OPEN MEDICAL INSTITUTE

ADOLESCENT MEDICINE

SEMINAR REPORT 2019

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OPEN MEDICAL INSTITUTE
Medical Education Beyond Borders

Children's Hospital of Philadelphia℠

SALZBURG CHOP SEMINAR ADOLESCENT MEDICINE

April 7 - 13, 2019

• 29 fellows from 19 different countries and regions
• 6 faculty members from the United States, Switzerland and Austria
• 19 lectures, 1 how to present a case- and 1 case presentation session given by faculty
• 31 interesting case presentations by fellows
• 8 excellent case presentations selected by faculty

Faculty Photo (L-R)

Zachary McClain, MD; Jennifer Louis-Jacques, MD, MPH; Kenisha Campbell, MD, MPH; Carol A. Ford, MD (Course Director); Dr. Valentina Baltag and Werner Schlegel, MD, PhD, MSc

Group Photo of Faculty and Fellows

OPEN MEDICAL INSTITUTE
Medical Education Beyond Borders
A Program of the American Austrian Foundation

2019 Salzburg CHOP Seminar in Adolescent Medicine
Sunday 7 April – Saturday 13 April 2019

	Sunday 7 April	Monday 8 April	Tuesday 9 April	Wednesday 10 April	Thursday 11 April	Friday 12 April	Saturday 13 April
07:00 – 08:00		**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**DEPARTURES**
08:00 – 09:00		**Introductions** **Pre-Seminar Test**	**Adolescent-Clinician-Parent Communication** Carol A. Ford, MD	**Substance Use Screening, Diagnosis and Treatment** Jennifer Louis-Jacques, MD, MPH	**Normal Puberty** Werner Schlegel, MD, PhD, MSc	**Disordered Eating** Kenisha Campbell, MD, MPH	
09:00 – 10:00		**Adolescent Health within a Global Context** Valentina Baltag, MD, MSc, PhD	**Common Health Issues for Young Men** Zachary Brett Ramirez McClain, MD	**Depression Screening, Diagnosis and Treatment** Kenisha Campbell, MD, MPH	**Abnormal Puberty** Werner Schlegel, MD, PhD, MSc	**Medical Care for Gender Diverse Youth** Zachary Brett Ramirez McClain, MD	
10:00 – 10:30		**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	
10:30 – 11:30		**US Strategies to Improve Adolescent Health** Carol A. Ford, MD	**Developing and Implementing Strategies to Improve Adolescent Health** Valentina Baltag, MD, MSc, PhD	**Sexually Transmitted Infection Prevention, Diagnosis and Treatment** Jennifer Louis-Jacques, MD, MPH Kenisha Campbell, MD, MPH	**Menstrual Disorders** Jennifer Louis-Jacques, MD, MPH	**Motivational Interviewing** Carol A. Ford, MD	
11:30 – 12:30		**Psychosocial Development and Health Disparities for Sexual and Gender Minority Youth** Zachary Brett Ramirez McClain, MD		**HIV Prevention, Diagnosis and Treatment** Zachary Brett Ramirez McClain, MD	**Preventing Teen Pregnancy** Kenisha Campbell, MD, MPH	**Managing Controversies in Adolescent Medicine** All US Faculty	
12:30 – 14:00		**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	
14:00 – 15:00		**Taking an Adolescent History** Jennifer Louis-Jacques, MD, MPH	**Workshop** **Fellows' Case Presentations** Carol A. Ford, MD Valentina Baltag, MD, MSc, PhD Zachary Brett Ramirez McClain, MD	**Free Afternoon**	**Workshop** **Fellows' Case Presentations** Jennifer Louis-Jacques, MD, MPH Kenisha Campbell, MD, MPH Werner Schlegel, MD, PhD, MSc	**Post-Seminar Test** Evaluation & Discussion	
15:00 – 16:00		**Workshop** **How to Present a Case** Kenisha Campbell, MD, MPH Zachary Brett Ramirez McClain, MD					
16:00 – 17:00		**Workshop** **How to Write and Publish a Scientific Paper** Carol A. Ford, MD					
17:00 – 18:00		*17:00 – 17:30* **OMI/AAF Presentation** Stephanie Faschang					
18:00 – 19:00	**Faculty Only Meeting to Review the Week**					**Farewell RECEPTION**	
19:00 – 20:00	**WELCOME RECEPTION & DINNER**	**DINNER**	**DINNER** **Faculty Dinner in Private Home**	**DINNER**	**DINNER**	**Graduation DINNER** Certificates Awarded	
20:00 – 21:00					*20:30 – 21:30* **Chamber Music CONCERT**		

