

# Adolescent Medicine Milestones

The Accreditation Council for Graduate Medical Education



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The Milestones are designed only for use in evaluation of fellows in the context of their participation in ACGME-accredited residency or fellowship programs. The Milestones provide a framework for the assessment of the development of the fellow in key dimensions of the elements of physician competency in a specialty or subspecialty. They neither represent the entirety of the dimensions of the six domains of physician competency, nor are they designed to be relevant in any other context.

# **Adolescent Medicine Milestones Work Group**

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American Board of Pediatrics

Association of Pediatric Program Directors

Council of Pediatric Subspecialties

Society for Adolescent Health and Medicine

**ACGME Review Committee for Pediatrics** 

### **Understanding Milestone Levels and Reporting**

This document presents the Milestones, which programs use in a semi-annual review of fellow performance, and then report to the ACGME. Milestones are knowledge, skills, attitudes, and other attributes for each of the ACGME Competencies organized in a developmental framework. The narrative descriptions are targets for fellows' performance throughout their educational program.

Milestones are arranged into levels. Tracking from Level 1 to Level 5 is synonymous with moving from novice to expert fellow in the specialty or subspecialty. For each reporting period, the Clinical Competency Committee will review the completed evaluations to select the milestone levels that best describe each learner's current performance, abilities, and attributes for each subcompetency.

These levels *do not* correspond with post-graduate year of education. Depending on previous experience, a junior fellow may achieve higher levels early in the educational program just as a senior fellow may be at a lower level later in the educational program. There is no predetermined timing for a fellow to attain any particular level. Fellows may also regress in achievement of their milestones. This may happen for many reasons, such as over scoring in a previous review, a disjointed experience in a particular procedure, or a significant act by the fellow.

Selection of a level implies the fellow substantially demonstrates the milestones in that level, as well as those in lower levels (see the diagram on page vi).

### **Additional Notes**

Level 4 is designed as a graduation *goal* but *does not* represent a graduation *requirement*. Making decisions about readiness for graduation and unsupervised practice is the purview of the program director. Furthermore, Milestones 2.0 include revisions and changes that preclude using Milestones as a sole assessment in high-stakes decisions (i.e., determination of eligibility for certification or credentialing). Level 5 is designed to represent an expert fellow whose achievements in a subcompetency are greater than the expectation. Milestones are primarily designed for formative, developmental purposes to support continuous quality improvement for individual learners, education programs, and the specialty. The ACGME and its partners will continue to evaluate and perform research on the Milestones to assess their impact and value.

Examples are provided for some milestones within this document. Please note: the examples are not the required element or outcome; they are provided as a way to share the intent of the element.

A Supplemental Guide is also available to provide the intent of each subcompetency, examples for each level, assessment methods or tools, and other available resources. The Supplemental Guide, like examples contained within the Milestones, is designed only to assist the program director and Clinical Competency Committee, and is not meant to demonstrate any required element or outcome.

Supplemental Guides and other resources are available on the Milestones page of each specialty section of the ACGME website. On <a href="https://www.acgme.org">www.acgme.org</a>, choose the applicable specialty under the "Specialties" menu, then select the "Milestones" link in the lower navigation bar.

The diagram below presents an example set of milestones for one sub-competency in the same format as the ACGME Report Worksheet. For each reporting period, a fellow's performance on the milestones for each sub-competency will be indicated by selecting the level of milestones that best describes that fellow's performance in relation to those milestones.

