

Young People's Health Resource Newsletter October 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)

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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

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.

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.

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/heedss>

RCPCH webinar on Transition Sept 2018

The recent RCPCH webinar on transitional care will be available on RCPCH website and can be accessed via Compass at: <https://rcpch.learningpool.com/course/view.php?id=406>

Professional Webwatch

 http://www.euro.who.int/_data/assets/pdf_file/0007/381139/situation-child-adolescent-health-eng.pdf?ua=1

Situation of child and adolescent health in Europe (2018)

To promote child health in Europe, the World Health Organization Regional Office for Europe developed the child and adolescent health strategy (2015–2020), which was adopted by all Member States of the WHO European Region. The strategy's implementation was monitored through country profiles compiling existing health data and a survey sent to all 53 European ministries of health. Responses from 48 countries are described graphically, quantitatively and qualitatively. This report helps to review achievements and address gaps in realizing the full potential for the health and well-being of children and adolescents. The report focuses on several key areas where health outcomes are falling short, and provides insight into ways in which countries can improve the situation for their children and adolescents. Areas in focus include mental health, overweight/obesity and adolescent risk-taking behaviour.

 <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/articles/being18in2018/2018-09-13>

Being 18 in 2018 The first in a four-part series about young people in the UK, this article focusses on how life has changed for 18-year-olds since 2000. Includes changes to population, life expectancy, marriage, parenthood, employment, lifestyle and how 18-year-olds spend their time.

Sexual Health

 <http://sexpression.org.uk/sex-relationships-education/>

Sexpression:UK is a student organisation that empowers young people to make decisions about sex and relationships by running informal and comprehensive sex and relationship sessions in the community.


Mental Health and Emotional Well-being

 <https://www.orygen.org.au/Education-Training/Resources-Training>
Orygen, The Australian National Centre of Excellence in Youth Mental Health,

 <https://www.girlguiding.org.uk/globalassets/docs-and-resources/research-and-campaigns/girls-attitudes-survey-2018.pdf>

We See the Big Picture. This research asks the opinions of over 1,900 girls and young women aged 7 to 21. It includes girls inside and outside of guiding and right across the UK. The findings give an insight into how girls feel about a range of issues and emerging pressures. They tell us what girls need to support their happiness, wellbeing and opportunities in life.

 <https://youngminds.org.uk/blog/university-a-freshers-survival-guide/>

 <https://youngminds.org.uk/blog/ways-to-support-your-child-as-they-go-to-university/>
Resources from Young Minds for young people starting university..and their parents/caregivers

 https://www.nice.org.uk/guidance/qs175#163961_20180924101550

NICE quality standard for CYP and adults with an eating disorder. Covers assessment, treatment, monitoring and describes high-quality care in priority areas for improvement. The new standard focuses on promoting early access and coordinating care between services.

Domestic Abuse

 <https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/>

The Expect Respect Educational Toolkit consists of one easy to use 'Core' lesson for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse.

Young person Friendly Health Services

 <https://www.england.nhs.uk/wp-content/uploads/2018/09/gp-online-services-support-resources-guide-for-students.pdf>

This guidance document aims to encourage GP practices to register students for GP online services.

Internet use


 <https://www.nspcc.org.uk/globalassets/documents/online-safety/children-sending-receiving-sexual-messages.pdf>

This first snapshot of the NSPCC's survey findings highlights the dangers children are exposed to. In a survey of nearly 40,000 children, children and young people aged 7 to 16 were asked about the risks they face when using the internet.

Professional Bookshelf

 Green LMC, Friend AJ, Bardgett RJM, Darling JC. Including children and young people in assessments: a practical guide. *Arch Dis Child Educ Pract Ed.* 2018 Oct;103(5):267-273.


 Irwin CE Jr. Time Alone for Adolescents With Their Providers During Clinical Encounters: It Is Not That Simple! *J Adolesc Health.* 2018 Sep;63(3):265-266.


 McMillen R, Tanski S, Wilson K, Klein JD, Winickoff JP. Adolescent Use of Different E-cigarette Products. *Pediatrics.* 2018 Sep 10. pii: e20180260. doi: 10.1542/peds.2018-0260. [Epub ahead of print]


 Matthews T, Danese A, Caspi A, Fisher HL, Goldman-Mellor S, Kopa A, Moffitt TE, Odgers CL, Arseneault L. Lonely young adults in modern Britain: findings from an epidemiological cohort study. *Psychol Med.* 2018; 24:1-10.