Learning Objectives for Participants
At the conclusion of this seminar, the participant should be better able to:

1. Discuss normal adolescent growth and development, including pubertal, psychological, sexual, and gender-identify development.
2. Discuss adolescent health issues and problems, including abnormal pubertal development, menstrual disorders, depression, substance use, sexually transmitted infections, HIV, risks for unintended pregnancy, gender dysphoria, and disordered eating.
3. Describe and discuss the role of primary care clinicians in addressing adolescent health issues, including skills to conduct a comprehensive adolescent history, motivational interviewing, and manage controversial issues.
4. State and explain strategies to improve adolescent health within the context of global, regional, and local communities.

ACCME Accreditation Statement
Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit Designation Statement
Children's Hospital of Philadelphia designates this live activity for a maximum of 21.5 AMA PRA Category 1 credits™.
Physicians should only claim credit commensurate with the extent of their participation in the activity.

CHOP SEMINAR
in
SALZBURG

"Adolescent Medicine"

April 7 – 13, 2019

FACULTY

Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children's Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

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Carol A. Ford, MD (Course Director) is an internist, pediatrician, and adolescent medicine physician who specializes in adolescent and young adult health. Dr. Ford grew up in the southern United States in the state of Florida, and completed her undergraduate studies at the Florida State University in Gainesville, Florida. She graduated from University of Florida School of Medicine and completed her combine internal medicine and pediatric residency at the University of North Carolina at Chapel Hill. After five years in community practice in North Carolina, she completed fellowship training in adolescent medicine at the University of California at San Francisco. Dr. Ford's research interests include adolescent health care utilization, how confidentiality concerns impact adolescent health, and identification of strategies to increase adolescent – clinician – parent communication in a way that favorably influences adolescent and young adult health outcomes. Recent publications include a major review of how characteristics of adolescent-parent relationship quality influences young adult health outcomes, and the results of a randomized controlled trial testing parent-targeted interventions in primary care settings designed to facilitate parent-teen communication about a range of health issues. Dr. Ford is a past-president of the Society for Adolescent Health and Medicine (SAHM). She is the incoming editor-in-chief of the *Journal of Adolescent Health*, which is the professional journal of SAHM. Dr. Ford's research efforts have earned her grant funding from the National Institute of Health, Agency for Healthcare Research, Centers for Disease Control and Prevention, and several large foundations. She is currently the leader of a 5-year training grant from the U.S. Maternal and Child Health Bureau designed to train future leaders in the field of adolescent and young adult health from the disciplines of medicine, nursing, nutrition, psychology, and social work. Dr. Ford is currently on the faculty of University of Pennsylvania School of Medicine as a Professor of Pediatrics, and is the Chief of the Division of Adolescent Medicine in the Department of Pediatrics at the University of Pennsylvania and The Children's Hospital of Philadelphia. She lives in Philadelphia with her husband Joe, and children Kate and Shannon.

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Dr. Valentina Baltag is responsible for Adolescent Health Policies, Planning and Programmes in the Department of Maternal, Newborn, Child and Adolescent Health in Headquarters of the World Health Organization. She is a convinced advocate of adolescents' rights to quality health care services and protective social policies. Dr. Baltag' work focuses on supporting Member States to develop and implement comprehensive policies that address adolescent health from a life-course perspective and include a focus on main areas of concern such as sexual and reproductive health, mental health, nutrition, violence etc. Dr. Baltag is a medical doctor and holds a PhD from the Medical University in Chisinau, Republic of Moldova and MSc in Public Health from the London School of Hygiene and Tropical Medicine. She is the editor of the *International handbook on adolescent health and development: The public health response*, and authored book chapters and other publications on primary care organization, quality of care, school health services and preconception care.

