was also discussion about whether the output of this group would be new



material (especially teaching material) or whether it would point to work already available. In broad terms it was acknowledged that there was a lot of educational material available for training in adolescent issues (notably EuTeach), but that syllabi in all areas would need to contain specific mention of adolescent medicine. Three areas of work were agreed. These included the 'Process of Adolescence' (developmental stages, communication, legal aspects of consent and confidentiality), the 'Specific Problems of Adolescence' (specific issues, mental health, risk taking, sexual health, substance abuse, eating disorders, chronic illness...) and 'Transition'. It was also noted that the group had few representatives from adult specialties (only allergology and endocrinology were represented) and that attendance from those sections should be encouraged.

6. Proposals for the next statements:

- Identifying, assessment and management of adolescent depression by primary care paediatrician
- Suicide and suicide attempts in adolescents
- Adolescents use of different e-cigarette products