

Development of an Online Learning Module to support Health Care Professionals Knowledge of Growth & Puberty

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Background

The Scottish Paediatric Endocrine Group Managed Clinical Network is committed to providing equity of care and education across Scotland. A key role is the education of health care professionals and the delivery of education. An extensive survey using a Learning Needs Analysis Tool was completed to ascertain learning needs of all health professionals and their delivery across Scotland. This highlighted the desire to have online learning methods available to health professionals.

Objective

To design an online education program on growth and puberty accessible to all Health Care Professionals in Scotland.

Method

The three authors (paediatricians and a paediatric endocrine nurse) all had previous experience of delivering educational workshops. The on-line learning tool was developed using "LearnPro", an existing online learning platform used within Scotland and the UK. Materials were adapted from previously developed face to face workshops.

The module was launched in November 2017.

A detailed programme was developed with the following aims:

- To better understand normal growth and puberty
- To understand what influences growth
- To understand the variations in normal growth and puberty
- To understand growth charts and their uses and be able to measure children correctly
- To understand common causes of abnormal growth

The module is accompanied by an interactive test that allows assessment of learning following completion of the module.

Candidates who are successful in completing the assessment receive a CPD certificate.

Extracts from the Learning Module

Key Questions When Assessing Growth

In any child who is presenting with a potential growth issue, it is important to ask some key questions that are useful in assessing their growth.

- Is the child too short or tall for their age – could there be a problem?
- Has puberty started and is it progressing normally?
- Is growth normal for stage of puberty?
- Is the child underweight, overweight or obese?

Assessment of Puberty

The assessment of puberty includes:

- Pubic, axillary hair and breast development in girls
- Pubic, axillary hair and genital development in boys

Axillary hair development is the same for both boys and girls:

