

# Adolescent Resource Newsletter

## June 2016



To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development. Adopted in April 2008 by the Young Peoples Health Special Interest Group of the Royal College of Paediatrics and Child health ([www.yphsig.org.uk](http://www.yphsig.org.uk))

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**YPHSIG: Young Peoples Health Special Interest Group**  
Of the Royal College of Paediatrics and Child Health.

If you are interested in joining YPHSIG and/or would like to find out more about the YPHSIG, please go to our website [www.yphsig.org.uk](http://www.yphsig.org.uk)

**AYPH: Association for Young People's Health**

Is a charity and membership organization creating a focus for all professionals and organizations working in the field of young people's health? If you are interested in joining AYPH and/or would like to find out more about it, please go to [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk).

### Disclaimer

*Resources detailed here have been identified as potentially useful and whilst every care has been taken to ensure that they are appropriate and/or relevant for adolescents and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.*

## Our future: a Lancet commission on adolescent health and wellbeing

The largest generation of adolescents and young people in human history (1.8 billion) demands more attention and action. Adolescents and young adults face unprecedented social, economic, and cultural change. This new Lancet Commission argues that there are both current threats, if inaction continues, but also tremendous unrealised opportunities not only for the health and wellbeing of young people themselves but also for the future of society and future generations.

<http://thelancetyouth.com/resources/lancet-publications/>  
<http://thelancetyouth.com/2016/04/watch-the-launch-here>

## Professional Webwatch

 [https://www.unicef-irc.org/publications/pdf/IAD\\_01\\_2016.pdf](https://www.unicef-irc.org/publications/pdf/IAD_01_2016.pdf)

A quarterly digest synthesizing the latest research findings in adolescent well-being over the previous three months.

### Youth Friendly Health services

 <http://youngpeople.ndcsbuzz.org.uk/mylifemyhealth>

**My life, my health** is an exciting new health campaign to improve deaf young people's experiences of GP services.

### Transition

 [www.10stepstransition.org.uk](http://www.10stepstransition.org.uk)

The Alder Hey Hospital Transition Programme site with presentations from a recent transition conference now available.

 <https://www.gov.uk/government/publications/education-health-and-care-process-mapping-user-experiences>

#### **Mapping user experiences of the education, health and care process: a qualitative study**

This report presents the findings from a small-scale qualitative study commissioned by the Department for Education (DfE) to examine user satisfaction with the Education, Health and Care (EHC) process for children and young people with Special Educational Needs and Disabilities (SEND).

 <https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative>

This American College of Physicians (ACP) Initiative is a collaborative effort to develop a toolkit to facilitate more effective transition and transfer of young adults from paediatric to adult care, with a major focus on providing a framework for the adult care clinicians. This new toolkit contains disease/condition-specific tools developed by internal medicine subspecialties to assist physicians in transitioning young adults with chronic diseases/conditions into adult care settings.

The new toolkits contain several condition-specific tools modelled after Got Transition's Six Core Elements of Health Care Transition including :General Internal Medicine (for young adults with learning disabilities and those with physical disabilities, Cardiology, endocrinology ,Haematology, Nephrology and rheumatology

### Mental Health

 <http://www.ippr.org/publications/education-education-mental-health>

#### ***Education, education, mental health: supporting secondary schools to play a central role in early intervention mental health services***

This report examines why schools are facing a 'perfect storm', and makes the case for putting secondary schools at the heart of early intervention provision for children and young people with emerging, low-level mental health problems.

 <http://minded.e-lfh.org.uk/families/index.html>

## MindEd for families

To complement the existing MindEd e-learning, MindEd for Families provides materials for parents and carers of children and teens struggling with mental health issues.

 <http://www.stem4.org.uk/>

TEM4 is a charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage.

 [http://www.camheleon.org/?doing\\_wp\\_cron=1465504595.7445840835571289062500](http://www.camheleon.org/?doing_wp_cron=1465504595.7445840835571289062500)

## CAMHeleon

This is a new online resource for practical inspiration and encouragement aimed at child and adolescent mental health ward staff. The site's contents are informed by research into aspects of young people's wellbeing and how wards can best provide and support these collaboratively. The site focuses on the key factors that make a positive difference to young inpatients, identifying small changes that have a significant impact.

