

Fellowship at the Children's Hospital at Westmead, Sydney/Australia, February 1998 – February 2002.

Project: 282

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Clinical

Fellow, Department of Adolescent Medicine, The New Children's Hospital, Westmead/Sydney, Australia:

The Fellowship involved inpatients and outpatients at the Department of Adolescent Medicine, inpatients of the Adolescent Medical Unit (Westmead Hospital), medical care for at risk young people in a community based youth service (High Street Youth Health Service), adolescent subspecialty clinics and adolescent and paediatric gynaecology, Family Planning, and Sexual Health. Gynaecology clinics included clinics at the Department of Adolescent Medicine, Westmead Hospital Adolescent Gynaecology Clinic and Sydney Children's Hospital Adolescent Gynaecology/Endocrinology Clinic.

In 1998/1999, the focus was on managing patients with eating disorders, general adolescent patients, and paediatric/adolescent gynaecology patients. During 2000, the principal challenge was pioneering and establishing the position of the *Chronic Illness/Transition Fellow*, in order to meet the multiple needs of young people with chronic illness and facilitate coordinated care and transition to adult services. This involved attending subspecialty clinics working with consultants, allied health team members and participating in groupwork programs associated with subspecialty clinics as Renal, Cystic Fibrosis, Diabetes, Immunology and Infectious Diseases, and Rehabilitation.

2001/2002: Joint Fellowship in Adolescent Medicine and Psychological Medicine. This fellowship was a position focusing on coordinating and managing chronic illness and transition issues among adolescents attending both departments. Placement within the Department of Psychological Medicine provided training opportunities in the assessment of young people with depression, anxiety, neuropsychiatry and neurodevelopmental problems. Special training was attended in family therapy and cognitive behavioural therapy. Involvement with paediatric/adolescent gynaecology clinic and ongoing management of general adolescent outpatient caseload continued.

Education and training

Membership on the Youth Health Forum (YHF) organising committee.

The Forum aims to provide quality educational and networking opportunities for professionals working with, or interested in, the holistic health care needs of young people. Co-convenor for the YHF on gynaecological and legal issues in young women with a disability (August 1999)

Presentations on general adolescent management.

- *Treatment in Adolescents*. Lecture for the post-graduate medical programme, Sydney University, May 2001.
- *Chronic illness in adolescents*. Lecture for the College of Nursing, Burwood/Sydney, July 2001.
- **Presentations given on paediatric and adolescent gynaecology:**
- *Aspects of paediatric and adolescent gynaecology*. Shoalhaven Medical Association, postgraduate lecture weekend, March 1999
- *Gynaecological issues in brain injured adolescents*. Divisional Hospital Rounds, The New Children's Hospital, Westmead. February 2000
- *Adolescent Gynaecology: common issues and 'extras'*. Divisional Hospital Rounds, The New Children's Hospital, Westmead. November 2000

Presentation given on nutrition:

- *Synopsis on Adolescent Nutrition*. Departmental Inservice Program, August 1999.

Certificates

1998: Family Planning Doctors Course. Family Planning NSW/Australia.

1999: Short Course in STD Medicine. The Australasian College of Sexual Health Physicians.

Research

Clinical project on *Latent iron deficiency (LID) in postmenarchal adolescent females*

Publications

Dr Melissa Kang, Felicity North, Dr **Vera Schlumbom**. *Facing Food*. A booklet about healthy eating for young people with a dieting disorder. (printed June 2000)

Schlumbom V, O'Dea J, Kohn M. *Iron deficiency in adolescent girls*. *Medicine Today*. June 2000, Vol 1(6): 76-86

O'Dea J, **Schlumbom V**, Kohn M. *Vegetarianism in children and adolescents*. *Medicine Today*. April 2002, Vol 3 (4): 29-37