

IAAH IAAH CONGRESS 2017: PRE-CONGRESS SKILLS BUILDING WORKSHOP 2
Thursday October 26th

WORKSHOP TITLE	Skills for communicating with & counselling adolescents
RATIONALE	<p>Adolescents and young adult (AYA) patients are much more likely to share concerns and information with a provider if the provider establishes good rapport and trust. The overarching goal of the AYA health visit is to improve outcomes and help them establish health promoting behaviours as they move into adulthood.</p> <p>This workshop will provide basic approaches and tools as how to best communicate with, motivate and counsel AYA. Participants will have the opportunity to train some interview techniques, including HEEADSSS and SSHADESS.</p>
Facilitators:	<p>Prof. Helena Fonseca, Pediatrician, Adolescent Medicine specialist. Department of Pediatrics, Faculty of Medicine, University of Lisbon, Portugal. helenaregalofonseca@gmail.com</p> <p>Prof. Sabrina Kitaka, Pediatrician. Department of Pediatrics, Makerere University College of Health Sciences, Mulago Hospital, Uganda. sabrinakitaka@gmail.com</p>
Taking place:	Morning
Training objectives	<p>By the end of the course participants should be able to:</p> <ol style="list-style-type: none"> 1. Identify good and bad practices in communicating with AYA 2. Identify the main barriers to change and the effect of communication style on motivating & counseling adolescents 3. Get familiar with various communication styles and their use in everyday practice with adolescents and their families 4. Identify the elements of effective communication 5. Understand motivational interviewing concepts as applied to AYA 6. Use various communication tools to encourage behaviour change in AYA
Facilitation techniques	<ul style="list-style-type: none"> • Use of examples provided by the participants (VIPP tools) • Interactive presentations • 2 by 2 discussion to practice active listening and summary • Small group work on clinical vignettes • Role play on a real situation using a specific strategy: one person plays the patient; participants in two lines: one line are interviewers and one are observers and then change so everyone has a small go