Systems-Based Practice 1: Patient Safety				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of common patient safety events	Identifies system factors that lead to patient safety events	Participates in analysis of patient safety events (simulated or actual)	Conducts analysis of patient safety events and offers error prevention strategies (simulated or actual)	Actively engages teams and processes to modify systems to prevent patient safety events
Demonstrates knowledge of how to report patient safety events	Reports patient safety events through institutional reporting systems (simulated or actual)	Participates in disclosure of patient safety events to patients and patients' families (simulated or actual)	Discloses patient safety events to patients and patients' families (simulated or actual)	Role models or mentors others in the disclosure of patient safety events
Comments:			Not Yet C	Completed Level 1
middle of a level implies that milestones in that level and in lower levels have been substantially  between le in lower lev demonstra		Selecting a response between levels indicating in lower levels have be demonstrated as well milestones in the high	tes that milestones een substantially as <b>some</b>	

Patient Care 1: History				
Level 1	Level 2	Level 3	Level 4	Level 5
Gathers information, including confidential psychosocial history, following a template	Adapts template to filter and prioritize pertinent positives and negatives based on broad diagnostic categories or possible diagnoses  Obtains a basic confidential psychosocial history tailored to the patient's presentation and developmental stage	Filters, prioritizes, and synthesizes the history to develop a differential diagnosis in real time for uncomplicated or typical presentations  Obtains a comprehensive, inclusive, confidential psychosocial history, including information from various sources, in a patient with an uncomplicated presentation	Filters, prioritizes, and synthesizes the history to develop a differential diagnosis in real time for complicated or atypical presentations  Obtains a comprehensive, inclusive, confidential, psychosocial history, including information from various sources, in a patient with a complicated presentation	Recognizes and probes subtle clues from patients and families; distinguishes nuances among diagnoses to efficiently drive further information gathering
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Patient Care 2: Physical Exam				
Level 1	Level 2	Level 3	Level 4	Level 5
Performs a developmentally appropriate physical examination	Performs a physical examination using strategies to optimize patient comfort, with guidance	Performs a physical examination that consistently and positively engages the patient	Performs a physical examination, remaining sensitive to patient history and experience, including traumainformed practices	Serves as a role model for performing developmentally appropriate, traumainformed exams sensitive to patient psychosocial context
Performs a complete physical examination and distinguishes between normal and abnormal findings	Incorporates additional diagnostic maneuvers as indicated to identify and interpret variants and abnormal findings	Tailors physical examination in real time based on unique historical and clinical findings	Detects, pursues, and integrates key physical examination findings to distinguish nuances among competing, often similarly presenting diagnoses	
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Patient Care 3: Organize and Prioritize Patient Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Takes responsibility for patient care for an individual patient	Organizes patient care responsibilities for multiple patients, without prioritization	Organizes and prioritizes the simultaneous care of patients with efficiency; anticipates and triages urgent and emergent issues	Organizes, prioritizes, and mobilizes appropriate resources, including when patient volume approaches the capacity of the individual or facility	Serves as a role model and coach for triaging patient care responsibilities, and executing and directing care of multiple patients simultaneously
Comments:  Not Yet Completed Level 1  Not Yet Assessable				

Patient Care 4: Differential Diagnosis				
Level 1	Level 2	Level 3	Level 4	Level 5
Constructs a list of potential diagnoses based on the patient's chief complaint and initial assessment	Develops a prioritized differential diagnosis based on chief complaint, likelihood, and severity	Integrates history and physical exam into a unifying diagnosis and/or refines differential diagnosis in real time for patients with common conditions	Integrates history and physical exam into a unifying diagnosis and/or refines differential diagnosis in real time for patients with complex conditions	Serves as a role model and educator to other learners for how to approach complex conditions to reach diagnosis(es)
Comments:  Not Yet Completed Level 1  Not Yet Assessable				

Patient Care 5: Patient Management				
Level 1	Level 2	Level 3	Level 4	Level 5
Participates in the development of management plans	Develops, implements, and follows through on a management plan for common or typical diagnoses	Develops, implements, and follows through on a management plan for uncommon or atypical diagnoses, incorporating interprofessional care as needed	Works collaboratively with interdisciplinary team to implement a holistic management plan, modifying plan as needed	Serves as a role model, leading others in implementing holistic management plans for the most complex diagnoses, modifying plans as needed
Comments:				ompleted Level 1

