

# Young People's Health Resource Newsletter November 2018



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 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](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 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](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.*

**12-16 November is #iwillWeek 2018  
Their voice. Their impact. Their story.**

**#iwillWeek 2018** aims to further empower and celebrate the stories of young people by enabling them to describe the impact they're having on the communities and causes they care so much about. For more information see <https://www.iwill.org.uk/get-involved/iwillweek-2018/>

## Listening to Young People

*All about George* by George Webster. Arch Dis Child. 2018 Oct 26. [Epub ahead of print]  
George, an 18 year old with Downs syndrome tells us what he needs from professionals as he moves into adult services.

## What age range does paediatrics span? – an international e-survey

The **International Pediatric Association (IPA)** and the **International Association for Adolescent Health (IAAH)** are undertaking a brief survey to explore the age span of paediatric practice in different countries and settings. They are particularly interested in how this might be changing with increasing survival of very young children.

The survey which takes 8-10 minutes to complete. This is an anonymous survey and they will not be storing any personal information. Online link: <http://j.mp/2vsK8g4>

## App store

This HEADSS training app (from YPHSIG) was launched at the recent RCPCH meeting in March and is available to download for free at

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

## Professional Webwatch

<https://www.rcpch.ac.uk/resources/child-health-england-2030-comparisons-other-wealthy-countries>

This report from the Royal College of Paediatrics and Child Health (RCPCH) uses long-term historical data to project outcomes for children and young people's health in 2030. The RCPCH calls on policymakers to use the opportunity of the NHS long term plan to improve health for children and young people, as the report projects that in England, by 2030: mortality rates are set to be 140% higher for infants than in comparable wealthy nations; reported mental health problems may increase by 60%; A&E attendances among children and young people likely to increase by 50%; nearly one-third of England's most deprived boys will be obese.

## Health Transition

 <https://scottishtransitions.org.uk/>

Website for the Scottish Transitions Forum. Aim is to improve the experience of children and young adults (14 to 25 years) as they make the transition to adult life.

 <https://mymedicalrecord.uhs.nhs.uk/about.aspx>  
Electronic record for patients (all ages, Southampton)

## Education and Vocation

 <https://www.youthemployment.org.uk/youth-voice-census/>

Youth Employment UK's yearly nationwide survey benchmarks the experiences of 14-24 year olds transitioning between education and employment.

## YP and Social Action

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

Making social action part of life for 10-20 year-olds. The #iwill campaign promotes social action among 10-20 year-olds. Currently 4 in 10 young people aged between 10 and 20 get involved in activities that make a positive difference. However, research indicates that almost double this number would take part in things like campaigning, fundraising and volunteering if they had the chance.

## Healthy Behaviours

 <https://movingmedicine.ac.uk/>

This new resource aims to improve conversations about physical activity between patients and healthcare professionals. The Moving Medicine tool provides clinicians and allied health professionals with accessible, evidence based, condition specific information to help give advice on physical activity at all stages of a patient's treatment pathway. The team are working on new resources including **children** . It is produced by the Faculty of Sport and Exercise Medicine (FSEM) in partnership with Public Health England (PHE) and Sport England

## FGM

 <https://www.gov.uk/government/publications/multi-agency-statutory-guidance-on-female-genital-mutilation#2018-10-23T08:55:31Z>

Multi-agency guidelines on FGM for those with statutory duties to safeguard children and vulnerable adults. The information within this guidance may also be relevant to bodies working with women and girls at risk of female genital mutilation (FGM) or dealing with its consequences.

## Mental Health and Emotional Well-being

 <https://youngminds.org.uk/blog/tips-for-coping-with-social-anxiety/>

Social anxiety can make everyday activities like going to school or seeing friends difficult. This blog post gives some top tips for how you can cope

 <https://www.annafreud.org/on-my-mind/>


**On My Mind** is a new website developed by the Anna Freud Centre that provides young people the opportunity to make informed decisions about their own mental health and wellbeing. *On My Mind* is an easy and safe way for young people to access clinically-approved information online. The pages have been co-produced by young people, including the Centre's Young Champions, to help other young people.


 [https://www.anti-bullyingalliance.org.uk/anti-bullying-week/school-tools#163961\\_20181023122235](https://www.anti-bullyingalliance.org.uk/anti-bullying-week/school-tools#163961_20181023122235)


The Anti-Bullying Alliance have developed primary and secondary school packs which include lesson and assembly plans, cross curricular ideas, films to show and other resources to help bring Anti-Bullying Week (*Choose Respect* 12 - 16 November) to life.