## Young Carers

 <https://www.england.nhs.uk/ourwork/pe/commitment-to-carers/carers-toolkit/>

### *An integrated approach to identifying and assessing carer health and wellbeing*

NHS England and its partners have developed a toolkit to help health and social care organisations work together in identifying, assessing and supporting the wellbeing of carers and their families, including young carers. This toolkit covers new duties on NHS organisations brought about by the Care Act 2014 and the Children and Families Act 2014, and includes numerous examples of positive practice that are already making a difference to Carers and their families.

## Young Parents

 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/524506/PHE\\_LGA\\_Framework\\_for\\_supporting\\_teenage\\_mothers\\_and\\_young\\_fathers.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/524506/PHE_LGA_Framework_for_supporting_teenage_mothers_and_young_fathers.pdf)

### *A framework for supporting teenage mothers and young fathers*

This framework helps local healthcare commissioners and service providers review current support arrangements for young parents in their area. It sets out the relevance and importance of teenage mothers and young fathers to each service, suggestions for tailoring services to meet their needs and helpful resources.

## Independent Living

 <https://www.ons.gov.uk/releases/youngpeopleswellbeingandpersonalfinance>

### *Young people's well-being and personal finance, UK: 2013 to 2014*

This report looks at how young people's (aged 16 to 24) personal well-being and their assessment of their personal financial situation differ by employment status and living arrangements and whether this has changed over time.

 <https://www.minded.org.uk/course/view.php?id=402>

### *Digital risk and resilience resources*

These Digital Risk resources have been developed as a hub of information and support for all professionals who work with children and young people

## Young People and Research

 <http://www.rcpch.ac.uk/sites/default/files/page/ResearchandUsA4Poster.pdf>

 <http://www.rcpch.ac.uk/cyp-research-charter>

The new **'Infants', Children's and Young People's Child Health Research Charter'** from the RCPCH which provides guiding principles for working with and involving children and young people in research

## Resilience

 <http://www.youngpeopleshealth.org.uk/public-health>

***A public health approach to promoting young people's resilience: a guide to resources for policy makers, commissioners, and service planners and providers***

This resource from the Association for Young People's Health (AYPH), funded by Public Health England, and developed with input from the Early Intervention Foundation, provides a new focus on public health approaches to supporting young people's resilience. It highlights ways that services have successfully worked together, provides links to useful interventions and other resources, and draws on the perspectives of young people about what works well for them.

## Looked After Children

 [http://www.ncb.org.uk/media/1283048/lac\\_health\\_documents\\_tool.pdf](http://www.ncb.org.uk/media/1283048/lac_health_documents_tool.pdf)

***Looked after children's health: key official guidance documents***

This interactive tool allows you to easily access key official guidance documents (published by government or government sponsored agencies) relating to looked after children's health from one place.

## Volunteering

 [https://www.brook.org.uk/data/Confidentiality\\_and\\_safeguarding\\_report.pdf](https://www.brook.org.uk/data/Confidentiality_and_safeguarding_report.pdf)

***Safeguarding and confidentiality within youth volunteering: considerations for health and social care professionals***

The Young People's Health Partnership (YPHP) has worked with young people and professionals to develop this guidance in order to enhance the confidence of professionals to engage young people in health and social care volunteering opportunities, ensuring that they feel confident balancing their duty of care towards young volunteers, whilst also upholding young people's rights.

## Professional Bookshelf

 Abitbol L, Zborovski S, Palmert MR. Evaluation of delayed puberty: what diagnostic tests should be performed in the seemingly otherwise well adolescent? *Arch Dis Child*. 2016 May 17. [Epub ahead of print]

 Al Khalifah RA, Florez ID, Dennis B, Thabane L, Bassilious E. Metformin or Oral Contraceptives for Adolescents With Polycystic Ovarian Syndrome: A Meta-analysis. *Pediatrics*. 2016 May;137(5).

 Barrington-Trimis JL, Berhane K, Unger JB, Cruz TB, Urman R, Chou CP, Howland S, Wang K, Pentz MA, Gilreath TD, Huh J, Leventhal AM, Samet JM, McConnell R. The E-cigarette Social Environment, E-cigarette Use, and Susceptibility to Cigarette Smoking. *J Adolesc Health*. 2016 May 6. [Epub ahead of print]