Patient Care 6: Provides Consultative Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Receives and discusses consult requests with referring practitioners collaboratively	Assesses patient, develops recommendations, and communicates with the referring practitioner, with guidance	Independently assesses patient, develops recommendations, and communicates with referring practitioner	Manages a consultative service and effectively conveys assessment, plan, and rationale to all health care team members	Is identified as a role model for the provision of consultative care across the spectrum of adolescent health
Comments:				
			Not Yet C Not Yet A	ompleted Level 1 Ssessable

Medical Knowledge 1: Clinical Knowledge				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge needed to provide primary care	Demonstrates knowledge needed to provide subspecialty care to patients with simple or uncomplicated conditions	Demonstrates knowledge needed to provide subspecialty care to patients with atypical or complex conditions	Integrates a breadth of medical knowledge from various sources to provide care where evidence is ambiguous or limited	Teaches at multiple levels, drawing from a breadth of medical knowledge that spans the continuum of simple to complex problems
Comments:  Not Yet Completed Level 1				
			Not Yet A	

Medical Knowledge 2: Diagnostic Evaluation				
Level 1	Level 2	Level 3	Level 4	Level 5
Explains the rationale, risks, and benefits for common diagnostic testing	Explains the rationale, risks, and benefits for complex diagnostic testing	Considers value and test characteristics of various diagnostic strategies	Considers biopsychosocial factors when developing diagnostic strategy	Demonstrates a nuanced understanding of emerging diagnostic tests and procedures
Interprets results of common diagnostic tests	Interprets complex diagnostic data	Integrates complex diagnostic data accurately to reach high-probability diagnoses	Anticipates and accounts for limitations when interpreting diagnostic data	
Comments:  Not Yet Completed Level 1  Not Yet Assessable				

Systems-Based Practice 1: Patient Safety				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of common patient safety events	Identifies system factors that lead to patient safety events	Participates in analysis of patient safety events (simulated or actual)	Conducts analysis of patient safety events and offers error prevention strategies (simulated or actual)	Actively engages teams and processes to modify systems to prevent patient safety events
Demonstrates knowledge of how to report patient safety events	Reports patient safety events through institutional reporting systems (simulated or actual)	Participates in disclosure of patient safety events to patients and families (simulated or actual)	Discloses patient safety events to patients and families (simulated or actual)	Role models or mentors others in the disclosure of patient safety events
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 2: Quality Improvement				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of basic quality improvement methodologies and metrics	Describes local quality improvement initiatives (e.g., long-active reversible contraception (LARC) usage, smoking cessation)	Participates in local quality improvement initiatives	Demonstrates the skills required to identify, develop, implement, and analyze a quality improvement project	Creates, implements, and assesses quality improvement initiatives at the institutional or community level
Comments:			Not Yet C	ompleted Level 1

Systems-Based Practice 3: System Navigation for Patient Centered Care – Coordination of Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Lists the various interprofessional individuals involved in the patient's care coordination	Coordinates care of patients in routine clinical situations, incorporating interprofessional teams with consideration of patient and family needs	Coordinates care of patients in complex clinical situations, effectively utilizing the roles of interprofessional teams, and incorporating patient and family needs and goals	Coordinates interprofessional, patient-centered care among different disciplines and specialties, actively assisting families in navigating the health care system	Coaches others in interprofessional, patient-centered care coordination
Comments:			Not Yet C	ompleted Level 1

Systems-Based Practice 4: System Navigation for Patient-Centered Care – Transitions in Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Uses a standard template for transitions of care/hand-offs	Adapts a standard template, recognizing key elements for safe and effective transitions of care/hand-offs in routine clinical situations	Performs safe and effective transitions of care/hand-offs in complex clinical situations, and ensures closed-loop communication	Performs and advocates for safe and effective transitions of care/hand-offs within and across health care delivery systems, including transitions to adult care	Coaches others in improving transitions of care within and across health care delivery systems to optimize patient outcomes
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 5: Population and Community Health				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates awareness of population and community health needs and disparities	Identifies specific population and community health needs and disparities; identifies local resources	Uses local resources effectively to meet the needs and reduce health disparities of a patient population and community	Adapts practice to provide for the needs of and reduce health disparities of a specific population	Advocates at the local, regional, or national level for populations and communities with health care disparities
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 6: Physician Role in Health Care Systems				
Level 1	Level 2	Level 3	Level 4	Level 5
Engages with patients and other providers in discussions about cost- conscious care and key components of the health care delivery system	Identifies the relationships between the delivery system and cost- conscious care and the impact on the patient care	Discusses the need for changes in clinical approaches based on evidence, outcomes, and cost-effectiveness to improve care for patients and families	Advocates for the promotion of safe, quality, and high-value care	Coaches others to promote safe, quality, and high-value care across health care systems
Comments:  Not Yet Completed Level 1				