## Professional Bookshelf


-  Arora T, Albahri A, Omar OM, Sharara A, Taheri S. The Prospective Association Between Electronic Device Use Before Bedtime and Academic Attainment in Adolescents. *J Adolesc Health*. 2018 Oct;63(4):451-458.
-  Babinski LM, Murray DW, Wilson WA, Kuhn CM, Malone PS. Impact of a Neuroscience-Based Health Education Course on High School Students' Health Knowledge, Beliefs, and Behaviors. *J Adolesc Health*. 2018 Oct;63(4):489-496
-  Brindis CD, Houtrow A. Opportunities for Improving Programs and Services for Children With Disabilities. *J Adolesc Health*. 2018 Nov;63(5):529-530.
-  Burström Å, Acuna Mora M, Öjmyr-Joelsson M, Sparud-Lundin C, Rydberg A, Hanseus K, Frenckner B, Nisell M, Moons P, Bratt EL. Parental Uncertainty About Transferring Their Adolescent with Congenital Heart Disease to Adult Care. *J Adv Nurs*. 2018 Sep 12. [Epub ahead of print]
-  Christie D. Global Adolescent Health Equity: A Brave New World. *J Adolesc Health*. 2018 Sep;63(3):368-371.
-  Dreyer K, Williamson RAP, Hargreaves DS, Rosen R, Deeny SR. Associations between parental mental health and other family factors and healthcare utilisation among children and young people: a retrospective, cross-sectional study of linked healthcare data. *BMJ Paediatr Open*. 2018 Jul 30;2(1):e000266. doi: 10.1136/bmjpo-2018-000266. eCollection 2018.
-  Eaton CK, Eakin MN, Coburn S, Pruette CS, Brady TM, Fivush BA, Mendley S, Tuchman S, Riekert KA. Patient Health Beliefs and Characteristics Predict Longitudinal Antihypertensive Medication Adherence in Adolescents With CKD. *J Pediatr Psychol*. 2018 Sep 24. doi: 10.1093/jpepsy/jsy073. [Epub ahead of print]
-  Gao X, McSwiney P, Court A, Wiggins A, Sawyer SM. Somatic Symptom Disorders in Adolescent Inpatients. *J Adolesc Health*. 2018 Sep 29. pii: S1054-139X(18)30266-0. doi: 10.1016/j.jadohealth.2018.06.026. [Epub ahead of print]
-  Geserick M, Vogel M, Gausche R, Lipek T, Spielau U, Keller E, Pfäffle R, Kiess W, Körner A. Acceleration of BMI in Early Childhood and Risk of Sustained Obesity. *N Engl J Med*. 2018 Oct 4;379(14):1303-1312.
-  Glover Williams A, Finlay F. County Lines: how gang crime is affecting our young people. *Arch Dis Child* 2018 Oct 31 [Epub ahead of print]
-  Greenbaum VJ, Livings MS, Lai BS, Edinburgh L, Baikie P, Grant SR, Kondis J, Petska HW, Bowman MJ, Legano L, Kas-Osoka O, Self-Brown S. Evaluation of a Tool to Identify Child Sex Trafficking Victims in Multiple Healthcare Settings. *J Adolesc Health*. 2018 Oct 4. pii: S1054-139X(18)30286-6. doi: 10.1016/j.jadohealth.2018.06.032. [Epub ahead of print]
-  Gubbin J, Malbon K. Fifteen-minute consultation: History and examination in adolescent gynaecology. *Arch Dis Child Educ Pract Ed*. 2018 Oct 20. [Epub ahead of print]
-  Gubelmann A, Berchtold A, Barrense-Dias Y, Akre C, Newman CJ, Suris JC. Youth With Chronic Conditions and Risky Behaviors: An Indirect Path. *J Adolesc Health*. 2018 Sep 22. [Epub ahead of print]
-  Hartz J, Powell-Wiley TM. Locations! Location! Location? Elucidating the Social Determinants of Cardiometabolic Health Among United States Adolescents. *J Adolesc Health*. 2018 Nov;63(5):519-520


 Militello LK, Kelly S, Melynk BM, Smith L, Petosa R. A Review of Systematic Reviews Targeting the Prevention and Treatment of Overweight and Obesity in Adolescent Populations. *J Adolesc Health*. 2018 Oct 9. [Epub ahead of print] Review.


 Pitchforth J, Fahy K, Ford T, Wolpert M, Viner RM, Hargreaves DS. Mental health and well-being trends among children and young people in the UK, 1995-2014: analysis of repeated cross-sectional national health surveys. *Psychol Med*. 2018 Sep 11:1-11. doi: 10.1017/S0033291718001757. [Epub ahead of print]


 Roberts HM, Liabo K. Research with children and young people: not on them. What can we learn from the non-clinical research? *Arch Dis Child* 2018 Oct 31 [Epub ahead of print]

 Schwartz LA, Henry-Moss D, Egleston B, Patrick-Miller L, Markman E, Daly M, Tuchman L, Moore C, Rauch PK, Karpink K, Sands CB, Domchek SM, Bradbury AR. Preventative Health and Risk Behaviors Among Adolescent Girls With and Without Family Histories of Breast Cancer. *J Adolesc Health*. 2018 Oct 6. pii: S1054-139X(18)30300-8. doi: 10.1016/j.jadohealth.2018.07.011. [Epub ahead of print]


 Sylvestre MP, Hanusaik N, Berger D, Dugas E, Pbert L, Winickoff J, O'Loughlin JL. A Tool to Identify Adolescents at Risk of Cigarette Smoking Initiation. *Pediatrics*. 2018 Oct 1.. [Epub ahead of print]

 Tebb K. Expanded Health Care Coverage for Young Adults on Parental Plans Leads to Confidentiality Concerns and Forgone Care. *J Adolesc Health*. 2018 Nov;63(5):523-524.

