

Young People's Health Resource Newsletter May 2019



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)

Editor: Dr Janet E McDonagh, Clinical Senior Lecturer in Paediatric and Adolescent Rheumatology
(janet.mcdonagh@manchester.ac.uk)

YPHSIG: Young Persons Health Special Interest Group

Is a group of health professionals within RCPCH but with co-opted members from RCN, RCGP RCP and AYPH creating a focus for professionals within the college working in the field of young people's health. Non-RCPCH members are very welcome to join too. If you are interested in joining YPHSIG and/or would like to find out more about it, please go to 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 in the UK. 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.

******Save the date******

Adolescent Health Coming of Age

18-19 September 2019 Windsor, UK.

RCPCH and Society for Adolescent Health and Medicine (SAHM) with keynote talks from global experts to focus on the present advances in AYA health.

Abstract deadline: 30 April 2019

Young Artists Needed Rare Disease Art Competition BPSU 2019

The British Paediatric Surveillance Unit and its sister unit, the Child and Adolescent Psychiatry Surveillance System (CAPSS), are looking for budding artists affected by a rare disease, aged 17 and under, to enter artwork for the cover of their next annual report. The winning artist will be awarded a £50 gift voucher.

Read more about the competition by click here (www.rcpch.ac.uk/bpsu/artcompetition)

App store

This HEADSS training app (from YPHSIG) available to download for free at

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

Professional Webwatch

If you are a member of the RCPCH

Go on to the website and select the recently added “Adolescent Health” to your list of interests and encourage others too.

 https://www.rcpch.ac.uk/saml_login?destination=/account/my-interests.

 <https://www.byc.org.uk/news/2019/leading-youth-sector-organisations-welcome-a-youth-charter>

Working together, UK Youth, The Scouts, Girlguiding, National Youth Agency, NCS Trust, Youth United Foundation, Step up to Serve, The Prince’s Trust, and the British Youth Council have been calling on the Government to develop a **Youth Charter**.

Last month the Secretary of State for Digital, Culture, Media and Sport, the Rt Hon Jeremy Wright MP, has announced a new Youth Charter with Parliamentary Under Secretary of State for Sport and Civil Society, Mims Davies MP, at the Prime Minister’s Serious Violence Summit.

 <https://nya.org.uk/appg-inquiry/>

On 4th April 2019, Chair of the **All-Party Parliamentary Group for Youth Affairs**, Lloyd Russell-Moyle MP launched the final report of the Inquiry into youth work.

Education and Vocation

 <https://www.byc.org.uk/news/2019/british-youth-council-to-combat-unequal-access-to-work-experience>

On Thursday 11th April, the British Youth Council launched the **Work Experience Action Group** in a bid to combat unequal access to work experience. The new focus group, which is made possible by a grant from the People’s Postcode Trust, will work to improve access to quality work experience and careers advice across England. The pioneering group is made up of young people aged of 16 – 25 who will be constructing toolkits for young people and employers across the UK with support from The Careers & Enterprise Company. These toolkits will be distributed amongst Small and Medium Enterprises (SMEs) and young people’s hubs outlining what quality work experience looks like and how to make it accessible to young people.

The project has been established following the Youth Select Committee's inquiry into access to work experience last year. The committee of young people found there were a multitude of inequalities that affected young people's access to good quality work experience across the UK. It also concluded young people from a rural area or from a low socio-economic background are amongst those that were facing a disproportionate lack of access. Employers from SMEs also expressed how they are willing to give good quality work experience but find that they are lacking the comprehension to construct an accessible environment to support all young people.

 <https://www.careersandenterprise.co.uk/>

Our national network connects schools and colleges with employers and careers programme providers and supports them to work together to provide young people with effective and high-quality encounters with the world of work.

 www.studenthealthassociation.co.uk

The **Student Health Association** serves as a forum for members to discuss matters relevant to the provision, quality and effective management of student health care.

