

Adolescent Medicine Referral Guidelines

Information about Adolescent Medicine

Adolescent Medicine is a pediatric subspecialty that focuses on the assessment, diagnosis and management of health issues specific to the adolescent population. Our team is comprised of the following health-care professionals:

- Adolescent Medicine Pediatricians
- Nurse Practitioner
- Psychologist (eating disorder treatment only)
- Social Worker (eating disorder treatment only)
- Dietitian (eating disorder treatment only)

Indications for Adolescent Medicine Referrals

Eating Disorder- Diagnosis and management of Anorexia Nervosa, Bulimia Nervosa, Avoidant Restrictive Food Intake Disorder, and Binge Eating Disorder. The primary health care provider is responsible for the medical management of their patient while waiting for assessment by the Adolescent Medicine Pediatrician (see [Assessment Guidelines for Hospitalization of Patients with Eating Disorders](#)).

Gender Wellness- Taking an affirming approach to gender identity and care, we provide support to the youth and family in helping the young person feel more comfortable in their body, with the goal of reducing gender dysphoria. A referral may also be made to a Pediatric Endocrinologist after seeing the Adolescent Medicine Pediatrician.

Sexual/Reproductive Health- We provide education to reduce the adverse consequences of sexual behavior and to improve the quality of sexual relationships for young people, as the young people they are today and the adults they will become.

Adolescent Anxiety/Depressive Disorders- Screening is completed by referring care provider, and copies of screening tool must be included with the referral ([SCARED](#) child and parent screening, and/or [PHQ-9: Modified for Teens](#)). Patients do not have a preexisting/comorbid mental health diagnosis.

Age- Patient is between the ages of 12-17 years. Depending on waitlist times and birthdate of the youth, the referral may be forwarded to other appropriate services.



Referral Process:

[The Adolescent Medicine Referral Form](#) **must** be completed in full. Incomplete referrals will not be processed. Diagnostics must be ordered at time of referral and forwarded when available.

Referrals are accepted from:

- Physicians
- Nurse Practitioners
- Therapists*
- Allied Health Professionals*
- Dietitians*
- Public/Community Health Nurses*

*Consultation with primary health care provider is required for physical examination, as well as ordering diagnostics indicated on referral form.

Exclusion criteria for Adolescent Medicine referrals

- Patient is younger than 12 years of age or older than 17 years of age
- Currently followed by a Psychiatrist, Developmental Pediatrician, Endocrinologist, Gynecologist or other pediatrician (unless second opinion/consultation is requested by them)
- Primary substance use disorder
- Patients with diagnoses for which counselling is the first line treatment/preferred treatment such as:
 - behavior management for typical developmental behavior/ parenting
 - adjustment disorders
 - trauma related disorders
 - symptoms of personality disorder/mood dysregulation/maladaptive coping

*please refer for counselling as an initial intervention
- Patients previously diagnosed or treated by Adolescent Medicine, currently stable (care transferred to primary care provider)
- Patients with a diagnosis who decline Adolescent Medicine treatment/recommendations and are followed by primary care provider

❖ *We recognize that there are individual cases that do not fit within these criteria. These cases will be reviewed by Adolescent Medicine Intake to review for service recommendations.*

