

# Adolescent Resource Newsletter

## April 2017



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.*

**\*\*\*Save the Date – 22 September 2017\*\*\***

## **YPHSIG Annual symposium**

The annual clinical symposium of the RCPCH YPHSIG will be held on September 22 at the RCPCH in London.  
Details of programme to follow soon.

**ALSO,**  
**Joint YPHSIG & Mental Health session**  
**at RCPCH Annual Meeting, Birmingham 24 May 2016**

## Young People Webwatch and Book shelf

 <https://www.betty.me/>


A website for girls (11-16) discussing periods and general health issues.

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

This website brings together the work of transgender and gender fluid young people from around the country who want better recognition and support for those who are discovering their gender. It is the result of a series of workshops in the UK regions and nations and a major event in London on 23<sup>rd</sup> November 2016. To contribute to the established knowledge, research and ongoing public discourse on gender identity, the national social action charity Fixers brought together young trans people in the 16-25 age group in the **Feel Happy [with My Gender] Fix** project to give voice to the views of young trans people and illustrate their lived experiences as members of the trans community. A report of this work offers an overview of the main findings and recommendations of the project.

 <http://safelives.org.uk/>

In March, **SafeLives** focussed on the experiences of young people (13-17 years) affected by domestic abuse and the professionals who support them, as part of its Spotlights series including blogs, short films, podcasts, research, practical resources, practitioner advice/guidance and the experiences of young people.

 [https://www.youtube.com/watch?v=u\\_NG0Vb3tec&feature=em-uploademail&mc\\_cid=7bda96c920&mc\\_eid=05ad7c480f#163961\\_20170301092048](https://www.youtube.com/watch?v=u_NG0Vb3tec&feature=em-uploademail&mc_cid=7bda96c920&mc_eid=05ad7c480f#163961_20170301092048)

***Transition from paediatric to adult services - stories from data and young people***

Young people with long term health conditions are 55% more likely to be admitted to hospital after they make the transition to care by adult services. This animation was developed by the National Children's Bureau's Young Research Advisors. It shares experiences of transition and examines what data tells us about the needs of these young people.

## Professional Webwatch

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

**Define the Line**, a new research study launched by Avon in partnership with Refuge, shows that almost two fifths (39%) of 16-21 year-old girls think coercive and controlling behaviours in relationships have become normalised because of the amount of abuse they see in society and media, and 8% said they haven't had any exposure to healthy relationships based on equality and respect.

 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/597435/DomesticAbuseGuidance.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/597435/DomesticAbuseGuidance.pdf)

This Department of Health resource looks at how health professionals can support adults and young people over 16 who are experiencing domestic abuse, and dependent children in their households. It will help health staff to identify potential victims, initiate sensitive routine enquiry and respond effectively to disclosures of abuse. Commissioners will gain insight into services to support people experiencing domestic violence and abuse, and the importance of joined-up local strategic planning.

 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/595361/evaluation\\_of\\_behaviour\\_change\\_intentions.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/595361/evaluation_of_behaviour_change_intentions.pdf)

This Public Health England toolkit aims to guide school nurses through evaluations and provides guidance on how to implement results to promote learning, make improvements and demonstrate the impact of interventions.

 <https://councilfordisabledchildren.org.uk/help-resources/resources/>


This **Decision making toolkit** from the Council for Disabled Children is a practical guide to support social workers, health practitioners, school and college staff, parent carers, families and anyone working directly with children and young people with special educational needs and disabilities (SEND). It is designed to be used in partnership with young people to support them to make their own decisions and to participate as fully as possible in decisions made on their behalf.


 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/592452/Helping\\_Parents\\_to\\_Parent\\_report.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/592452/Helping_Parents_to_Parent_report.pdf)

**Helping Parents to Parent:** This research from the Social Mobility Commission brings together evidence on parenting behaviours and the extent to which public policy can support parents.


