**Adolescent Medicine 2025 MOC Questions**

**STIs, PrEP and DoxyPep**

1. Which of the following treatments are NOT recommended for the state infection?
   1. Chlamydia treated with Azithromycin 1gm orally x1 dose
   2. Trichomoniasis treated with Metronidazole 500mg PO BID x 7 days
   3. Gonorrhea treated with Ceftriaxone 500mg IM x1 dose
   4. Mycoplasma genitalium with macrolide resistance treated with Doxycycline 100mg po BID x 7 days followed by moxifloxacin 400mg po x 7 days
2. How long does it take for PrEP to become protective in rectal tissue?
   1. 7 days
   2. 20 days
   3. 60 days
   4. 100 days

**Weight Loss Medications**

1. Which of the following is an important consideration for primary care pediatricians when prescribing weight management medications to adolescents?
   1. Weight management medications can replace the need for lifestyle changes such as diet and exercise.
   2. Weight management medications are generally recommended as a first-line therapy for all adolescents with obesity.
   3. Approval for use of certain weight management medications in adolescents may differ from adults, necessitating a review of current pediatric guidelines.
   4. Prescribing weight management medications in adolescents is unregulated and based on physician discretion rather than established protocols.

**Problematic Interactive Media Use**

1. The increase in adolescent screen media use during the pandemic lockdown was:
   1. 6%
   2. 17%
   3. 31%
   4. 89%
   5. 112%
2. Adolescents can become addicted to interactive media. True/False
3. Children and teens struggling with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are at higher risk for PIMU.
   1. ADHD
   2. Social anxiety
   3. ASD
   4. Depression
   5. Any of the above
4. What key areas of functioning are important to assess to determine whether media use is problematic?  (select all that apply)
   1. sleep
   2. academic performance
   3. school attendance
   4. peer relationships
   5. family conflict

**Concussion and Return to Play**

1. Concussion is caused by:
   1. A bruise of the brain from a direct impact with the inside of the skull
   2. Swelling of the brain secondary to a rapid deceleration of the brain due to trauma
   3. A rapid rotational acceleration of the brain
   4. All of the above

**Substance Use**

1. You are seeing a 13-year-old for her annual well visit. You ask her parents to leave the room to complete a comprehensive psychosocial assessment. Which evidence-based tools can you use to screen for substance use disorders?
   1. CRAFFT (Car, Relax, Alone, Forget, Family/Friends, Trouble)
   2. S2BI (Screening to Brief Intervention)
   3. BSTAD (Brief Screening Instrument for Adolescent Tobacco, Alcohol, and Drug Use)
   4. ASSIST (Alcohol, Smoking, and Substance Involvement Screening Test)
   5. All of the above
2. You are seeing a 15-year-old boy because his parents are concerned about his decreasing grades and that he skipped school recently. He discloses that he used pills a few weeks ago with his friends. He thinks they were oxycodone. He has no desire to try pills again because he didn’t like how they made him feel. This is the first time he’s discussing his substance use with anyone, and he has never had any treatment before. What is the most important next step?
   1. Start buprenorphine
   2. Require him to attend a residential substance use program
   3. Prescribe naloxone and educate him about overdose prevention
   4. Send urine toxicology to test for fentanyl

**Weight Loss Meds, Weight Stigma, and Eating Disorder Prevention**

1. A 14-year-old is seen for concerns about their stomach pain. They report having pain after eating that is new. They recently lost 60 pounds and are now on the 50th % for weight. Parents report that they are happy with their weight loss and don’t see a problem except for the stomach pain. The stomach pain comes after eating a meal that is larger than usual. The patient describes typically eating about 1000 calories per day. Pt. endorses feeling light-headed when standing. She also reports having no menstrual periods for 8 months. On exam, her extremities are noted to be quite cold to the touch. What would be the next steps?
   1. Referral to a GI doctor
   2. Referral to a dietician for weight restoration and weekly weights
   3. Full laboratory evaluation and DEXA scan
   4. B and C

**Trauma-Informed Care**

1. A 15-year-old patient with a history of trauma becomes visibly tense during a physical exam. Which of the following is the most **trauma-informed** response from the provider?
   1. *"Try to relax, this will be over quickly."*
   2. *"I need to complete this exam, please stay still."*
   3. *"Would it be helpful if I explained each step before we begin? Let me know if you need a break."*
   4. *"You’ve had exams before, so you know what to expect."*
2. Which of the following is NOT a core principle of trauma-informed care?
   1. *Safety*
   2. *Empowerment and* *choice*
   3. *Encouraging patients to “move on” from past trauma*
   4. *Trustworthiness and* *transparency*

**Youth Advocacy**

1. The following is an important element to include if you plan to have an advocacy meeting with a legislator or professional from their staff:
   1. If you are a constituent of theirs, let them know
   2. Research their work and background ahead of time
   3. Be clear about what action(s) you’d like the legislator to take
   4. Send a thank-you note e-mail or card afterwards
   5. All of the above