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Kenisha Campbell, MD, MPH is a board certified pediatrician with subspecialty training in Adolescent Medicine. Dr. Campbell grew up in the northeastern United States in the state of New York and completed her undergraduate training at Cornell University. She received her medical degree from Washington University School of Medicine and completed her pediatric residency training at the University of Rochester Medical Center. She completed her fellowship training in Adolescent Medicine at Cincinnati Children's Hospital and during her fellowship also obtained a Master's in Public Health from the University of Cincinnati. Dr. Campbell is currently the Director of Adolescent Medicine Outpatient Clinical Services. Her clinical interests include eating disorders, gynecology, sexually transmitted infections and primary and preventative care in adolescent health. Her research interests are primarily in clinical quality improvement within the primary care setting. She has a recent publication in the Journal of Pediatric and Adolescent Gynecology regarding using quality improvement to increase chlamydia screening rates in the primary care setting. Dr. Campbell is also the site-PI for several CDC-funded grants that support family planning programming at the Children's Hospital of Philadelphia. Dr. Campbell is currently on faculty at the University of Pennsylvania and the Children's Hospital of Philadelphia as Assistant Professor of Clinical Pediatrics. She lives in Philadelphia, PA and has a talented son, Hannibal who is studying music in college.

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Jennifer Louis-Jacques, MD, MPH is a pediatrician and Adolescent Medicine specialist at the Children's Hospital of Philadelphia (CHOP) and an Assistant Professor of Clinical Pediatrics at the University of Pennsylvania, Perelman School of Medicine. Dr. Louis-Jacques grew up in the state of New Jersey and completed her undergraduate studies at Cornell University in Ithaca, New York where she majored in Biological Sciences. After obtaining her degree she attended Columbia University's Mailman School of Public Health in New York City where she obtained her Master of Public Health. Afterwards, still interested in health at the individual level she attended New York University School of Medicine. Dr. Louis-Jacques completed her residency in pediatrics at The Morgan Stanley Children's Hospital of New York, Columbia Presbyterian where she developed her interest in adolescent medicine. After finishing her residency, she went on to complete a fellowship in adolescent medicine at Boston Children's Hospital. Her areas of clinical practice include primary care as well as assessment, treatment and management of menstrual and eating disorders in adolescents. She has a deep interest in medical education particularly in understanding how to create effective educational experiences for learners that promote self-efficacy. She has been director of outpatient resident education for the Division of Adolescent Medicine since 2014. She lives in Philadelphia with her dog, Neko.

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Zachary McClain, MD is a Pediatrician and Adolescent Medicine specialist at The Children's Hospital of Philadelphia (CHOP) and an Assistant Professor of Pediatrics at the University of Pennsylvania (UPenn). He grew up in the Midwest, and majored in Biology at the University of Chicago. He first cared for adolescents as a middle school teacher in New York City. He then went to medical school at the Icahn School of Medicine at Mount Sinai, also in New York. He completed a Pediatrics residency at the University of Chicago, fellowship in Adolescent Medicine at CHOP, and has stayed on as a faculty. Dr. McClain is one of CHOP's leaders in promoting the health and well-being of Lesbian, Gay, Bisexual, and Transgender (LGBT) youth. He is a medical provider for the Gender and Sexuality Clinic, and provides care for transgender youth. He is also a medical provider for the Adolescent Initiative, which cares for adolescents living with or at-risk of HIV. He is a tireless advocate for LGBT youth, educating parents, community members, and medical providers on their unique health care needs and has published multiple book chapters and articles on the care for LGBT youth. Additionally, he is the Medical Director of the Young Men's Clinic, which supports the healthy development and growth for young men. He is the Program Director of the Adolescent Medicine fellowship program, and is responsible for the educational, clinical, and programmatic development of the fellows. He works with program directors throughout the UPenn community to increase the clinical and educational experiences for fellows and serves as the medical director for the LEAH training program. Dr. McClain had the distinct honor to serve as the youngest member on the Society for Adolescent Health and Medicine Board of Directors, and continues to work with the society to advocate for all youth. The theme that ties together his clinical practice, teaching, research, and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience and support healthy adolescent development.