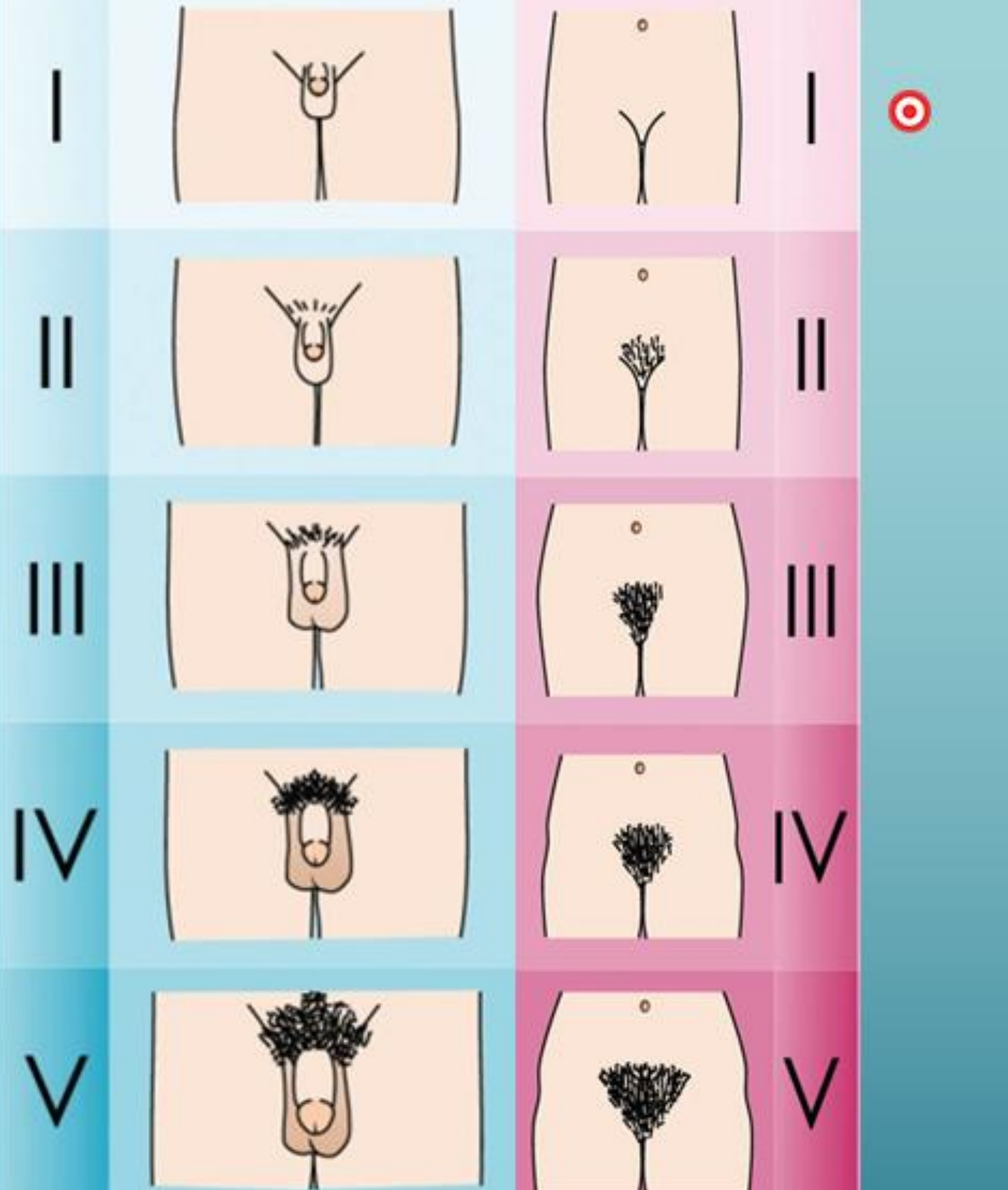
- A1 - None
- A2 - Some
- A3 - Adult

Click below to see a development diagram for each

PUBIC HAIR DEVELOPMENT

BREAST DEVELOPMENT

GENITAL DEVELOPMENT



Summary

You have now come to the end of this module.

On the growth charts, there is an easy BMI lookup tool which helps to calculate the BMI centile for the child.

You should now have a better idea of growth and its variation, and how to assess growth in any child.

Central to growth assessment is the ability to accurately measure height and weight, to assess puberty, and to use growth charts.

The growth charts help to assess:

- whether a child is growing normally
- whether they are growing normally but have a normal variation of growth
- whether there is a concern about their growth that will need further assessment