Mental Health

 <https://youth.anxietycanada.com/>

Canadian site for young people with anxiety

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

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

 <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Resources for young people and their families from Royal College of Psychiatrists

 <https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2019/03/30/psychiatrists-should-consider-impact-of-social-media-on-all-children-they-assess-leading-medical-body-says-for-first-time> When assessing children, psychiatrists are being advised to think about:

- harmful content, especially material which could impact on an existing mental illness, such as self-harm photos or images which promote eating disorders
- how problematic technology use could be related to problems with sleep, poor academic performance, low mood and behavioural or eating difficulties
- how conditions such as depression or eating disorders may make children more likely to spend too long online or use technology in a way that is harmful

Transitional Care

 https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/improving-young-people-s-experiences-in-transition-to-and-from-inpatient-mental-health-settings#163961_20190417085831

NICE and the Social Care Institute of Excellence (SCIE) have published a guide to improve the experience of young people moving in and out of inpatient mental health services. Transitions into and out of inpatient mental health settings are an important time for young people and their families. Providing expert support and taking enough time to plan, particularly at discharge, can give them the best chance of recovery.

 https://www.rcpch.ac.uk/resources/transition-adult-services#163961_20190416090137

RCPCH has brought together a range of resources, best practice examples and case studies from young people to inform the delivery of high quality care for this age group. You can also watch a webinar in which Dr Shiela Puri, Dr Janet McDonagh and Dr Emma Howard shared their clinical experiences of delivering transition services from both paediatric and adult perspectives.

Travel and Young People

Sunflower Lanyard scheme for people with invisible disabilities when they are travelling, shopping etc

Eg <https://www.manchesterairport.co.uk/help/special-assistance/invisible-disabilities/>
<https://www.about.sainsburys.co.uk/news/latest-news/2018/14-08-2018-lanyards-trial>

 <https://travelhealthpro.org.uk/factsheet/43/medicines-and-travel>

 <https://www.bbc.co.uk/news/health-44330909>

Tramadol, codeine and a number of other commonly-prescribed medicines count as "controlled drugs" so the advice is for young people to check the regulations in the country they wish to visit. Eg Medication containing pseudoephedrine - found in over-the-counter medicines like Sudafed and Vicks - is banned in Japan. Failing to comply may result in arrest, a fine or imprisonment in many countries, including Greece and the UAE.

LBGTQ and young people...

and remembering Lyra McKee who was murdered last month in Derry, Northern Ireland

 <https://www.theguardian.com/commentisfree/2019/apr/19/lyra-mckee-letter-gay-journalism-northern-ireland>

The moving letter the late Lyra McKee wrote to her teenage self about being gay, her future in journalism and being happy.

 https://www.ted.com/talks/lyra_mckee_in_memory_of

Lyra McKee's TED talk about the importance of conversations – **"How uncomfortable conversations can save lives"**

Professional Bookshelf

 Alins Sahun Y, Camara K, Gething K, Shenck D, Gane J, Tse Y. Setting up school-based diabetes clinics to engage adolescents who frequently 'were not brought to clinic' and improve self-management. Arch Dis Child. 2019 Apr 20. [Epub ahead of print]

 Catalano RF, Skinner ML, Alvarado G, Kapungu C, Reavley N, Patton GC, Jessee C, Plaut D, Moss C, Bennett K, Sawyer SM, Seban M, Sexton M, Olenik C, Petroni S. Positive Youth Development Programs in Low- and Middle-Income Countries: A Conceptual Framework and Systematic Review of Efficacy. J Adolesc Health. 2019 Apr 19. [Epub ahead of print]

 Davies HT, Phillips B, Preston J, Stones SR. Making research central to good paediatric practice. Arch Dis Child. 2019 Apr;104(4):385-388

 Dorn LD, Susman EJ. Fostering the Developmental Science of Puberty: Tackling Deficits and Enhancing Dissemination. J Adolesc Health. 2019 May;64(5):561-562