Practice-Based Learning and Improvement 1: Evidence-Based and Informed Practice				
Level 1	Level 2	Level 3	Level 4	Level 5
Develops an answerable clinical question and demonstrates how to access available evidence, with guidance	Independently articulates clinical question and accesses available evidence	Locates and applies the evidence, integrated with patient preference, to the care of patients	Critically appraises and applies evidence, even in the face of uncertainty and conflicting evidence to guide care tailored to the individual patient	Coaches others to critically appraise and apply evidence for complex patients
Comments:  Not Yet Completed Level 1				

Practice-Based Learning and Improvement 2: Reflective Practice and Commitment to Personal Growth				
Level 1	Level 2	Level 3	Level 4	Level 5
Participates in feedback sessions	Demonstrates openness to feedback and performance data	Seeks and incorporates feedback and performance data episodically	Seeks and incorporates feedback and performance data consistently	Role models and coaches others in seeking and incorporating feedback and performance data
Develops personal and professional goals, with assistance	Designs a learning plan based on established goals, feedback, and performance data, with assistance	Designs and implements a learning plan by analyzing and reflecting on the factors which contribute to gap(s) between performance expectations and actual performance	Adapts a learning plan using long-term professional goals, self-reflection, and performance data to measure its effectiveness	Demonstrates continuous self-reflection and coaching of others on reflective practice
Comments:  Not Yet Completed Level 1				

Professionalism 1: Professional Behavior				
Level 1	Level 2	Level 3	Level 4	Level 5
Identifies expected professional behaviors and potential triggers for lapses	Demonstrates professional behavior with occasional lapses	Maintains professional behavior in increasingly complex or stressful situations	Recognizes situations that may trigger professionalism lapses and intervenes to prevent lapses in self and others	Models professional behavior and coaches others when their behavior fails to meet professional expectations
Identifies the value and role of physicians as a vocation/career	Demonstrates accountability for patient care as a physician, with guidance	Fully engages in patient care and holds oneself accountable	Exhibits a sense of duty to patient care and professional responsibilities	Extends the role of the pediatrician beyond the care of patients by engaging with the community, specialty, and medical profession as a whole
Comments:  Not Yet Completed Level 1				

Professionalism 2: Ethical Principles				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of the ethical principles underlying informed consent, surrogate decision making, advance directives, confidentiality, error disclosure, stewardship of limited resources, and related topics	Applies ethical principles in common situations	Analyzes complex situations using ethical principles to address conflict/controversy; seeks help when needed to manage and resolve complex ethical situations	Manages and seeks to resolve ethical dilemmas using appropriate resources (e.g., ethics consultations, literature review, risk management/legal consultation)	Called upon by others to consult in cases of complex ethical dilemmas; identifies and seeks to address system-level factors that induce or exacerbate
Comments:  Not Yet Completed Level 1				

Professionalism 3: Accountability/Conscientiousness				
Level 1	Level 2	Level 3	Level 4	Level 5
Performs tasks and responsibilities, with prompting	Performs tasks and responsibilities in a timely manner in routine situations	Performs tasks and responsibilities in a thorough and timely manner in complex or stressful situations	Coaches others to ensure tasks and responsibilities are completed in a thorough and timely manner in complex or stressful situations	Creates strategies to enhance others' ability to efficiently complete tasks and responsibilities
Comments:  Not Yet Completed Level 1				

Professionalism 4: Well-Being				
Level 1	Level 2	Level 3	Level 4	Level 5
Recognizes the importance of addressing personal and professional well-being	Describes institutional resources that are meant to promote well-being	Recognizes institutional and personal factors that impact well-being	Describes interactions between institutional and personal factors that impact well-being	Coaches and supports colleagues to optimize well-being at the team, program, or institutional level
Comments:			Not Yet C	ompleted Level 1

This subcompetency is not intended to evaluate a fellow's well-being, but to ensure each fellow has the fundamental knowledge of factors that impact well-being, the mechanisms by which those factors impact well-being, and available resources and tools to improve well-being.