**Acne, Hirsutism, and Hair Loss**

1. A 15-year-old female patient presents with increased hair loss for six months. She reports increased shedding when washing her hair and has started to notice less density at her frontal hairline. Past medical history is notable for irregular menses. On exam, you note subtle widening of the midline part over the frontal scalp. What is this patient’s most likely prognosis?
   1. This is scarring hair loss, and the effects are permanent.
   2. This is a chronic, progressive condition, and topical minoxidil is first-line treatment.
   3. This is an autoimmune disorder, and topical steroids should be started.
   4. This is an autoimmune disorder, and the patient requires urgent referral to dermatology and rheumatology.
   5. This is a self-limited reaction to acute illness and serologic testing should be performed.
2. A 13-year-old female patient presents with acne for two years that has not responded to over-the-counter acne products. She notes flaring with menses. On exam, you note closed comedones and inflammatory papules over the entire face but predominantly over the cheeks and chin. There is a background of significant pitted scarring throughout. What is the best treatment option?
   1. Tretinoin cream
   2. Tretinoin cream, benzoyl peroxide wash, and clascoterone cream combination therapy
   3. Doxycycline oral therapy
   4. Spironolactone oral therapy
   5. Isotretinoin oral therapy

**Contraceptive Update**

1. All progestin-only contraceptives are safe to use in a patient with a history of venous thrombosis. True/False
2. Long-term use of combined oral contraceptives is associated with a reduced risk for endometrial and ovarian cancer. True/False

**Adolescent QI in Clinical Practice**

1. The process of effective quality improvement work is predicated on evaluation and iteration following a sequence of steps. This is process is best encapsulated by the acronym PDSA. PDSA stands for:
   1. Plan Do Study Act
   2. Propose Design Start Advise
   3. Prioritize Debate Sort Articulate
   4. Process Delegate State Access
2. You are working on a quality improvement project in your clinical setting to improve vaccination rates amongst teens. In this work you engage in all the following steps: roll out a QR code to inform patients about vaccines with links to social media influencers encouraging young people to get vaccinated, assess reasons young people are not getting vaccinated in your clinic using an Ishikawa (fishbone) diagram, look at baseline data for vaccination rates, change the social media platforms the QR code links based on feedback, expand the program to other sites within your network, measure change in vaccination data, consider use of a numbing spray to reduce pain with immunization, and include adolescent patients from your clinic in meetings.
   1. If you are following a Plan-Do-Study-Act (PDSA) process, which answer reflects the correct sequence of events?
   2. Consider use of a numbing spray to reduce pain with immunization, include adolescent patients from your clinic in meetings, assess reasons young people are not getting vaccinated in your clinic using an Ishikawa (fishbone) diagram, expand the program to other sites within your network.
   3. Assess reasons young people are not getting vaccinated in your clinic using an Ishikawa (fishbone) diagram, roll out a QR code to inform patients about vaccines with links to social media influencers encouraging young people to get vaccinated, measure change in vaccination data, change the social media platforms the QR code links based on feedback.
   4. Roll out a QR code to inform patients about vaccines with links to social media influencers encouraging young people to get vaccinated, include adolescent patients from your clinic in meetings, consider use of a numbing spray to reduce pain with immunization, measure the change in vaccination data.
   5. Measure change in vaccination data, change the social media platforms the QR code links based on feedback, assess reasons young people are not getting vaccinated in your clinic using an Ishikawa (fishbone) diagram, consider use of a numbing spray to reduce pain with immunization.

**Menstrual Flow: Bleeding Too Much? Bleeding Too Little?**

1. Which of the following are NOT recommended treatments for abnormal uterine bleeding (AUB):
   1. contraceptive agents
   2. multivitamin with iron
   3. Tranexamic acid
   4. DDAVP
2. Combined hormonal contraceptives are the best treatment option for PCOS. True/False

**Evidence-Based Treatment for Anxiety and Depression**

1. A 16-year-old presents to annual physical. During their social history, you learn he is sleeping poorly, describes diminished energy, and has quit an after-school job.  His grades are okay, but lower than last year. His mother is concerned that he spends less time out with friends and mostly seems engrossed in social media, leading to arguments between them.  She notes he is eating poorly. He denies suicidal ideation. Strong evidence suggests he is likely to get the most benefit from:
   1. SSRI and individual therapy
   2. cyproheptadine and family therapy
   3. methylphenidate and tutoring
   4. clonidine and improved sleep hygiene

**Human Oversight in AI Use**

1. A clinician is considering implementing an AI-powered tool to assist with drafting clinical documentation and summarizing patient notes. Which of the following best reflects the recommended approach to integrating AI into clinical practice?

a) AI-generated outputs should be used without review to increase efficiency.

b) Clinical decision-making can be fully delegated to AI tools to minimize human error.

c) Human oversight is essential to ensure safe, ethical, and patient-centered use of AI.

d) AI can independently diagnose and treat patients without clinician involvement.

1. Which of the following represents an appropriate use of AI technology to support clinical care in adolescent medicine?
   1. Using AI to prescribe stimulant medications for ADHD without clinician review.
   2. Replacing all school-based therapy services with AI chatbots.
   3. Enhancing patient education materials by adapting clinical content into teen-friendly, accessible language.
   4. Allowing AI tools to independently diagnose adolescent mental health conditions.