 Thakkar MY, Hao L, Marcell AV. Adolescents' and Young Adults' Routine Care Use: The Role of Their Mothers' Care Use Behaviors. *J Adolesc Health*. 2018 Oct 9. [Epub ahead of print]

 Voepel-Lewis T, Boyd CJ, McCabe SE, Zikmund-Fisher BJ, Malviya S, Grant J, Weber M, Tait AR. Deliberative Prescription Opioid Misuse Among Adolescents and Emerging Adults: Opportunities for Targeted Interventions. *J Adolesc Health*. 2018 Nov;63(5):594-600

 Weaver MD, Barger LK, Malone SK, Anderson LS, Klerman EB. Dose-Dependent Associations Between Sleep Duration and Unsafe Behaviors Among US High School Students. *JAMA Pediatr*. 2018 Oct 1. [Epub ahead of print]

 Zhong Y, Gilleskie DB, van Tilburg MAL, Hooper SR, Rak E, Javalkar K, Nazareth M, Pitts B, Ndugga M, Jain N, Hart L, Bhansali S, Richards J, Detwiler RK, True K, de Pomposo ASF, Ferris ME. Longitudinal Self-Management and/or Transition Readiness per the TR<sub>x</sub>ANSITION Index among Patients with Chronic Conditions in Pediatric or Adult Care Settings. *J Pediatr*. 2018 Sep 7 [Epub ahead of print]

Also...

<http://news.wiley.com/worldmentalhealthday?hootPostID=66b5f347ec413ac6bf767c7e2e3ffc0e>

In celebration of World Mental Health Day last month, Wiley publishers made various relevant papers relating to the mental health of young people open access until 31st December 2018

## Forthcoming Dates for your Diary!

2018

<b>November</b>		
<b>7-9</b>	<b>Australian Association for Adolescent Health AAAH conference</b> Marriott, Surfers Paradise, Gold Coast, Queensland.	<a href="http://www.aaah.org.au/">http://www.aaah.org.au/</a>
<b>13</b>	<b>British Psychological Society</b> <b>Raising resilience: nurturing our children and young people</b> Belfast	<a href="http://www.bps.org.uk">www.bps.org.uk</a>
<b>23</b>	<b>RCPCH</b> <b>How to manage: Chronic Pain</b> London	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a>
<b>December</b>		
<b>6-8</b>	<b>Excellence in Paediatrics</b> Prague	<a href="https://eip-pediatrics-conference.ineip.org/">https://eip-pediatrics-conference.ineip.org/</a> includes a specific adolescent medicine track

2019

<b>Jan</b>		
<b>31</b>	<b>5<sup>th</sup> Adolescent Rheumatology Symposium</b> UCL Centre for Adolescent Rheumatology London	Information to follow <a href="https://www.eventbrite.co.uk/d/united-kingdom--london/adolescent-rheumatology/">https://www.eventbrite.co.uk/d/united-kingdom--london/adolescent-rheumatology/</a>
<b>Feb</b>		
<b>5</b>	<b>Westminster Health Forum Keynote Seminar</b> <i>Next steps for children and young people's health in England - obesity, mental wellbeing and the 10-year NHS plan</i>	<a href="http://www.westminsterforumprojects.co.uk/conferences/westminster-health-forum">www.westminsterforumprojects.co.uk/conferences/westminster-health-forum</a>
<b>March</b>		
<b>6-9</b>	<b>SAHM</b> <i>Psychological Well-Being: International Transcultural Perspectives</i> Washington DC	<a href="https://www.adolescenthealth.org/Meetings/2019-Annual-Meeting.aspx">https://www.adolescenthealth.org/Meetings/2019-Annual-Meeting.aspx</a>
<b>May 13-15</b>	<b>RCPCH Spring Meeting</b> <b>Joint YPHSIG session with Paediatric Education SIG</b> Birmingham	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a> Abstract deadline 1 october 2018

<b>June 28</b>	<b>4<sup>th</sup> Annual NW Transition Conference</b> Aintree	Information to follow
<b>Sept</b>		
<b>18-19</b>	<b>Joint RCPCH and SAHM Conference</b> Windsor, UK	Information to follow

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 adolescent health?*

*If you do, please let us know by email to: [janet.mcdonagh@manchester.ac.uk](mailto:janet.mcdonagh@manchester.ac.uk)*