

Adolescent Resource Newsletter

May 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)

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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.

*****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

 <http://debatechamber.com/project/medicine-summer-school/>

The Medicine Summer School offers a fun and interactive introduction to the world of medicine, which allows students to learn the theory and also to begin to develop the practical skills involved in being a doctor.

 <https://www.turn2us.org.uk/>

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

 <https://www.scope.org.uk/>

Scope exists to make this country a place where disabled people have the same opportunities as everyone else. They provide support, information and advice to more than a quarter of a million disabled people and their families every year.

Professional Webwatch

Health Services for Young People

 http://www.youngpeopleshealth.org.uk/wp-content/uploads/2017/03/Young-Peoples-Health-Update-2017-final.pdf#163961_20170405105848

This briefing from the Association for Young People's Health (AYPH) works sets out the latest policy and practice debates, recent data on trends, and recommendations for 'where next'.

 http://www.youngpeopleshealth.org.uk/yourewelcome/#163961_20170405110439


The You're Welcome quality criteria for making health services young people friendly lay out principles that will help health services – community and primary care, secondary care and wider health services – to 'get it right' for young people. This online hub supports the pilot of the refreshed You're Welcome standards.

Education and Vocation

 https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/604384/Education__health_and_care_plans_parents_and_young_people_survey.pdf

This Department for Education report provides statistics on parents' and young people's views of the education, health and care (EHC) assessment and planning process and the EHC plan they received as a result

Mental Health and Emotional Well-being

 http://www.stem4.org.uk/2017/03/27/stem4-survey-reveals-childrens-parents-concerns-mental-health/#163961_20170328012745

Eight out of ten children (79%) as young as 12 and 13 have reported feelings associated with poor mental health since starting secondary school, a new survey commissioned by **stem4**, a teenage mental health charity, has found.

 <https://www.nspcc.org.uk/what-we-do/news-opinion/childline-launches-new-app/>

Childline has launched an app that is the first to provide counselling to young people in need of help directly through their mobile devices.

 <https://www.princes-trust.org.uk/about-the-trust/research-policies-reports/youth-index-2017>

New research reveals that one in four young people (24%) would not confide in someone if they were experiencing a mental health problem, with many fearing that it could affect their job prospects.

Peer support

 <https://www.gov.uk/government/publications/children-and-young-peoples-mental-health-peer-support#2017-03-28T10:14:47+01:00>


A review of children and young people's mental health and approaches to peer support.


Reproductive Health


 <https://bettyforschools.co.uk/resources>


These are resources for schools related to the youth friendly site www.betty.me Working with both teachers and young people, they have created PSHE Association accredited digital lessons which aim to prepare young people for the onset of menstruation and help girls to manage their bodies and emotions once their periods have started.

Professional Bookshelf


 Acuña Mora M, Sparud-Lundin C, Bratt E-L, et al. Person-centred transition programme to empower adolescents with congenital heart disease in the transition to adulthood: a study protocol for a hybrid randomised controlled trial (STEPSTONES project). *BMJ Open* 2017;7:e014593. doi:10.1136/bmjopen-2016-014593


 Dudovitz RN, Chung PJ, Nelson BB, Wong MD. What Do You Want to Be When You Grow up? Career Aspirations as a Marker for Adolescent Well-being. *Acad Pediatr*. 2017 Mar;17(2):153-160.

 Goethals ER, Oris L, Soenens B, Berg CA, Prikken S, Van Broeck N, Weets I, Casteels K, Luyckx K. Parenting and Treatment Adherence in Type 1 Diabetes Throughout Adolescence and Emerging Adulthood *J Pediatr Psychol*. 2017 Mar 25. [Epub ahead of print]


 Gordon CM, Ackerman KE, Berga SL, Kaplan JR, Mastorakos G, Misra M, Murad MH, Santoro NF, Warren MP. Functional hypothalamic amenorrhea: An Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab*. 2017 Mar 22. [Epub ahead of print]

*Functional hypothalamic amenorrhea (FHA) is a form of chronic anovulation often associated with stress, weight loss, and/or excessive exercise


 Granger E, Williams G, Di Nardo F, Harrison A, Verma A. The relationship between physical activity and self-rated health status in European adolescents: Results of the EURO-URHIS 2 survey *Eur J Public Health*. 2017 Apr 10. [Epub ahead of print]

 Griffiths F, Bryce C, Cave J, Dritsaki M, Fraser J, Hamilton K, Huxley C, Ignatowicz A, Kim SW, Kimani PK, Madan J, Slowther AM, Sujan M, Sturt J. Timely Digital Patient-Clinician Communication in Specialist Clinical Services for Young People: A Mixed-Methods Study (The LYNC Study). *J Med Internet Res*. 2017 Apr 10;19(4):e102.