-  Bhawra J, Bhawra J, Toulany A, Cohen E, Moore Hepburn C, Guttman A. Primary care interventions to improve transition of youth with chronic health conditions from paediatric to adult healthcare: a systematic review. *BMJ Open*. 2016 May 5;6(5):e011871.
-  Betz CL, O'Kane LS, Nehring WM, Lobo ML. Systematic review: Health care transition practice service models. *Nurs Outlook*. 2016 May-Jun;64(3):229-43.
-  Callander EJ. Pathways between health, education and income in adolescence and adulthood. *Arch Dis Child*. 2016 May 20. [Epub ahead of print]
-  Dhawan A, Samyn M, Joshi D. Young adults with paediatric liver disease: future challenges *Arch Dis Child*. 2016 Jun 8. [Epub ahead of print]
-  Dodds CM, Britto MT, Denson LA, Lovell DJ, Saeed S, Lipstein EA. Physicians' Perceptions of Shared Decision Making in Chronic Disease and Its Barriers and Facilitators. *J Pediatr*. 2016 Apr;171:307-309.
-  Fatima Y, Doi SA, O'Callaghan M, Williams G, Najman JM, Mamun AA. Parent and adolescent reports in assessing adolescent sleep problems: Results from a large population study. *Acta Paediatr*. 2016 Mar 16.. [Epub ahead of print]
-  Garcia-Huidobro D, Shippee N, Joseph-DiCaprio J, O'Brien JM, Svetaz MV. Effect of Patient-Centered Medical Home on Preventive Services for Adolescents and Young Adults. *Pediatrics*. 2016 Jun;137(6). Epub 2016 May 16.
-  Jager M, Huiskes M, Metselaar J, Knorth EJ, De Winter AF, Reijneveld SA. Therapists' continuations following *I don't know*—responses of adolescents in psychotherapy. *Patient Educ Couns*. 2016 May 17. [Epub ahead of print]
-  Jenkins RR. Adolescent medicine in the USA: a perspective on progress and lessons learnt. *Arch Dis Child*. 2016 Jun;101(6):510-3.
-  Kamboj A, Spiller HA, Casavant MJ, Chounthirath T, Smith GA. Pediatric Exposure to E-Cigarettes, Nicotine, and Tobacco Products in the United States. *Pediatrics*. 2016 Jun;137(6).
-  Kijakovic M, Hunt C. A meta-analysis of predictors of bullying and victimisation in adolescence. *Adolesc*. 2016 Jun;49:134-45
-  Lipstein EA, Dodds CM, Lovell DJ, Denson LA, Britto MT. Making decisions about chronic disease treatment: a comparison of parents and their adolescent children. *Health Expect*. 2016 Jun;19(3):716-26.
-  Mokdad AH, Forouzanfar MH, Daoud F et al Global burden of diseases, injuries, and risk factors for young people's health during 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet*. 2016 May 9. [Epub ahead of print]

 Nehring WM, Betz CL, Lobo ML. Uncharted Territory: Systematic Review of Providers' Roles, Understanding, and Views Pertaining to Health Care Transition. J Pediatr Nurs. 2015 Sep-Oct;30(5):732-47.

 Bhawra J, Toulany A, Cohen E, Moore Hepburn C, Guttman A. Primary care interventions to improve transition of youth with chronic health conditions from paediatric to adult healthcare: a systematic review. BMJ Open. 2016 May 5;6(5):e011871

 Patton GC, Sawyer SM, Santelli JS, et al Our future: a Lancet commission on adolescent health and wellbeing. Lancet. 2016 May 9. [Epub ahead of print].

 Sammons HM, Wright K, Young B, Farsides B. Research with children and young people: not on them. Arch Dis Child. 2016 May 4. [Epub ahead of print]

 Singh SP, Anderson B, Liabo K, Ganeshamoorthy T; guideline committee. Singh SP, Anderson B, Liabo K, Ganeshamoorthy T; guideline committee. BMJ. 2016 May 11;353:i2225..

 Taylor RM, Feltbower RG, Aslam N, Raine R, Whelan JS, Gibson F. Modified international e-Delphi survey to define healthcare professional competencies for working with teenagers and young adults with cancer. BMJ Open. 2016 May 3;6(5):e011361.

 Twig G, Yaniv G, Levine H, Leiba A, Goldberger N, Derazne E, Ben-Ami Shor D, Tzur D, Afek A, Shamiss A, Haklai Z, Kark JD. Body-Mass Index in 2.3 Million Adolescents and Cardiovascular Death in Adulthood. N Engl J Med. 2016 Apr 13. [Epub ahead of print]

 Wei C, Crowne EC. Recent advances in the understanding and management of delayed puberty. Arch Dis Child. 2016 May;101(5):481-8.

