

Adolescent Resource Newsletter

June 2018



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)

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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.

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.

***** New rules in the UK regarding your privacy - important information *****

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As you may be aware, a new law in the UK starts in May that helps to keep your information and data safe and secure. The law is called the General Data Protection Regulation (GDPR).

If you no longer want to receive this e-bulletin, please reply to the email this came with. If you change your mind in the future just let us know by email.

*****The new HEADSSS App is now available for training*****

This HEADSS training app (from YPHSIG) was launched at the recent RCPCH meeting in March and is available to download for free at

 <https://app.appinstitute.com/heedsss>

Young People Webwatch

<https://www.barclayslifeskills.com/>

On line resources eg interview skills and more to prepare young people for the 21st century workplace

Professional Webwatch

Involvement of Young People in Recruitment of Staff

 UK: <http://www.participationworks.org.uk/topics/workforce-development/recruitment-selection/>

 <http://www.nhsemployers.org/your-workforce/recruit/employer-led-recruitment/children-and-young-people-in-the-recruitment-process>

Keeping young people safe

https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing#163961_20180523101934D

Disrespect Nobody teaching resources on preventing teenage relationship abuse from the PHSE association

Mental Health and Emotional Well-being

<https://www.mentalhealth.org.uk/publications/stress-are-we-coping>

An online UK stress survey has found that six out of ten young people aged 18–24 have felt so stressed by pressure to succeed they have felt unable to cope. The survey – commissioned by the Mental Health Foundation – also found that almost half of young people (47%) had experienced significant stress in relation to body image and worries about their appearance. The study is included in a report by the Mental Health Foundation

https://www.universitiesuk.ac.uk/minding-our-future#163961_20180515022235

As students become adults, they also take on the challenges of higher education, independent living and making new friends. At the same time, they move between their homes and university, meaning they may slip through the gaps in the health system when they are most vulnerable. Mental health support for students needs to understand these transitions and join up care around their needs. This report – *Minding our future* - contains new guidance to improve the coordination of care between the NHS and universities, so that all students can access the care they need.

Health Inequalities and Young People

https://www.childrenscommissioner.gov.uk/publication/growing-up-north-a-generation-of-children-await-the-powerhouse-promise/#163961_20180515102802

Growing up North: A generation of children await the powerhouse promise - This report is the culmination of twelve months of research, analysis and conversations with children, schools, business, councils, health professionals and charities. It is designed to increase understanding of children's attitudes, aspirations and expectations, look at the progression of children from early years to early adulthood and assess the opportunities provided by the Northern

Powerhouse to children growing up in the North (Yorkshire and the Humber, North West and North East). It is an optimistic report that praises the ambitions of the Northern Powerhouse project, but it also warns that many of the most disadvantaged children in the North are falling far behind their equivalents in the South, particularly children growing up in London.

Professional Bookshelf

 Clark DL, Raphael JL, McGuire AL. HEADS⁴: Social Media Screening in Adolescent Primary Care. *Pediatrics*. 2018 Jun;141(6). pii: e20173655.

This paper suggests the following additional questions to HEADSSS to engage adolescents aged >11 years in a discussion about the role of social media in their lives.

- 1. Which social media sites/apps do you use on a regular basis?*
- 2. On a typical day, how much time do you spend on social media sites/apps?*
- 3. Do you think you use social media too much?*
- 4. Does viewing social media increase or decrease your self-confidence?*
- 5. Have you experienced cyberbullying, sexting, or someone online asking you to have sex with them?*

 Colver A, Pearse R, Watson RM, Fay M, Rapley T, Mann KD, Le Couteur A, Parr JR, McConachie H; Transition Collaborative Group. How well do services for young people with long term conditions deliver features proposed to improve transition? *BMC Health Serv Res*. 2018 May 8;18(1):337

 Duke T. New WHO standards for improving the quality of healthcare for children and adolescents. *Arch Dis Child*. 2018 May 19. [Epub ahead of print].

 Garrett E, Doherty A, Hann G. Harmful sexual behaviour among children and young people: NICE guideline 2016. *Arch Dis Child Educ Pract Ed*. 2018 Jun;103(3):141-145.