Interpersonal and Communication Skills 1: Patient- and Family-Centered Communication				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates respect and attempts to establish rapport	Establishes a therapeutic relationship in straightforward encounters	Establishes a culturally competent and therapeutic relationship in most encounters	Establishes a therapeutic relationship in straightforward and complex encounters, including those with ambiguity and/or conflict	Mentors others to develop positive therapeutic relationships
Attempts to adjust communication strategies based upon patient/family expectations	Adjusts communication strategies as needed to mitigate barriers and meet patient/family expectations	Communicates with sensitivity and compassion, elicits patient/family values, and acknowledges uncertainty and conflict	Uses shared decision making with patient/family to make a personalized care plan	Models and coaches others in patient- and family-centered communication
Comments:  Not Yet Completed Level 1				

Interpersonal and Communication Skills 2: Interprofessional and Team Communication				
Level 1	Level 2	Level 3	Level 4	Level 5
Respectfully requests a consultation, with guidance	Clearly and concisely requests consultation by communicating patient information	Formulates a specific question for consultation and tailors communication strategy	Coordinates consultant recommendations to optimize patient care	Maintains a collaborative relationship with referring providers that maximizes adherence to practice recommendations
Identifies the members of the interprofessional team	Participates within the interprofessional team	Uses bi-directional communication within the interprofessional team	Facilitates interprofessional team communication	Coaches others in effective communication within the interprofessional team
Comments:  Not Yet Completed Level 1				

Interpersonal and Communication Skills 3: Communication within Health Care Systems				
Level 1	Level 2	Level 3	Level 4	Level 5
Records accurate information in the patient record	Records accurate and timely information in the patient record	Concisely documents updated, prioritized, diagnostic and therapeutic reasoning in the patient record	Documents diagnostic and therapeutic reasoning, including anticipatory guidance	Models and coaches others in documenting diagnostic and therapeutic reasoning
Identifies the importance of and responds to multiple forms of communication (e.g., inperson, electronic health record (EHR), telephone, email)	Selects appropriate method of communication, with prompting	Aligns type of communication with message to be delivered (e.g., direct and indirect) based on urgency and complexity	Demonstrates exemplary written and verbal communication	Coaches others in written and verbal communication
Comments:  Not Yet Completed Level 1				

Interpersonal and Communication Skills 4: Difficult Conversations							
Level 1	Level 2	Level 3	Level 4	Level 5			
Identifies communication about challenging topics as a key element for shared decision making	Assesses the patient's and patient's family's/caregiver's situational awareness and identifies preferences for receiving challenging information	Delivers challenging information and attends to emotional responses of patients and patients' families/caregivers	Tailors communication according to the situation, patient consent, patient's family's needs, emotional response, and medical uncertainty	Coaches others in the communication of challenging information			
Comments:  Not Yet Completed Level 1							

Interpersonal and Communication Skills 5: Confidentiality and Consent						
Level 1	Level 2	Level 3	Level 4	Level 5		
Communicates to patients and families the general rights and limitations to adolescent confidentiality and services for which minors can legally consent	Uses developmentally appropriate language to discuss consent and confidentiality based on institutional policies and local statutes	Negotiates boundaries of consent and confidentiality in common situations, including need for disclosure, legal implications, and concern for patient safety	Negotiates boundaries of consent and confidentiality in complex situations, including conflict resulting from disclosure	Role models consent confidentiality, disclosure, and conflict resolution		
Comments:  Not Yet Completed Level 1						