

Adolescent Resource Newsletter

August 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)

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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

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.

Young People Webwatch

 <http://www.nhsgo.uk/>

NHS Go - new health app for young people

A new health mobile application and website to help young people take greater control over their health from an early age, make healthier choices and get advice and information on health issues from a trusted source when they don't know where to go.

Professional Webwatch

 <http://www.youngpeopleshealth.org.uk/reaching-marginalised-young-people>

Which young people need extra help to reach good health?

This infographic, produced by the Association for Young People's Health (AYPH) with support from NHS England, highlights the needs of marginalised young people. It shows some of the most vulnerable groups who may need additional help to be healthy.

Sleep

 www.teen-sleep.org.uk

 www.sleepcouncil.org.uk

Useful resources addressing sleep including specific information for young people

Sexual Health

 www.seenandheard.org.uk

The Department of Health and leading national charity The Children's Society have developed an engaging and interactive eLearning course to help healthcare professionals and partners protect and identify children and young people at risk of abuse or exploitation. This course is designed to enable all healthcare workers to spot the signs of child sexual abuse and exploitation, and help them create an environment where young people are more likely to disclose. Once you've completed the eLearning module, you can also sign up to become a Seen and Heard champion and spread the word about the course to others.

 <http://www.tht.org.uk/get-involved/Campaign/Our-campaigns/SRE>

Shh...no talking: LGBT-inclusive sex and relationships education in the UK

This report is based on a survey of over 900 young people aged 16-24 and highlights that sex and relationships education (SRE) is inadequate or absent in many schools.

Transition

 <http://www.yhscn.nhs.uk/Transition.php>

Transition from children's to adult services: provider toolkit and commissioners guidance

The resources in this toolkit and guidance from Yorkshire and the Humber Strategic Clinical Network for Children will help service providers and commissioners develop, improve, implement and embed good practice for children, young people and their families moving from children's to adult services.

Substance Use

 <https://www.gov.uk/government/publications/use-of-e-cigarettes-in-public-places-and-workplaces>

Use of e-cigarettes in public places and workplaces: advice to inform evidence-based policy making

Public Health England (PHE) has published new framework advice for businesses and employers to help them create their own policies on the use of e-cigarettes. It sets out five principles including identifying and managing risks of uptake by children and young people.

 <http://www.ias.org.uk/What-we-do/IAS-reports.aspx>

Youthful abandon: why are young people drinking less?

This report surveys the academic literature and popular media to collate and assess the leading theories for why children are drinking less.

Learning Disability

 <https://hee.nhs.uk/our-work/person-centred-care/learning-disability/workforce-development/learning-disabilities-made-clear-toolkit>

Learning disabilities made clear toolkit: supporting people with a learning disability access healthcare This toolkit brings together a range of resources to promote understanding about what it's like to live with a learning disability, allowing healthcare professionals to adjust the care they deliver and helping people with a learning disability access the services they need.

Mental Health

 <https://www.centreformentalhealth.org.uk/missed-opportunities>

Missed opportunities: a review of recent evidence into children and young people's mental health This document seeks to piece together the evidence about children and young people's mental health and wellbeing in the UK, based on the most recent high quality research. It highlights that childhood mental health problems can cast a long shadow, well into adult life. However, it also finds that most common childhood mental health problems can be treated effectively, if early and effective help is provided. It covers children and young people from ages 0-25

Advocacy

 www.childrenscommissioner.gov.uk/publications/helping-children-get-care-experience-they-need-independent-advocacy-children-and-young

Independent advocacy: impact and outcomes for children and young people This research was commissioned by the Children's Commissioner for England as part of a wider review of the provision of advocacy for children and young people. The research consisted of a policy and research overview; a survey of advocacy providers; and a detailed study of six advocacy services.

Participation

 [https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/539029/Taking Part 2015 16 Child Report - FINAL.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/539029/Taking_Part_2015_16_Child_Report_-_FINAL.pdf)

Taking part 2015/16: annual child report The child Taking Part survey asks about child participation in cultural and sporting activities, as well as well-being, and covers children aged 5-15 years. This release is the annual publication of child data and provides detailed analysis of the year from April 2015 to March 2016.

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 Aug;101(8):767-71.

 American Academy of Pediatrics. COMMITTEE ON ADOLESCENCE. Achieving quality health services for adolescents. Pediatrics. 2016 Jul 18. pii: e20161347. [Epub ahead of print]

 Barrington-Trimis JL, Urman R, Leventhal AM, et al E-cigarettes, Cigarettes, and the Prevalence of Adolescent Tobacco Use. *Pediatrics*. 2016 Jul 11. [Epub ahead of print]

 Dittus PJ. Promoting Adolescent Health Through Triadic Interventions *J Adolesc Health*. 2016 Aug;59(2):133-4.

 Ford CA, Cheek C, Culhane J, Fishman J, Mathew L, Salek EC, Webb D, Jaccard J. Parent and Adolescent Interest in Receiving Adolescent Health Communication Information From Primary Care Clinicians. *J Adolesc Health*. 2016 Aug;59(2):154-61

 Gooding HC Gooding HC, Sheldrick RC, Leslie LK, Shah S, de Ferranti SD, Mackie TI. Adolescent Perceptions of Cholesterol Screening Results: "Young Invincibles" or Developing Adults? *J Adolesc Health*. 2016 Aug;59(2):162-70.

 Gooding HC, Ziniel S, Touloumtzis C, Pitts S, Goncalves A, Emans J, Burke P. Case-Based Teaching for Interprofessional Postgraduate Trainees in Adolescent Health. *J Adolesc Health*. 2016 May;58(5):567-72.

