



PEDIATRIC MEDICINE



WHAT IS PEDIATRIC MEDICINE?



In the 1930s, the idea that children had unique developmental and health needs was new because they had traditionally been treated as “miniature adults.” Practices that now standard provide preventive care, such as immunization and regular health exams, were made possible thanks to the study of pediatrics.

The word “paediatric” means “healer of children,” so pediatrics is the branch of medicine dealing with the health and medical care of infants, children, and adolescents from birth up to the age of 18.



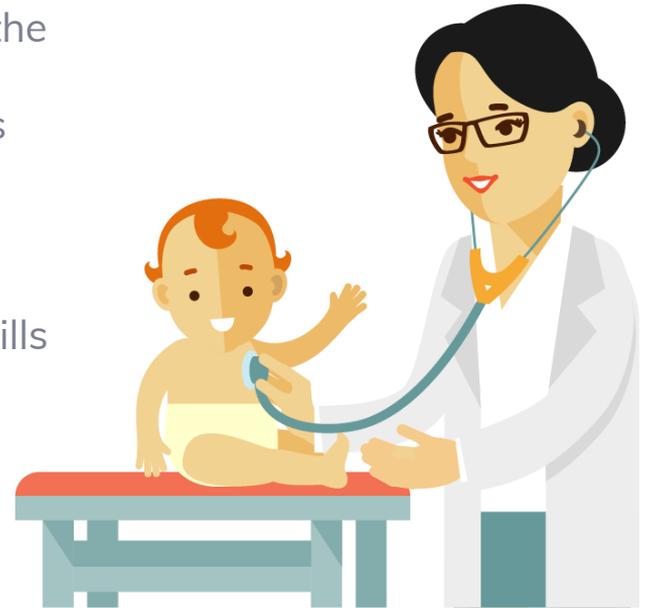
Abraham Jacobi (1830–1919)

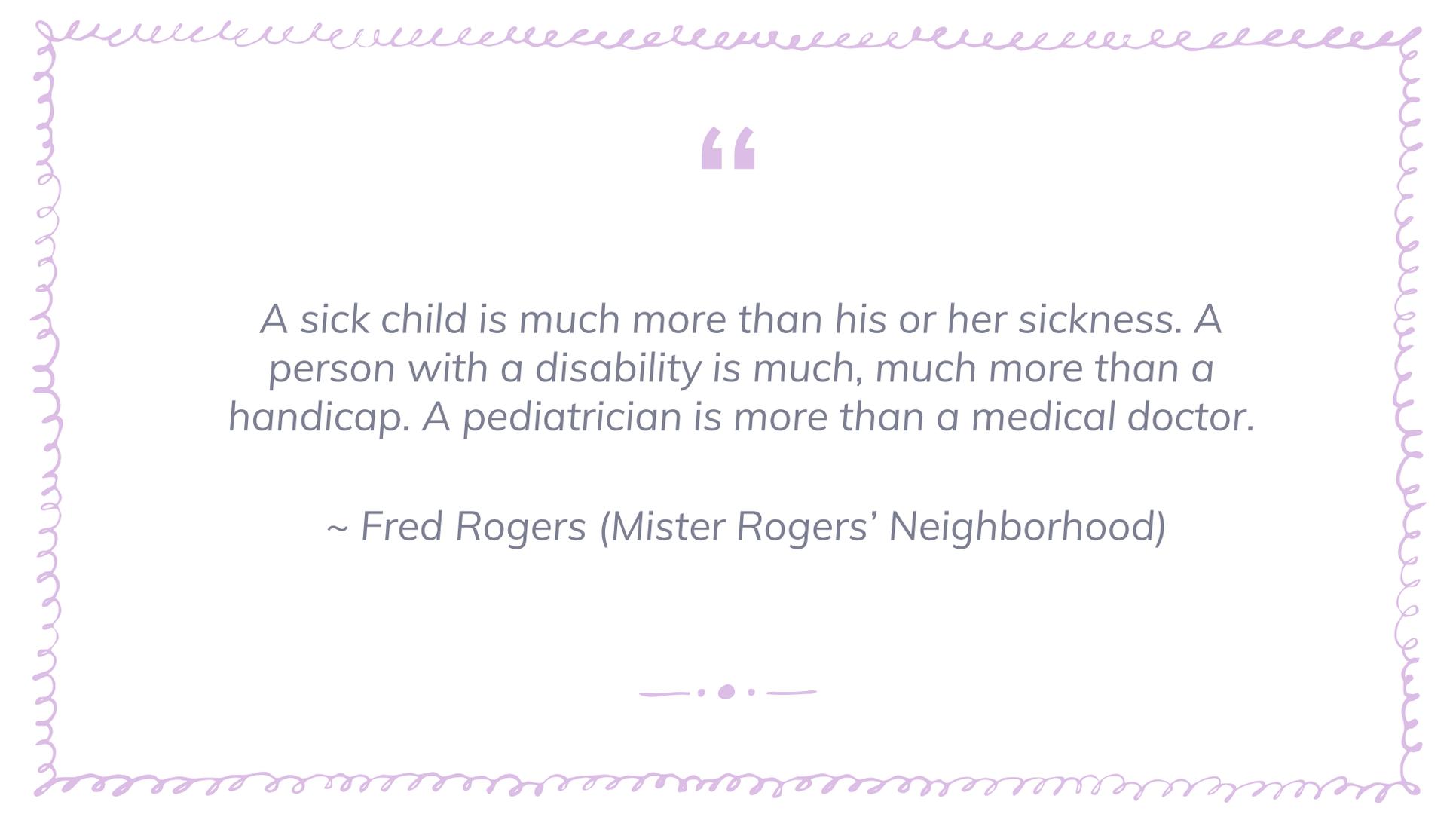
Known as the father of pediatrics, Dr. Abraham Jacobi's outstanding contribution was the struggle against controversial and unsound medical practices of the time, such as unsafe disease treatment and unsanitary breastfeeding practices. Because of his outspoken opinions and strong sense of scientific inquiry, he was established as a Clinical Professor of Diseases of Children at Columbia University's College of Physicians and Surgeons, and in 1888 he was elected President of the American Pediatric Society—the first medical specialty society in the United States!