 Wijlaars LP, Gilbert R, Hardelid P. Chronic conditions in children and young people: learning from administrative data. Arch Dis Child. 2016 May 31. [Epub ahead of print].

## Training Resources

 <http://www.youngpeopleshealth.org.uk/our-work/practice/secondary-care>  
Improving inter-professional learning in adolescent health with a focus on diabetes  
This short screencast training resource is based on the Association for Young People's Health (AYPH) training with secondary care professionals around improving communication and care for young people with type 1 diabetes.

 <https://www.coursera.org/learn/teen-health>  
An online global adolescent health course delivered by the University of Melbourne that is starting again on June 13

## Research

### Design for MSK public engagement project , NIHR Manchester Musculoskeletal Biomedical Research Unit.,

Aims to raise awareness of musculoskeletal conditions in young people by inviting those aged 16-26 to share their experiences of living with their condition using the #DesignforMSK hash tag on social media. Contributions will then be used to inspire a group of patients and product design students in Manchester who will work to create solutions to issues identified by patients. Both the final products/prototypes and the process will be exhibited in Manchester during November 2016.

At the moment, we are looking for young people in or near Manchester to take part in two design workshops over summer 2016. All travel expenses will be reimbursed and they will receive vouchers for involvement. Also if any researchers or clinicians might like to get involved by sharing their experiences or design ideas during the summer workshops, please contact [olivia.osullivan@manchester.ac.uk](mailto:olivia.osullivan@manchester.ac.uk) 0161 276 3215.

For more information about the project, please visit: <https://designformsk.wordpress.com/>

Facebook: <https://www.facebook.com/designformsk/>

Instagram: <https://www.instagram.com/designformsk>

## Forthcoming Dates for your Diary!

### 2016

<b>July 5-6</b>	<b>Telling our own stories: Disabled and non Disabled young people shaping change'</b> Cardiff	Childhood and Youth Research Group at Cardiff University and the Regional Disabled Children's Childhood Research network <a href="https://www.eventbrite.co.uk/e/telling-our-own-stories-disabled-and-non-disabled-children-and-young-people-shaping-change-tickets-25153695380">https://www.eventbrite.co.uk/e/telling-our-own-stories-disabled-and-non-disabled-children-and-young-people-shaping-change-tickets-25153695380</a>
<b>August 30 to Sept 2</b>	<b>Children and Adolescents with Chronic illness Summer School</b> Lausanne, Switzerland	<a href="http://www.formation-continue-unil-epfl.ch/en/children-adolescents-chronic-illness">http://www.formation-continue-unil-epfl.ch/en/children-adolescents-chronic-illness</a>
<b>September 17-19</b>	<b>EIAAH Social Media and Adolescence</b> Pristina, Kosovo	20th European Congress of the International Association for Adolescent Health Abstract Deadline: 30 March 2016
<b>October 27-28</b>	<b>17<sup>th</sup> Annual Chronic Illness and Disability Conference, Transition from Pediatric to Adult- based Care</b> Houston Texas	<a href="https://www.baylorcme.org/search/detail.cfm?cme=1001">https://www.baylorcme.org/search/detail.cfm?cme=1001</a>
<b>November 22</b>	<b>Connecting Research and Practice in Children and Young People's Mental Health</b> Child Health Research Network	Free conference 9-4pm A variety of research projects from across the UK focussing on children and young people's mental health will be presented in this one-day free conference. The day will be both multi-disciplinary and multi-methodological with researchers from variety of disciplines .Topics include: exercise and mental health, self-care, online support, LGBT youth mental health, parenting, therapeutic assessment in self-harm, risk assessment, and young people's mental health advocacy.

	<b>University of Manchester</b>	Jane Mann – Research Deanery, University of Manchester, <a href="mailto:jane.mann@manchester.ac.uk">jane.mann@manchester.ac.uk</a> Tel: 0161 306 7900
<b>December 8-10</b>	<b>Excellence in Paediatrics London</b>	<a href="https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx">https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx</a>  Includes a specific <b>Adolescent Medicine</b> Programme

<b>2017</b>		
<b>Sept 8-10</b>	<b>11<sup>th</sup> IAAH world congress New Delhi India</b>	<a href="http://www.iaah2017congress.in">www.iaah2017congress.in</a>

*Do you know of any other useful resources or opportunities for professional development in adolescent health?*

*If you do, please let us know by email to: [janet.mcdonagh@manchester.ac.uk](mailto:janet.mcdonagh@manchester.ac.uk)*