## Professional Bookshelf


 Bomba F, Herrmann-Garitz C, Schmidt J, Schmidt S, Thyen U. An assessment of the experiences and needs of adolescents with chronic conditions in transitional care: a qualitative study to develop a patient education programme. *Health Soc Care Community*. 2017 Mar;25(2):652-666.

 Carlsen K, Haddad N, Gordon J, Phan BL, Pittman N, Benkov K, Dubinsky MC, Keefer L. Self-efficacy and Resilience Are Useful Predictors of Transition Readiness Scores in Adolescents with Inflammatory Bowel Diseases. *Inflamm Bowel Dis*. 2017 Mar;23(3):341-346.


 Churchill RD. Young People: Understanding the Links Between Satisfaction With Services and Their Health Outcomes in Primary Care. *J Adolesc Health*. 2017 Apr;60(4):358-359.


-  Eaton CK, Davis MF, Gutierrez-Colina AM, LaMotte J, Blount RL, Suveg C. Different Demands, Same Goal: Promoting Transition Readiness in Adolescents and Young Adults With and Without Medical Conditions. *J Adolesc Health*. 2017 Mar 5... [Epub ahead of print]
-  Fedele DA, Cushing CC, Fritz A, Amaro CM, Ortega A. Mobile Health Interventions for Improving Health Outcomes in Youth: A Meta-analysis. *JAMA Pediatr*. 2017 Mar 20. [Epub ahead of print]
-  Granger E, Di Nardo F, Harrison A, Patterson L, Holmes R, Verma A. A systematic review of the relationship of physical activity and health status in adolescents. *Eur J Public Health*. 2017 Mar 15. [Epub ahead of print]
-  Gutierrez-Colina AM, Reed-Knight B, Eaton C, Lee J, Loiselle Rich K, Mee L, Travers C, Blount RL. Transition readiness, adolescent responsibility, and executive functioning among pediatric transplant recipients: Caregivers' perspectives. *Pediatr Transplant*. 2017 Feb 27. [Epub ahead of print]
-  Hart LC, Pollock M, Hill S, Maslow G. Association of Transition Readiness to Intentional Self-Regulation and Hopeful Future Expectations in Youth with Illness. *Acad Pediatr*. 2016 Dec 12. pii: S1876-2859(16)30534-4.
-  Hausmann JS, Touloumtzis C, White MT, Colbert JA, Gooding HC. Adolescent and Young Adult Use of Social Media for Health and Its Implications. *J Adolesc Health*. 2017 Mar 1. [Epub ahead of print]
-  Hunter L, Sparrow E, Modi N, Greenough A. Advancing child health research in the UK: the Royal College of Paediatrics and Child Health Infants' Children's and Young People's Research Charter. *Arch Dis Child*. 2017 Apr;102(4):299-300.
-  Jones LC, Mrug S, Elliott MN, Toomey SL, Tortolero S, Schuster MA. Chronic Physical Health Conditions and Emotional Problems From Early Adolescence Through Midadolescence. *Acad Pediatr*. 2017 Feb 12. pii: S1876-2859(17)30048-7.. [Epub ahead of print]
-  MacDonald J, Stuart E, Rodenberg R. Musculoskeletal Low Back Pain in School-aged Children: A Review. *JAMA Pediatr*. 2017 Mar 1;171(3):280-287.
-  Maes M, Van den Noortgate W, Fustolo-Gunnink SF, Rassart J, Luyckx K, Goossens L. Loneliness in Children and Adolescents With Chronic Physical Conditions: A Meta-Analysis. *J Pediatr Psychol*. 2017 Mar 11. [Epub ahead of print]
-  Morawska A, Mitchell AE, Burgess S, Fraser J. Fathers' Perceptions of Change Following Parenting Intervention: Randomized Controlled Trial of Triple P for Parents of Children With Asthma or Eczema. *J Pediatr Psychol*. 2017 Mar 2. [Epub ahead of print]

 Murray M, Dordevic AL, Bonham MP. The Impact of Multicomponent Weight Management Interventions on Self-Esteem in Overweight and Obese Adolescents: A Systematic Review and Meta-Analysis. J Pediatr Psychol. 2017 Mar 10. [Epub ahead of print]