Results

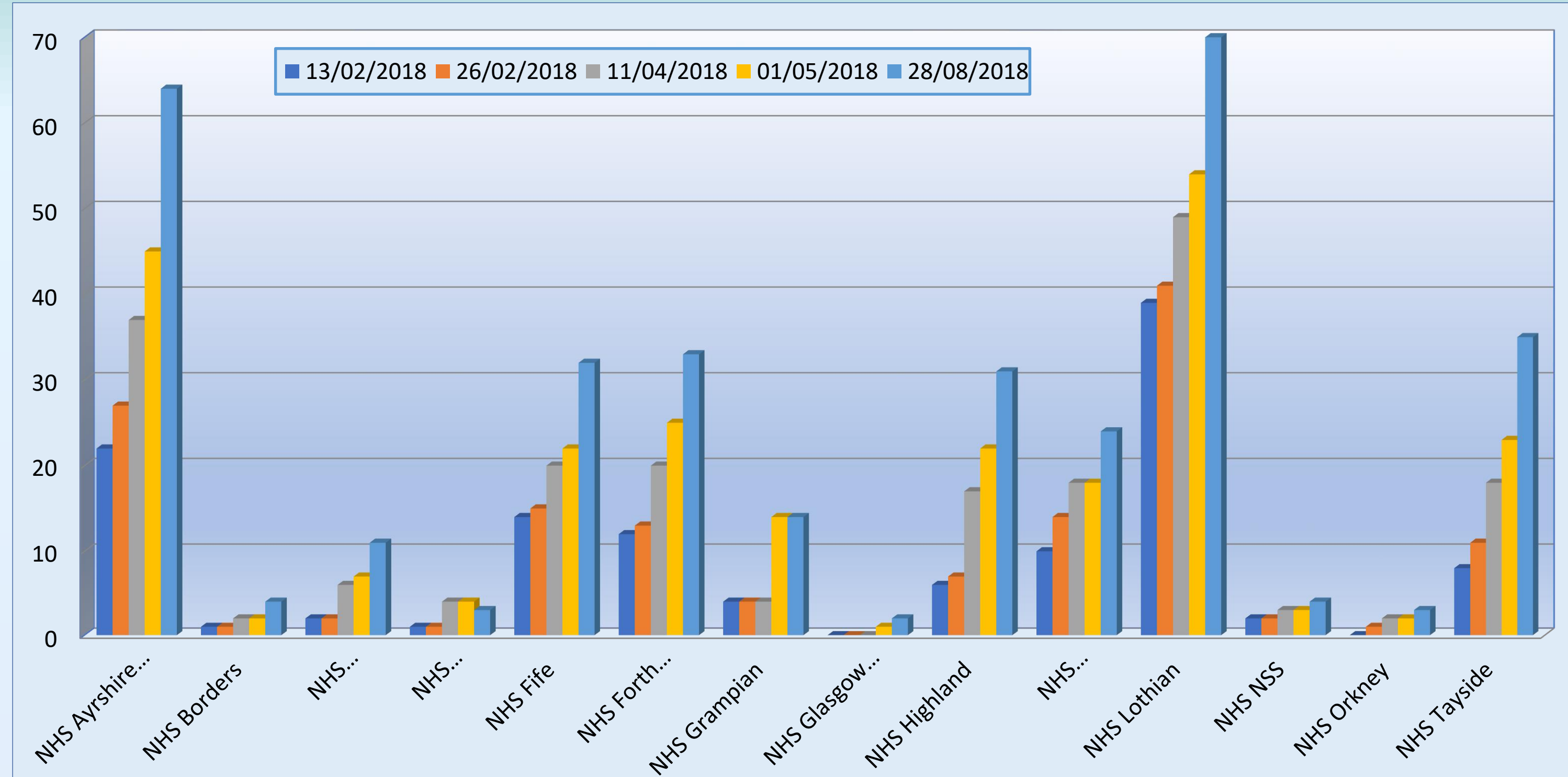
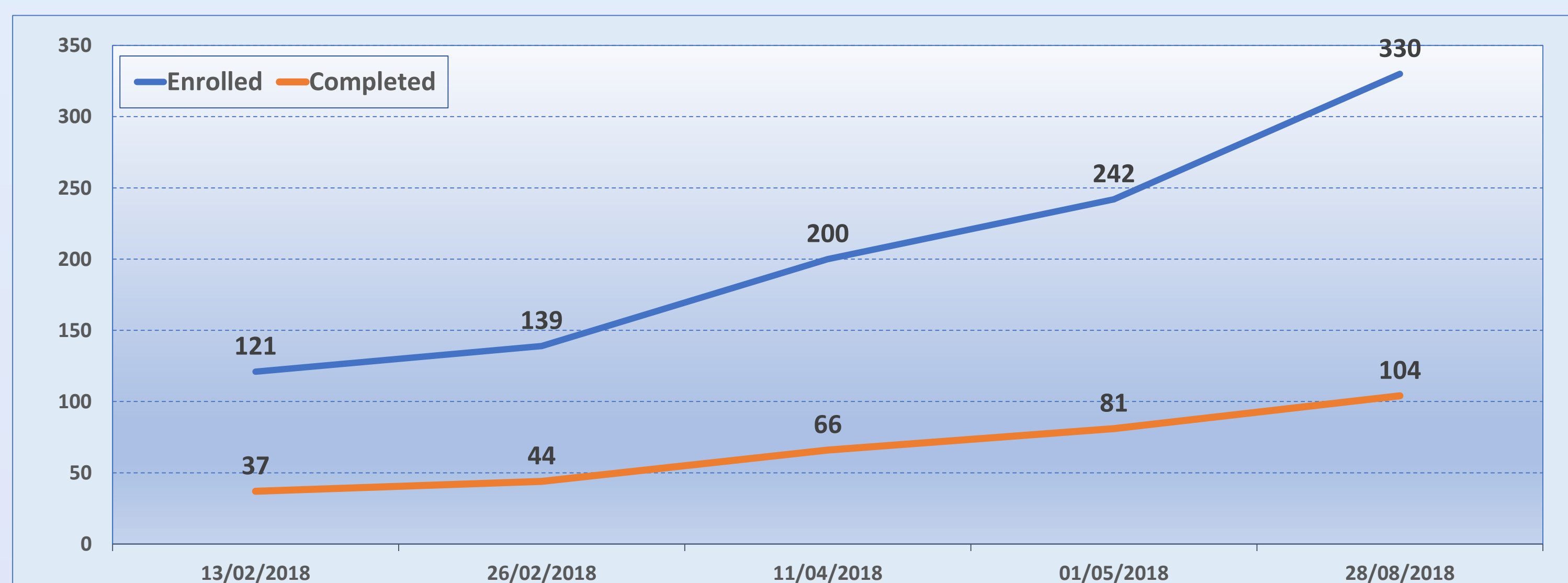


Chart Showing uptake of learning module in each health board area in Scotland over 6 months



Run Chart Showing Total numbers of people enrolled and numbers who have completed the module

Conclusions

The "LearnPro" Module has been developed and launched across Scotland as a useful evidence-based update for all health professionals working with children, including, trainees, senior paediatricians as well as endocrinologists. It is recommended learning for all health care professionals working with children.

There has been an increase in numbers of health professionals enrolling in the module. A third of those who enrolled have completed the module. Considerably more people have enrolled in the module than would have attended a face to face workshop.

The desire is that the module will become mandatory training for all health care professionals working with children, and will improve the care of children with growth concerns.

To access the module visit:

<https://nhs.learnpro.com>

www.speg.scot.nhs.uk/professional-pages/education