 Griffiths S, Murray SB, Bentley C, Gratwick-Sarll K, Harrison C, Mond JM. Sex Differences in Quality of Life Impairment Associated With Body Dissatisfaction in Adolescents. *J Adolesc Health*. 2017 Mar 25. [Epub ahead of print]


 Visser K, Greaves-Lord K, Tick NT, Verhulst FC, Maras A, van der Vegt EJ. A randomized controlled trial to examine the effects of the Tackling Teenage psychosexual training program for adolescents with autism spectrum disorder. *J Child Psychol Psychiatry*. 2017 Mar 9.. [Epub ahead of print]


 Global Burden of Disease Child and Adolescent Health Collaboration Child and Adolescent Health From 1990 to 2015 Findings From the Global Burden of Diseases, Injuries, and Risk Factors 2015 Study. *JAMA Pediatr*. 2017 Apr 3.. [Epub ahead of print]


 Mitra MT, Jönsson P, Åkerblad AC, Clayton P, Kołtowska-Häggström M, Korbonits M, Toogood A, Gleeson H. Social, educational and vocational outcomes in patients with childhood-onset and young-adult-onset growth hormone deficiency. *Clin Endocrinol (Oxf)*. 2017 Apr;86(4):526-533.


 Mueller C, Rowe ML, Zuckerman B Mindset Matters for Parents and Adolescents. *JAMA Pediatr*. 2017;171(5):415

 Peters D, Davis S, Calvo RA, Sawyer SM, Smith L, Foster JM. Young People's Preferences for an Asthma Self-Management App Highlight Psychological Needs: A Participatory Study. *J Med Internet Res*. 2017 Apr 11;19(4):e113.

 Pierce JS, Aroian K, Schifano E, Milkes A, Schwindt T, Gannon A, Wysocki T. Health Care Transition for Young Adults With Type 1 Diabetes: Stakeholder Engagement for Defining Optimal Outcomes. *J Pediatr Psychol*. 2017 Apr 27. [Epub ahead of print]

 Sheehan P, Sweeny K, Rasmussen B, Wils A, Friedman HS, Mahon J, Patton GC, Sawyer SM, Howard E, Symons J, Stenberg K, Chalasani S, Maharaj N, Reavley N, Shi H, Fridman M, Welsh A, Nsofor E, Laski L. Building the foundations for sustainable development: a case for global investment in the capabilities of adolescents. *Lancet*. 2017 Apr 19. [Epub ahead of print]

 Sparud-Lundin C, Berghammer M, Moons P, Bratt EL. Health care providers' attitudes towards transfer and transition in young persons with long term illness- a web-based survey. *BMC Health Serv Res*. 2017 Apr 11;17(1):260.

 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

<p>May 12-14</p>	<p>TOWARDS HEALTH AND WELLBEING FOR ALL ADOLESCENTS BY 2030" The Egyptian Society for Adolescent Medicine Cairo.</p>	<p>http://adolescents-eg.org/templates/frontend/home.html</p>
<p>May 24-26</p>	<p>RCPCH Annual Meeting Birmingham, UK</p>	<p>www.rcpch.ac.uk "Getting into young heads - the needs of children and young people"- Joint YPHSIG & Mental Health session Wednesday 24 May 2017 from 14:00 - 17:45.</p>
<p>June 2</p>	<p>Association of Child and Adolescent Mental Health <i>Sleep and mental health in children and young people</i> Bristol</p>	<p>https://www.acamh.org/events/2017/06/sleep-and-mental-health-children-and-young-people</p>
<p>June 29 *PLEASE NOTE AMENDED DATE*</p>	<p>Northwest Transition conference 2017 Warrington, UK</p>	<p>Further Details to follow Contact: Jacqui.rogers@alderhey.nhs.uk</p>

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

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