 Haarbauer-Krupa J, Alexander NM, Mee L, Johnson A, Wise J, Arora Gupta N, Schechter MS, Wasilewski-Masker K, Gilleland Marchak J. Readiness for transition and health-care satisfaction in adolescents with complex medical conditions. Child Care Health Dev. 2019 May;45(3):463-471

 Kobe CM, Turcotte LM, Sadak KT. A Narrative Literature Review and Environmental Scan of Self-management Education Programs for Adolescent and Young Adult Survivors of Childhood Cancer. J Cancer Educ. 2019 Apr 24. [Epub ahead of print]

 Kosse RC, Bouvy ML, de Vries TW, Koster ES. Evaluation of a mobile health intervention to support asthma self-management and adherence in the pharmacy. Int J Clin Pharm. 2019 Apr 27. [Epub ahead of print]

 Orben A, Przybylski AK. Screens, Teens, and Psychological Well-Being: Evidence From Three Time-Use-Diary Studies. Psychol Sci. 2019 Apr 2 [Epub ahead of print]

 Papoutsi C, Colligan G, Hagell A, Hargreaves D, Marshall M, Vijayaraghavan S, Greenhalgh T, Finer S. Promises and Perils of Group Clinics for Young People Living With Diabetes: A Realist Review. Diabetes Care. 2019 May;42(5):705-712.

 Preston J, Stones SR, Davies H, Preston J, Phillips B. How to involve children and young people in what is, after all, their research. Arch Dis Child. 2019 May;104(5):494-500.

 Silva K, Miller VA. The Role of Cognitive and Psychosocial Maturity in Type 1 Diabetes Management. J Adolesc Health. 2019 May;64(5):622-630.

 Sun HL, Breakey VR, Straatman L, Wu JK, Jackson S. Outcomes indicators and processes in transitional care in adolescents with haemophilia: A Delphi survey of Canadian haemophilia care providers. Haemophilia. 2019 Mar;25(2):296-305.

 Thomsen EL, Khoury LR, Møller T, Boisen KA. Parents to chronically ill adolescents have ambivalent views on confidential youth consultations - a mixed methods study. Int J Adolesc Med Health. 2019 Apr 26. [Epub ahead of print]

 Tishelman AC. Pediatric Fertility Counseling. J Adolesc Health. 2019 May;64(5):547-548.

Forthcoming Dates for your Diary!

2019

NEW May 13-15	RCPCH Spring Meeting includes Child health Debate (14th) <i>'This house believes that paediatrics</i>	www.rcpch.ac.uk
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	<i>should stop at age 16'. and Joint YPHSIG session with Paediatric Education SIG (15th) Birmingham</i>	
NEW June 19	The Section of Paediatrics of the Manchester Medical Society "Adolescent Health" Manchester Dental Education Centre, University of Manchester.	https://www.mms.org.uk/events-and-meetings/events/adolescent-health-symposium/
June 28	4th Annual NW Transition Conference organised by Alder Hey NHS foundation Trust Venue: Aintree University Hospital NHS Trust.	Information to follow
July		
NEW 7-12	European Training in Effective Adolescent Care and Health 2019 Euteach Summer School Lausanne, Switzerland	www.euteach.com
Sept		
12-13	2nd European Transition Symposium Lausanne, Switzerland	http://www.lesadoscourses.ch/ Abstract deadline 1 June 2019 For more information
18-19	Joint RCPCH and SAHM Conference Adolescent Health Coming of Age Windsor, UK	https://www.rcpch.ac.uk/news-events/events/adolescent-health-coming-age Abstract deadline 11 April 2019
December		
5-7	Excellence in Paediatrics Copenhagen	Has major adolescent medicine track https://eip-pediatrics-conference.ineip.org/program_excellence_in_pediatrics_conference

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

Do you know of any other useful resources or opportunities for professional development in young people's health?

If you do, please let us know by email to: janet.mcdonagh@manchester.ac.uk