WHAT DO PEDIATRICIANS DO?

Pediatricians are board certified doctors who manage the physical, behavioral, and mental health of a child. Most treat patients until the age of 18-21 years. Some things pediatricians do are:

- Physical exams
- Vaccinations
- Monitoring milestones in growth, behavior, and skills
- Treating illnesses, infections, injuries, and other health problems
- Informing guardians of the child's health, safety, nutrition, and fitness needs





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A sick child is much more than his or her sickness. A person with a disability is much, much more than a handicap. A pediatrician is more than a medical doctor.

~ Fred Rogers (Mister Rogers' Neighborhood)

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PEDIATRIC MEDICINE ISN'T AS SIMPLE AS "MINIATURIZED" ADULT MEDICINE...

- It involves patients who are still physically developing while under care, which is not typically present in adult patients. For this reason, pediatricians must pay special attention to growth and developmental issues as these processes can significantly impact treatment outcomes.
- It requires the utmost precision and accuracy in dosages and treatments because children are smaller
- Pediatricians must often receive consent from a parent or legal guardian to provide care for a child.
- Healthcare providers must possess tremendous patience and empathy to communicate successfully with both children and their families.
- It calls for education and advocacy for patients' safety in both hospital and domestic settings



MEDICAL TRAINING IN PEDIATRICS

- Primary care physicians first complete their medical school training (called undergraduate medical education) in accredited [MD](#) or [DO](#) programs (see [MD](#) and [DO](#) careers of the month for prerequisites, curriculum details, and more).
- During their fourth year, medical students will work with their faculty advisers to select elective rotations that will help them narrow down and prepare for their future career choice.
- After graduating from medical school, students enter residency, or graduate medical education, to continue training. Pediatrics is a three-year residency program.

HIGHLY RANKED MEDICAL SCHOOLS FOR PEDIATRIC MEDICINE

- Harvard University
- The University of Pennsylvania
- University of Cincinnati
- University of Colorado
- Johns Hopkins University
- UC San Francisco
- University of Pittsburgh
- University of Washington
- Stanford University
- Baylor College of Medicine



THINGS TO CONSIDER

- Choosing a career is a developmental process. The pre-med years are the time to think about goals, evaluate your strengths, and examine options. Research is important, as are one-on-one conversations with people in the field and first-hand experience in medical environments.
- One former director of medical education (also known as the "DME" or "clerkship director") urges that students considering medical school give serious thought to their motivation. "When I interviewed college students, the ones I worried about were those who had chosen medicine because they thought it was a good profession to 'make money'," she says. "I think if you choose a career in medicine, you have to have a passion for the care of people. There has to be a passion there to drive you, because medical school is not all that fun. It's a lot of hours and you're working hard. Sometimes people get all the way to medical school and then find out that they don't really want to be there."

<https://www.aap.org/en-us/professional-resources/Path-to-Pediatrics/Pages/preparing-for-your-medical-education.aspx>

ARTICLES OF INTEREST

- [Early Career Experiences of Pediatricians Pursuing or Not Pursuing Fellowship Training](#) Bobbi Byrne, MD, Shesha Katakam, MD, MPH, Mary Pat Frintner, MSPH, William Cull, PhD
- [Work-Life Balance, Burnout, and Satisfaction of Early Career Pediatricians](#) Amy Starmer, MD, MPH, Mary Pat Frintner, MSPH, Gary Freed, MD, MPH
- [Attitudes and Experiences of Early and Midcareer Pediatricians with the Maintenance of Certification Process](#) Bobbi Byrne, MD, Mary Pat Frintner, MSPH, Heather Abraham, MD, Amy Starmer, MD, MPH

For More Information

Association of American Medical Colleges [AAMC.org](https://www.aamc.org)

American Academy of Pediatrics [AAP.org](https://www.aap.org)

American Board of Pediatrics [ABP.org](https://www.abp.org)

American Medical Association [AMA-ASSN.org](https://www.ama-assn.org)

Scholarly Articles on Pediatrics

<https://www.omicsonline.org/scholarly/pediatric-medicine-journals-articles-ppts-list.php>