



# Certification Course in **ADOLESCENT HEALTH PROGRAMME**

(Course Duration - 5 months)



Royal College of Nursing



Royal College  
of Obstetricians &  
Gynaecologists



Royal College of  
General Practitioners



Royal College of  
Paediatrics and  
Child Health

# Introduction

The Certification Course in Adolescent Health Programme is a 5-month online course, featuring e-learning material co-authored by **E-integrity, NHS UK, the Royal College of Nursing, the Royal College of Obstetricians and Gynaecologists, the Royal College of General Practitioners, and the Royal College of Paediatrics and Child Health (RCPCH)** for doctors seeking to build expertise in Adolescent Health Programme. This program, with 17 modules and 123 chapters, covers topics like the biological, psychological, and social dimensions of development, in-depth knowledge and skills in adolescent health and psychosocial development, offering a comprehensive approach to adolescent health programme.



# About OC Academy

OC Academy is India's leading online upskilling platform for doctors. In collaboration with 35+ global institutes and 20+ hospitals, OC Academy curates industry-specific short term and long term courses, fostering a community for medical upskilling. Our online programs, designed to meet the evolving demands of the medical field, prioritise quality, accessibility and flexibility. OC Academy envisions a future where healthcare professionals in India have unparalleled access to transformative education, driving excellence in patient care.



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Health Education  
England

# Certificate

Upon completing the programme, you will receive a “certificate of completion”.



# Teaching Methodology

Experience dynamic learning with content modules within the e-learning materials curated by expert doctors from internationally acclaimed institutions. Exploring concurrent topics and chapters at one's own pace, with guidance from the latest insights of industry professionals, ensures a comprehensive understanding of the specialty.

- **Interactive training:** The teaching methodology prioritises interactivity, with reading material authored by practising clinicians featuring content to enhance learning.
- **Global relevance for clinical trainees:** Designed to benefit clinical trainees worldwide, this program utilises scenario-based learning to improve skills in adolescent health programme.
- **Practical scenario-based learning:** Participants engage in virtual ward simulations, practising history reviews, examinations, management planning, and outcome assessments for improving skills in adolescent health programme.
- **Convenient online accessibility:** This certification course allows studying from anywhere, facilitating quality e-learning material co-authored by prestigious institutions like NHS UK and the Royal College.



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# COURSE CURRICULUM

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# Certification Course in Adolescent Health Programme

- Module 1 | Health And Illness
- Module 2 | Healthy Development
- Module 3 | Legal Framework
- Module 4 | Communication and Consultation with Young People
- Module 5 | Health Promotion and Advocacy
- Module 6 | Long-term conditions and transitional care
- Module 7 | Concordance/Adherence
- Module 8 | Young People Friendly Services
- Module 9 | Sexual and Reproductive Health
- Module 10 | Self Harm and Common Mental Health Problem
- Module 11 | Substance Use and Misuse
- Module 12 | Overweight and Underweight
- Module 13 | Common Medical Conditions
- Module 14 | Level A
- Module 15 | Level B
- Module 16 | Level C
- Module 17 | Level D



# Curriculum Overview

## Module 1 | Health And Illness

Module 1 explores adolescent health and illness, policy guidance, and the importance of investing in young people's health.

## Module 2 | Healthy Development

Module 2 covers puberty, psychological and social growth, and assessing developmental stages.

## Module 3 | Legal Framework

Module 3 explores the essential legal principles, including capacity, consent, confidentiality, and safeguarding, crucial for working with young people.

## Module 4 | Communication and Consultation with Young People

Module 4 will enhance your skills in effective communication and consultation with young people, focusing on health, consent, and motivation.

## Module 5 | Health Promotion and Advocacy

Module 5 explores strategies for promoting health and advocating for well-being among young people and during clinical consultations.



## Module 6 | Long-term conditions and transitional care

Module 6 focuses on navigating long-term conditions and transitional care, emphasising adolescent experiences, vocational readiness, health risk behaviour, youth expertise, and transitioning from child to adult healthcare with practical strategies and program development.

## Module 7 | Concordance/Adherence

Module 7 focuses on enhancing adherence and concordance in young people, ensuring effective treatment and outcomes.

## Module 8 | Young People Friendly Services

Module 8 discovers the essentials of creating youth-friendly services, from community drop-ins to hospital-based care, ensuring accessibility and support for young people.

## Module 9 | Sexual and Reproductive Health

Module 9 covers key aspects of sexual and reproductive health in adolescents, including behaviour, assault, STIs, contraception, and pregnancy prevention.

## Module 10 | Self Harm and Common Mental Health Problem

Module 10 focuses on recognizing, assessing, and managing self-harm and common mental health problems in adolescents, fostering overall mental well-being.

## Module 11 | Substance Use and Misuse

Module 11 addresses substance use and misuse, focusing on clinical management and prevention strategies in routine practice.

## Module 12 | Overweight and Underweight

Module 12 explores adolescent body image, nutrition needs, eating disorders, and obesity management, emphasising multidisciplinary approaches for health and well-being.

## Module 13 | Common Medical Conditions

Module 13 explores common health issues like sleep problems, CFS/ME assessment in adolescence, and acne management, focusing on symptoms recognition and effective help-seeking strategies.

## Module 14 | Level A

Module 14 provides comprehensive insights into adolescent health and illness, covering topics such as healthy development, legal considerations, communication skills, vocational readiness, mental health, substance use, and more. Ideal for understanding and addressing youth health needs effectively.

## Module 15 | Level B

Module 15 explores critical issues in adolescent health, from puberty and mental health to safeguarding and health promotion, emphasising practical strategies and community-based services.



## Module 16 | Level C

Module 16 provides comprehensive training in adolescent health focusing on pubertal assessment, mental health, substance use, and clinical practice approaches.

## Module 17 | Level D

Module 17 covers comprehensive topics in adolescent health: from sexual assault and sexually transmitted infections management to contraception, adolescent gynecology, self-harm, mental health issues, obesity, eating disorders, and acne.

## Course Fees



### Course Name

Certification Course  
in Adolescent Health  
Programme



### Duration

5 Months



### Certification

Certificate of  
completion



### Price

Rs.12,000  
+ GST

**Enroll Now**

**Advance your career in Adolescent Health Programme.**



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Health Education  
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## Why take this course?



Fast-track career growth



Convenient online learning



Comprehensive learning  
with expert-led curriculum



## OC Academy (Accelerate Your Career in Medicine)

Address: No 228/114, 4th Floor, Saroj Bank Square ("Omnicuris, 4),  
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### Contact us



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