

# Adolescent Resource Newsletter

## August 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))

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

**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  
to celebrate our 10<sup>th</sup> anniversary!**

September 22 at the RCPCH in London.  
For further details : [www.yphsig.org.uk](http://www.yphsig.org.uk)

## Professional Webwatch

 <https://www.gov.uk/government/publications/immunisations-for-young-people#2017-07-04T10:46:37+01:00>

These leaflets from Public Health England explain the HPV, Td/IPV and MenACWY vaccinations given to young people between 11 and 19 years of age (school years 7 to 13).

## Physical Activity

 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/541231/CYP\\_infographic.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf)


This infographic from the Department of Health outline the duration, frequency and type of physical activity required to achieve general health benefits for 5-18 year olds. The infographics relate to the [report](#) by the UK's 4 Chief Medical Officers for the NHS, local authorities and a range of other organisations designing services to promote physical activity.

## FGM

 <https://www.gov.uk/guidance/female-genital-mutilation-fgm-migrant-health-guide#2017-06-27T17:34:33+01:00>

Advice and guidance provided by Public Health England on the health needs of migrant patients for healthcare practitioners. This guidance includes information about female genital mutilation (FGM), types of FGM, prevalence, associated health risks, treatment and further resources available.

## Education and vocation

 <https://www.gov.uk/government/publications/help-and-support-for-young-disabled-people-to-find-and-stay-in-work/help-and-support-for-young-disabled-people-to-find-and-stay-in-work>

This guidance from the Department for Work and Pensions provides links to websites that help young disabled people find and stay in work. It is aimed at young disabled people, their parents and the professionals who work with them.

 [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/625366/Evaluation\\_of\\_the\\_No\\_Wrong\\_Door\\_Innovation\\_Programme.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/625366/Evaluation_of_the_No_Wrong_Door_Innovation_Programme.pdf)

This report from the Department for Education reviews this programme's effect on improving support for young people who are in care or on the edge of care. No Wrong Door aimed to improve accommodation, education, employment and training (EET), and to reduce high-risk behaviour in young people


## Social Media


 <https://epi.org.uk/report/social-media-and-childrens-mental-health-a-review-of-the-evidence/#>


In this report, the Education Policy Institute (EPI) has examined the evidence of the impact of using social media on young people's mental health and emotional wellbeing. The analysis scrutinises the latest evidence on the digital lives of young people, the benefits and risks associated with using social media, and the evolving nature of technology.


## Professional Bookshelf


 Adab P. Treatment of obesity in adolescents: where should interventions focus? Arch Dis Child. 2017 Aug;102(8):689-690.

 Allison E, Dawson N, Phillips J, Lynch C, Coleman J. Fifteen minute consultation: A structured approach to the management of children and adolescents with medically unstable anorexia nervosa. Arch Dis Child Educ Pract Ed. 2017 Aug;102(4):175-181.

 Anelli CG, Amorim ALM, Osaku FM, Terreri MT, Len CA, Reiff A. Challenges in transitioning adolescents and young adults with rheumatologic diseases to adult Care in a Developing Country - the Brazilian experience. Pediatr Rheumatol Online J. 2017 May 30;15(1):47.


 Barrense-Dias Y, Berchtold A, Surís JC, Akre C. Sexting and the Definition Issue. J Adolesc Health. 2017 Jul 19 [Epub ahead of print]


 Bevilacqua L, Shackleton N, Hale D, Allen E, Bond L, Christie D, Elbourne D, Fitzgerald-Yau N, Fletcher A, Jones R, Miners A, Scott S, Wiggins M, Bonell C, Viner RM. The role of family and school-level factors in bullying and cyberbullying: a cross-sectional study. BMC Pediatr. 2017 Jul 11;17(1):160.


 Christie D, Hudson LD, Kinra S, Wong ICK, Nazareth I, Cole TJ, Sovio U, Gregson J, Kessel AS, Mathiot A, Morris S, Panca M, Costa S, Holt R, Viner RM. A community-based motivational personalised lifestyle intervention to reduce BMI in obese adolescents: results from the Healthy Eating and Lifestyle Programme (HELP) randomised controlled trial. Arch Dis Child. 2017 Aug;102(8):695-701.

 Coles MS, Greenberg KB. The Time Is Here: A Comprehensive Curriculum for Adolescent Health Teaching and Learning From the Society for Adolescent Health and Medicine. J Adolesc Health. 2017 Aug;61(2):129-130.


 Francis JKR, Gold MA Long-Acting Reversible Contraception for Adolescents: A Review. *JAMA Pediatr.* 2017 Jul 1;171(7):694-701.

 Lewin DS, Wang G, Chen YI, Skora E, Hoehn J, Baylor A, Wang J. Variable School Start Times and Middle School Student's Sleep Health and Academic Performance. *J Adolesc Health.* 2017 Aug;61(2):205-211.


 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 Jul 1;42(6):622-635.


 Mahan JD, Betz CL, Okumura MJ, Ferris ME. Self-management and Transition to Adult Health Care in Adolescents and Young Adults: A Team Process. *Pediatr Rev.* 2017 Jul;38(7):305-319.


 Piguet C, Barrense-Dias Y, Ramelet AS, Suris JC. Monitoring screen use: a qualitative exploration of family strategies in Swiss homes. *Int J Adolesc Med Health.* 2017 Jul 14. [Epub ahead of print]

 Porter JS, Wesley KM, Zhao MS, Rupff RJ, Hankins JS. Pediatric to Adult Care Transition: Perspectives of Young Adults With Sickle Cell Disease. *J Pediatr Psychol.* 2017 Jun 15. [Epub ahead of print]

 Simmons MB, Elmes A, McKenzie JE, Trevena L, Hetrick SE. Right choice, right time: Evaluation of an online decision aid for youth depression. *Health Expect.* 2017 Aug;20(4):714-723.

 Stollon N, Zhong Y, Ferris M, Bhansali S, Pitts B, Rak E, Kelly M, Kim S, van Tilburg MAL. Chronological age when healthcare transition skills are mastered in adolescents/young adults with inflammatory bowel disease. *World J Gastroenterol.* 2017 May 14;23(18):3349-3355.

 Tanner AE, Philbin MM, Ma A, Chambers BD, Nichols S, Lee S, Fortenberry JD; and; AdolescentTrials Network for HIV/AIDS Interventions. Adolescent to Adult HIV Health Care Transition From the Perspective of Adult Providers in the United States. *J Adolesc Health.* 2017 Jul 25. [Epub ahead of print]

 Viner RM, Hargreaves DS, Motta JVDS, Horta B, Mokdad AH, Patton G. Adolescence and Later Life Disease Burden: Quantifying the Contribution of Adolescent Tobacco Initiation From Longitudinal Cohorts. *J Adolesc Health.* 2017 Aug;61(2):171-178.

## Forthcoming Dates for your Diary!

**2017**

<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	To register: <a href="http://www.yphsig.org.uk">www.yphsig.org.uk</a>
<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>December 7-9</b>	<b>Excellence in Paediatrics</b> Vienna	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)*