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Werner Schlegel, MD, PhD, MSc is a paediatrician, who specialises in endocrinology, adolescent medicine and sports medicine. Dr. Schlegel studied molecular biology and medicine. He graduated at the University of Vienna as well as at the Medical University of Vienna, where he also competed his paediatric residency. His fellowship training in paediatric endocrinology was at the Department for Disorders of Sex Development, Medical University of Vienna with Dr. Stefan Riedl. Dr. Schlegel's main molecular biological research interests focus on growth and developmental biology, ranging from the development of human articular cartilage, its lesions and repair mechanisms, growth plate biology and the insulin like growth factor. Among his publications, Dr. Schlegel also contributed the chapter of cartilage biology to "Basic Science, Clinical Repair and Reconstruction of Cartilage Defects", an extensive science book for researchers and surgeons, dealing with cartilage repair and cartilage biology. Dr. Schlegel's clinical specialisation focusses on diagnosis and therapy of hypogonadotropic hypogonadism and delayed puberty. Dr. Schlegel is one of five Austrian ordinary members of the European Society for Paediatric Endocrinology (ESPE) and Austrian Delegate for Adolescent Medicine at the Union Européenne des Médecins Spécialists (UEMS). Currently, Dr. Schlegel works as a specialist for paediatric endocrinology in Vienna, takes medical care for volleyball and soccer clubs, playing in federal and regional divisions and teaches Medicine and Science at the Higher School for Graphics, Art and Media and at the Higher School for Biomedicine and Health Technology.

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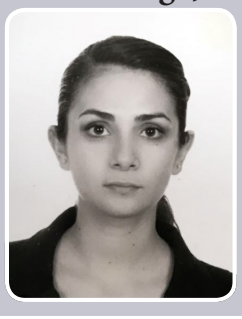

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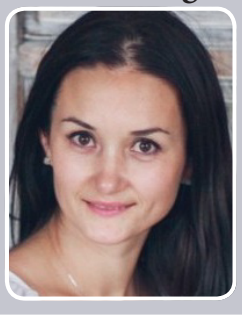

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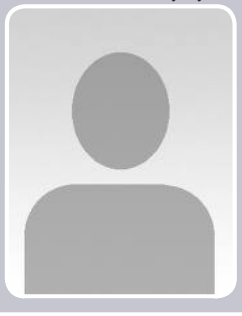

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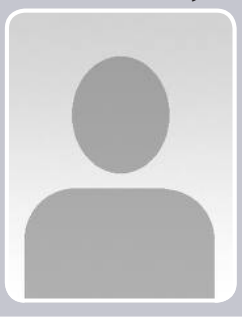

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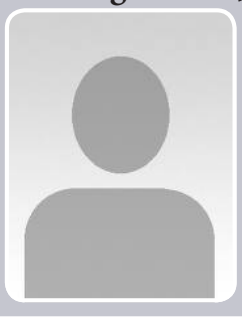

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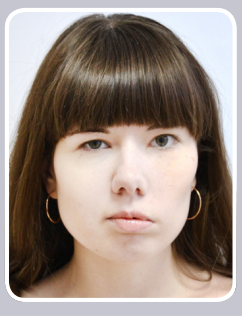

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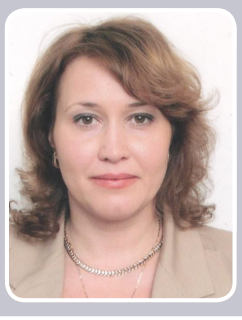

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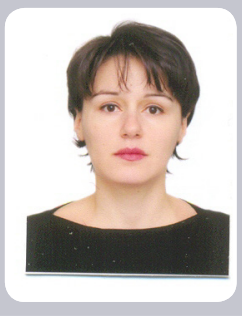

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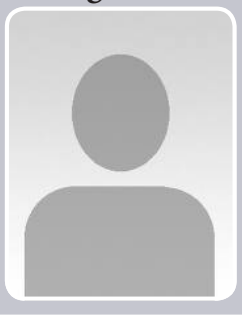

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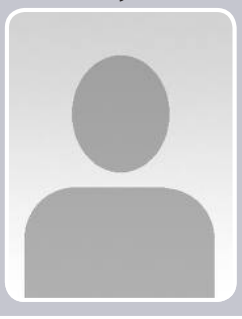

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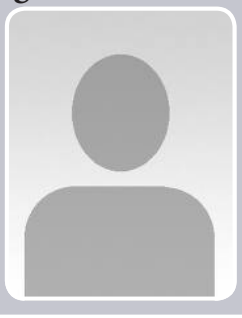

