



**SUMMARY OF THE ANNUAL REPORT 2009**  
**Unité multidisciplinaire de santé des adolescents**  
**« Health for and with young people »**

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The mission of the « Unité Multidisciplinaire de Santé des Adolescents » (UMSA) is to provide clinical care to specific adolescent target groups, to conduct epidemiological and clinical research, to provide teaching courses at the pre- and post-graduate levels as well as to train and upskill physicians and other professionals, and finally to serve as a reference centre in the field of adolescent health.

The outpatient unit is run by a growing multidisciplinary team and has provided around 4000 consultations for a 1000 of young people aged 12 to 20 years. Most patients present with complex situations such as eating disorders (25% of the caseload), chronic conditions, functional disorders, etc. Moreover, 35% come for gynecological problems, including menstrual disorders as well as planned and unplanned pregnancy. Many adolescents, who present mainly with somatic complaints, live in an environment which is potentially health-compromising: drop-out, institutionalized, recently migrated or unaccompanied migrant teenagers all need specific, developmental, and holistic care. This kind of activities require an interdisciplinary approach within a wide network of institutions including the Department of Child and Adolescent Psychiatry, schools, foster homes and various social services. Since 2005, a special consultation has opened, dedicated to the care of boys in the field of puberty and sexuality. Furthermore, the Unit is particularly involved in the development of a large cantonal program focusing on eating disorders (the so-called ABC / Anorexia-Boulimia Center).

The « Groupe de Recherche sur la Santé des Adolescents » (GRSA) works in close connexion with the clinical unit. It is part of the University Institute for Social and Preventive Medicine. In 2009, the GRSA published 12 peer-reviewed papers in the area of public health. Over the last four years, the mean impact factor has risen from 1,95 to 3.09. In 2009, in collaboration with several other institutions, the group has worked on various research projects including sport activities and substance use, the impact of internet on health, violence and sexuality, nutrition patterns, etc. The group has also hosted colleagues for three MD theses (including a fellow from Canada) and three Master theses. The residents and chief residents of UMSA are involved at various degrees in the research activities of the group.

In 2009, the UMSA staff has delivered approximately three training interventions per week to medical students, in-training residents, practicing physicians and other audiences (nurses, teachers, social workers, parents). The UMSA has also provided information to politicians and to the media. The Unit manages a multicenter program called « EuTEACH » (European Teaching Effective Adolescent Care and Health), a training curriculum in adolescent medicine and health, available on the web ([www.euteach.com](http://www.euteach.com)). In 2009, it ran its seventh one-week summer school attracting around 20 professional from 12 different countries. This program is supported by international agencies such as the World Health Organization, UNICEF and the UN Population Funds.

En 2010, the Unit will strive to develop collaborations with more clinical researches (e.g. genetics of obesity, anorexia & vitamin D, brain imaging). It will continue to develop its specific interactive teaching methods with the support of adolescent simulated patients. Since 2006, UMSA is ISO certified (ISO 9000:2001), which was updated in 2010. A survey run among collaborating institutions put forward generally very positive opinions of colleagues as well as numerous insights on how to improve the functioning of the Unit and the quality of care.