 Gray S, Cheetham T, McConachie H, Mann KD, Parr JR, Pearce MS, Colver A; Transition Collaborative Group. A longitudinal, observational study examining the relationships of patient satisfaction with services and mental well-being to their clinical course in young people with Type 1 diabetes mellitus during transition from child to adult health services. *Diabet Med*. 2018 May 31. doi: 10.1111/dme.13698. [Epub ahead of print]

 Hargreaves DS, Sizmur S, Pitchforth J, Tallett A, Toomey SL, Hopwood B, Schuster MA, Viner RM. Children and young people's versus parents' responses in an English national inpatient survey. *Arch Dis Child*. 2018 May;103(5):486-491.

 Hargreaves DS, Lemer C, Ewing C, Cornish J, Baker T, Toma K, Saxena S, McCulloch B, McFarlane L, Welch J, Sparrow E, Kossarova L, Lumsden DE, Cheung CRLH. Measuring and improving the quality of NHS care for children and young people. Arch Dis Child. 2018 May 2. pii: archdischild-2017-314564

 John A, Glendenning AC, Marchant A, Montgomery P, Stewart A, Wood S, Lloyd K, Hawton K. Self-Harm, Suicidal Behaviours, and Cyberbullying in Children and Young People: Systematic Review. J Med Internet Res. 2018 Apr 19;20(4):e129.

 Kosse RC, Koster ES, de Vries TW, Bouvy ML. Drug utilisation among Dutch adolescents: a pharmacy prescription records study. Arch Dis Child. 2018 Jun 1. [Epub ahead of print]

 Kosse RC, Bouvy ML, Daanen M, de Vries TW, Koster ES. Adolescents' Perspectives on Atopic Dermatitis Treatment: Experiences, Preferences, and Beliefs. JAMA Dermatol. 2018 May 30. [Epub ahead of print]

 McDonagh JE, Farre A, Gleeson H, Rapley T, Dovey-Pearce G, Reape D, Rigby E, Colver AF, Parr JR; Transition Collaborative Group. Making healthcare work for young people. Arch Dis Child. 2018 Jun;103(6):623.

 Parsons S, Thomson W, Cresswell K, Starling B, McDonagh JE; Barbara Ansell National Network for Adolescent Rheumatology (BANNAR). What do young people with rheumatic conditions in the UK think about research involvement? A qualitative study. Pediatr Rheumatol Online J. 2018 May 24;16(1):35.

 Samyn M, Fihosy S, Day JM, Hames A. Showing we care: reducing non-attendance rates in an adolescent clinic. Arch Dis Child. 2018 Jun 2. [Epub ahead of print]

 Skov M, Teilmann G, Damgaard IN, Nielsen KG, Hertz PG, Holgersen MG, Presfeldt M, Dalager AMS, Brask M, Boisen KA. Initiating transitional care for adolescents with cystic fibrosis at the age of 12 is both feasible and promising. Acta Paediatr. 2018 May 5. [Epub ahead of print]

Forthcoming Dates for your Diary!

Also check out: <http://www.youngpeopleshealth.org.uk/events/events-calendar>

2018

| June | | |
|------|---|---|
| 14 | Disability in Adolescence British Academy of Childhood Disability, Bristol | www.bacd2018.weebly.com |
| 29 | 3rd annual Northwest Transition conference | https://www.eventbrite.co.uk/e/transforming-transition-in-the-north-west-tickets-45096872961 |

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| | Liverpool | |
| September | | |
| 12-13 *NEW* | 3 rd International summer course on children and adolescents with chronic illness Lausanne Switzerland | www.lesados.ch |
| 14 *NEW* | 1st European Transition symposium Lausanne Switzerland | www.lesados.ch |
| October | | |
| 3-6 | European International Association for Adolescent health IAAH annual conference Moldova | Further info to follow |
| November | | |
| 7-9 | Australian Association for Adolescent Health AAAH conference Marriott, Surfers Paradise, Gold Coast, Queensland. | Information to follow |
| December | | |
| 6-8 | Excellence in Paediatrics Prague | https://eip-pediatrics-conference.ineip.org/ includes a specific adolescent medicine track |

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