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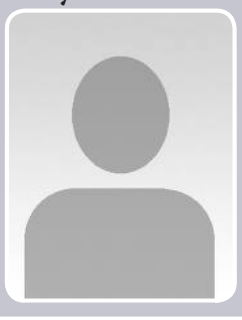

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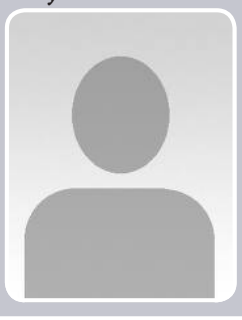

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SEMINAR DIARY FROM FELLOW

Sandra Enciso, MD
Espanol Hospital
Mexico City, Mexico
April 7-13, 2019

April 6, Saturday. I arrived to Salzburg by plane in the late afternoon, coming from Frankfurt. It was a long trip, but I was so excited and has been waiting for April to arrive. From the window of the airplane, I could realize de beauty of this city. It was chilly and sunny, and flowers stared to bloom. I met a Mexican colleague at the airport and we shared the taxi from the airport to Schloss Arenberg. We filled in some papers and headed to our rooms. They were also perfect.

April 7, Sunday. We decided to do some sightseeing in the city, and got prepared for the first meeting at 7 o'clock. Dr. Wolfgang K. Aulitzky (Medical Director of AAF), and Prof. Carol Ford (Director of the Course) introduced the main issues about the practical & scientific organization of the masterclass and pointed out the need of knowledge in adolescent medicine worldwide. Then, a very tasty dinner gave us the opportunity to get to know each other. Everyone looked so enthusiastic, and proactive. It was easy to talk to other colleagues.

April 8, Monday. At 8 o'clock, Prof. Ford welcomed us to the seminar again, and we took the pre-seminar test. For me it was tough, but I was reassured of the need for this masterclass.
We then introduced ourselves out loud. Many of us had the same need and hunger for new knowledge. The first lecture was held by Prof. Valentina Baltag, who gave us the entire context and perspectives of the WHO related to Adolescence. During her lecture, I was surprised, that adolescents die from preventable causes, so we have a lot of work to do. She made it so easy for us to identify the red flags this population has, and we must interact. She showed us the hard facts and numbers worldwide.
Then Prof. Ford highlighted the US strategies to what was done in the past years to improve adolescent health. And just after that Prof McClain introduced new medical information to all of us. We learned about health disparities for sexual and gender minorities (for adolescents). We had so many questions…… We were all learning new stuff.
We had a lovely lunch, and just after that, we had a very interesting and helpful lecture by Prof Louis-Jacques and Prof Campbell, on how to record a medical history in the adolescent population. They gave us some hints on how we should ask for confident information, and made it clear that adolescents need confidential time with their physician. We, then, reviewed information on how presentations should be made. I loved that in all the lessons we had the possibility to interrupt the Professors and discussed the most controversial issues with them and the rest of the class. This, finally led me to resolve all my doubts.

A friendly atmosphere and opportunity to ask questions helped me to understand and remember the given information more easily. Additionally, we could compare our experiences among fellows from all over the world (from Africa, Europe, Asia, across Europe). After dinner I went to sleep, I still had some jetlag.

April 9, Tuesday. In the morning, one of my favorite parts of the seminar began. Three adolescents guided us, being confident on what they expected from us, and from the meetings they had with their physicians earlier. The highlights and information they gave us was a huge gift. After that we continued with a lecture from Professor Ford: Adolescent-Clinician-Parent communication, and again she made it clear that confident time with our patient is needed.
Then, Prof. McClain gave his lecture, which showed clear clinical highlights and provided helpful clinical data. We reviewed masculine anatomy and went through normality and the most common pathology of males. After the coffee break Prof. Baltag had our attention and focused on what her group at the World Health Organization has developed to improve adolescent health care, she gave us the big picture and some details, she gave us a tour through the website and encouraged us to use the given tools and to invite the politicians of each of our countries to use the website to use (have) some metrics. After lunch we had some wonderful case presentations, I personally enjoyed and learned from the experience of my colleagues.