 Przybylski AK, Nash V. Internet Filtering Technology and Aversive Online Experiences in Adolescents. J Pediatr. 2017 Mar 10.. [Epub ahead of print]

 Rosen DA, Murray PJ. Clues to the Opioid Crisis in Monitoring the Future but Still Looking for Solutions. Pediatrics. 2017 Mar 20.. [Epub ahead of print]

 Stewart KT, Chahal N, Kovacs AH, Manlhiot C, Jelen A, Collins T, McCrindle BW. Readiness for Transition to Adult Health Care for Young Adolescents with Congenital Heart Disease. Pediatr Cardiol. 2017 Feb 10. doi: 10.1007/s00246-017-1580-2. [Epub ahead of print]

 Yassaee AA, Hargreaves DS, Chester K, Lamb S, Hagell A, Brooks FM. Experience of Primary Care Services Among Early Adolescents in England and Association With Health Outcomes. J Adolesc Health. 2017 Apr;60(4):388-394.

## Forthcoming Dates for your Diary!

### 2017

<b>May 12-14</b>	<b>TOWARDS HEALTH AND WELLBEING FOR ALL ADOLESCENTS BY 2030"</b> The Egyptian Society for Adolescent Medicine Cairo.	<a href="http://adolescents-eg.org/templates/frontend/home.html">http://adolescents-eg.org/templates/frontend/home.html</a>
<b>May 24-26</b>	<b>RCPCH Annual Meeting</b> Birmingham, UK	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a> <b>"Getting into young heads - the needs of children and young people"</b> – Joint YPHSIG & Mental Health session Wednesday 24 May 2017 from 14:00 - 17:45.
<b>June 2</b>	<b>Association of Child and Adolescent Mental Health</b> <i>Sleep and mental health in children and young people</i>  Bristol	<a href="https://www.acamh.org/events/2017/06/sleep-and-mental-health-children-and-young-people">https://www.acamh.org/events/2017/06/sleep-and-mental-health-children-and-young-people</a>
<b>June 30 *Just</b>	<b>Northwest Transition conference 2017</b>	Further Details to follow (organiser: Dr Lynda Brook, Macmillan Consultant in

<b>added*</b>	Warrington, UK	Paediatric Palliative Care, Alder Hey Specialist Palliative Care team
<b>July 2-7</b>	<b>13<sup>th</sup> Euteach (European Teaching Effective Adolescent Care and Health) summer school</b> Lausanne, Switzerland	Dates and details now available on: <a href="http://www.euteach.com">www.euteach.com</a>
<b>August 29 – 1 Sept</b>	<b>2<sup>nd</sup> international summer course on children and adolescents with chronic illness: a focus on transition.</b> Lausanne, Switzerland	<i>2<sup>nd</sup> international summer course on children and adolescents with chronic illness: a focus on transition.</i> (In French) Further information: <a href="http://www.lesadoscourses.ch">www.lesadoscourses.ch</a> <a href="mailto:Joan-carles.suris@chuv.ch">Joan-carles.suris@chuv.ch</a> <a href="mailto:Christina.akre@chuv.ch">Christina.akre@chuv.ch</a>
<b>September 22</b>	<b>RCPCH YPHSIG Clinical symposium</b> RCPCH London	Details to follow Check <a href="http://www.yphsig.org.uk">www.yphsig.org.uk</a> for updates
<b>October 27-29</b>	<b>11<sup>th</sup> IAAH world congress</b> New Delhi India	<a href="http://www.iaah2017congress.org">www.iaah2017congress.org</a> <b>Abstract Deadline: 28 Feb 2017</b>
<b>December 7-9</b>	<b>Excellence in Paediatrics Vienna</b>	Includes a significant Adolescent Health track <a href="http://eip-pediatrics-institute.ineip.org/">http://eip-pediatrics-institute.ineip.org/</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)*