 Greenberg KB, Baldwin C. Use of a Self-Reflection Tool to Enhance Resident Learning on an Adolescent Medicine Rotation. *J Adolesc Health*. 2016 Aug;59(2):230-5.

 Heller MK, Gambino S, Church P, Lindsay S, Kaufman M, McPherson AC. Sexuality and Relationships in Young People With Spina Bifida and Their Partners. *J Adolesc Health*. 2016 Aug;59(2):182-8.

 Hirani K, Payne D, Mutch R, Cherian S. Health of adolescent refugees resettling in high-income countries. *Arch Dis Child*. 2016 Jul;101(7):670-6

 Islam Z, Ford T, Kramer T, Paul M, Parsons H, Harley K, Weaver T, McLaren S, Singh SP. Mind how you cross the gap! Outcomes for young people who failed to make the transition from child to adult services: the TRACK study. *BJPsych Bull*. 2016 Jun;40(3):142-8.

 Kaess M, Parzer P, Brunner R, Koenig J, Durkee T, Carli V, Wasserman C, Hoven CW, Sarchiapone M, Bobes J, Cosman D, Värnik A, Resch F, Wasserman D. Pathological Internet Use Is on the Rise Among European Adolescents. *J Adolesc Health*. 2016 Aug;59(2):236-9.

 Mairs R, Nicholls D. Assessment and treatment of eating disorders in children and adolescents. *Arch Dis Child* 2016 June 28 [Epub ahead of print]

 Nguyen T, Henderson D, Stewart D, Hlyva O, Punthakee Z, Gorter JW. You never transition alone! Exploring the experiences of youth with chronic health conditions, parents and healthcare providers on self-management. *Child Care Health Dev*. 2016 Jul;42(4):464-72.

 Perrin EC, Leslie LK, Boat T. Parenting as primary prevention. JAMA Pediatr. 2016 Jul 1;170(7):637-8.

 Ranasinghe N, Devanarayana NM, Benninga MA, van Dijk M, Rajindrajith S. Psychological maladjustment and quality of life in adolescents with constipation. Arch Dis Child. 2016 Jul 11. [Epub ahead of print]

 Swanepoel A. Fifteen-minute consultation: safety assessment prior to discharge of patient admitted for self-harm. Arch Dis Child Educ Pract Ed. 2016 Jul 13. [Epub ahead of print]

 Weil LG, Lemer C, Cheung CR. The role of paediatricians in public health for children and young people. Arch Dis Child Educ Pract Ed. 2016 Aug;101(4):181-6.

 Wright AE, Robb J, Shearer MC. Transition from paediatric to adult health services in Scotland for young people with cerebral palsy. J Child Health Care. 2016 Jun;20(2):205-13.

 Wright N, Wales J. Assessment and management of severely obese children and adolescents. Arch Dis Child. 2016 Jun 16. [Epub ahead of print] Review.

Teaching and training

 <https://www.facinghistory.org/resource-library/teaching-strategies/>
Student-centered teaching strategies that nurture students' literacy and critical thinking skills within a respectful classroom climate. The strategies suggested here can be used with students of all ages with any academic content.

Research and Young People

ICYP Child Health Research Charter at the RCPCH

Following the publication of the ICYP **Child Health Research Charter** at the RCPCH Annual Conference, a survey has been created to gather stakeholder views on the resource. The survey should take between 2 and 3 minutes to complete. **We would be very grateful if you could take the time to complete the survey here:**

https://www.surveymonkey.co.uk/r/research_charter

 <https://globalhealthtrainingcentre.tghn.org/children-clinical-research/>

eLearning for Child Health Research

This course aims to give researchers and members of ethics committees' confidence in thinking through the challenges of carrying out research with children and young people

 <http://nuffieldbioethics.org/project/children-research/films-young-peoples-perspectives-clinical-ethics-reviews/>

Series of videos have been created by the Nuffield Council on Bioethics to support discussion on the ethics of clinical research.

Forthcoming Dates for your Diary!

2016

August 30 to Sept 2	Children and Adolescents with Chronic illness Summer School Lausanne, Switzerland	http://www.formation-continue-unil-epfl.ch/en/children-adolescents-chronic-illness
September 17-19	EIAAH Social Media and Adolescence Pristina, Kosovo	20th European Congress of the International Association for Adolescent Health Abstract Deadline: 30 March 2016
October 12	SAPHNA annual conference: the changing landscape of school nursing – embracing the challenges and opportunities Newcastle	http://www.saphna.co/events/saphna-annual-conference-2016
October 27-28	17th Annual Chronic Illness and Disability Conference, Transition from Pediatric to Adult-based Care Houston Texas	https://www.baylorcme.org/search/detail.cfm?cme=1001
November 4	How to manage: child mental health in general paediatrics RCPCH London	http://www.rcpch.ac.uk/courses/how-manage-child-mental-health-general-paediatrics
4-8	Anti-Bullying Week 2016 Power for Good	http://anti-bullyingalliance.org.uk/anti-bullying-week
November 22	Connecting Research and Practice in Children and Young People's Mental Health Child Health Research Network University of Manchester	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. Jane Mann – Research Deanery, University of Manchester, jane.mann@manchester.ac.uk Tel: 0161 306 7900
December 8-10	Excellence in Paediatrics London	https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx Includes a specific Adolescent Medicine Programme

2017		
January 26	Adolescent Rheumatology	Details to follow

	Symposium UCL, London	
May 24-26	RCPCH Annual Meeting Birmingham, UK	www.rcpch.ac.uk Joint YPHSIG & Mental Health session
July	Euteach summer school Lausanne, Switzerland	Dates and details to follow www.euteach.com
Sept 8-10	11th IAAH world congress New Delhi India	www.iaah2017congress.in

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