April 10, Wednesday. In the morning, Prof. Louis-Jacques opened the day with a lecture about substance use screening, diagnosis and treatment highlighting the worldwide tendency on the increase of the use of marijuana, and the impact of a developing brain of an adolescent using alcohol, tobacco, cocaine, marijuana or any other drug, and the importance of screening on a daily practice, and friendly showed us her tools. Just then, Prof. Campbell went through the importance of screening the youth for depression, and she also handed out some screening tools. We reviewed the importance to treat and detect adolescents at risk for suicide. Prof. McClain closed the morning lectures about HIV prevention, diagnosis and treatment, we went all the way through from basic science all to pre PrEP (pre-exposure prophylaxis which is called Truvada (tenofovir and emtricitabine) and the results of the IPERGAY study. Then we had our free afternoon, so I went to visit the Salzburg Castle, admiring the panorama of this wonderful city and the beautiful mountains surrounding it. It looked like something out of a fairy tale. After dinner, some of my colleagues and I played some table games.

April 11, Thursday. In the morning, Prof. Schlegel went all the way back to physiology and gave us a tour through normal puberty. He was responsible for the next lecture as well, and then talked about abnormal puberty, timing in puberty is so important….. So, we spent some time in early vs late onset of puberty, the endocrinological evaluation and some management.
After the coffee break Prof. Louis-Jacques held a very interesting lecture about menstrual disorders, the differential diagnosis for amenorrhea and abnormal uterine bleeding in an adolescent girl and its management. Prof Campbell gave us the data of teen pregnancy rate in our country. In Mexico we have a huge problem unresolved. Then, we reviewed the strategies to prevent teen pregnancy and summarized the current contraceptive options. After dinner, I got to experience some Austrian culture with a chamber music concert in Schloss Arenberg – it was very relaxing. We enjoyed it a lot.

April 12, Friday. The last day is full of interesting topics, eating disorders and medical care for gender diverse youth. So hot topics!!. Prof. Ford will close the seminar talking about motivational interviewing, that is part of a successful appointment with our daily adolescent patients. I want to express my great gratitude to everyone in the organization of this perfect seminar. I gained so much knowledge in these 5 days, the faculty was amazing, such experienced physicians. They answered me so many questions, gave us so many highlights for our daily practice……. I take a huge responsibility to disseminate this new learning in my country.

Sandra Enciso, MD (Mexico)

SEMINAR DIARY FROM FELLOW

Caroline Fischer, MD
Universitaetsklinik Innsbruck
Innsbruck, Vienna
April 7-13, 2019

April 7, Sunday evening. I was lucky, it is just a short trip from Innsbruck to Salzburg. I took a train and arrived at Salzburg main station just two hours later. Then I made my way to Schloss Arenberg. Everyone was assigned a room by themselves. I had some time to settle in my room before it was time to meet the other participants at the reception dinner. We were greeted warmly by the faculty. I made new friends and even met some old ones from a previous seminar.

April 8, Monday. Time to start the lectures! But first we had to do our pre-seminar test. After that was taken care of we started with an overview about adolescent medicine from a global perspective. We moved from US strategies to improve adolescent health to psychosocial development for sexual and gender minority youth and end the first day with many useful tips on how to take an adolescent history and how to present a case.

April 9, Tuesday. Today we started with lectures about adolescent-clinician-parent communication and common health issues for young men. In the afternoon we listened to the first half of the participants´ case reports. There were many interesting cases and a lot of questions were asked (including of one of us was a secret psychiatrist). After the lectures we decided to enjoy the sunshine and went for a walk around the city centre.

April 10, Wednesday. Our lectures today included a lot of useful information and practical advice regarding substance abuse and depression screening, sexually transmitted infection prevention, diagnosis and treatment. In the afternoon we had time to explore Salzburg. We went to Cafe Tomaselli for some coffee and cake.

April 11, Thursday. On Thursday we talked about normal vs abnormal puberty. Menstrual disorders and different contraceptive methods to prevent teen pregnancy were also covered. The afternoon was dedicated to the rest of the case presentations. In the evening we got to enjoy a chamber music concert followed by happy hour drinks in the lobby. We enjoyed our drinks together and there were lots of conversations about non-medical things including murder mysteries and friendship.

April 12, Friday. The last day was full of interesting lectures about disordered eating and medical care for gender diverse youth. We then got to put our new knowledge into practice and did a post seminar

test. Once again we were given the opportunity to bombard the faculty with questions about their clinical practice during lunch.

Caroline Fischer, MD (Austria)