 Miller VA, Friedrich E, García-España JF, Mirman JH, Ford CA. Adolescents Spending Time Alone With Pediatricians During Routine Visits: Perspectives of Parents in a Primary Care Clinic. *J Adolesc Health.* 2018 Sep;63(3):280-285.

 Odgers HL, Tong A, Lopez-Vargas P, Davidson A, Jaffe A, McKenzie A, Pinkerton R, Wake M, Richmond P, Crowe S, Caldwell PHY, Hill S, Couper J, Haddad S, Kassai B, Craig JC. Research priority setting in childhood chronic disease: a systematic review. *Arch Dis Child*. 2018 Oct;103(10):942-951.


 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]

 Rafferty J; Committee on psychosocial aspects of child and family health; Committee on adolescence; section on lesbian, gay, bisexual, and transgender health and wellness. Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents. *Pediatrics*. 2018 Sep 17 [Epub ahead of print]


 Reavley N, Patton GC, Sawyer SM, Kennedy E, Azzopardi P. Health and Disease in Adolescence. In: Bundy DAP, Silva Nd, Horton S, Jamison DT, Patton GC, editors. *Child and Adolescent Health and Development*. 3rd edition. Washington (DC): The International Bank for Reconstruction and Development / The World Bank; 2017 Nov 20. Chapter 18.


 Sawyer SM, Reavley N, Bonell C, Patton GC. Platforms for Delivering Adolescent Health Actions. In: Bundy DAP, Silva Nd, Horton S, Jamison DT, Patton GC, editors. *Child and Adolescent Health and Development*. 3rd edition. Washington (DC): The International Bank for Reconstruction and Development / The World Bank; 2017 Nov 20. Chapter 21.

 Seo YG, Choi MK, Kang JH, Lee HJ, Jang HB, Park SI, Ju YS, Park KH. Cardiovascular disease risk factor clustering in children and adolescents: a prospective cohort study. *Arch Dis Child*. 2018 Oct;103(10):968-973

 Society for Adolescent Health and Medicine. The Healthcare Needs and Rights of Youth Experiencing Homelessness. *J Adolesc Health*. 2018 Sep;63(3):372-375.

 Viner RM, Allen NB, Patton GC. Puberty, Developmental Processes, and Health Interventions. In: Bundy DAP, Silva Nd, Horton S, Jamison DT, Patton GC, editors. *Child and Adolescent Health and Development*. 3rd edition. Washington (DC): The International Bank for Reconstruction and Development / The World Bank; 2017 Nov 20. Chapter 9.

 Ward JL, Viner RM. Investigating equalisation of health inequalities during adolescence in four low-income and middle-income countries: an analysis of the Young Lives cohort study. *BMJ Open*. 2018 Sep 5;8(9):e022114. doi: 10.1136/bmjopen-2018-022114.

 Willis ER, McDonagh JE. Transition from childrens to adults services for young people using health or social care services (NICE Guideline NG43). *Arch Dis Child Educ Pract Ed*. 2018 Oct;103(5):253-256.

Research Shelf

 <https://www.ambitiousaboutautism.org.uk/the-research>

Key findings of recent UK-based research led by the Centre for Research in Autism and Education (<http://crae.ioe.ac.uk/>) and involving young people around young people with autism's experience of mental health.

 <https://www.nihr.ac.uk/news-and-events/features/behind-the-research/future-of-childrens-research.htm>

This film series shines a spotlight on the bright future of children and young people's research, and highlights how pioneering clinical trials in NIHR Clinical Research Facilities are helping develop new treatments and cures for young people with health conditions.

Forthcoming Dates for your Diary!

2018

October		
3-6	European International Association for Adolescent health IAAH annual conference <i>Equal opportunities for healthy development for all adolescents"</i> Moldova	https://iaahconference2018moldova.yk.md/
9	Partners in Paediatrics <i>'Value of Networking: Safety, Caring and Sharing'</i> Birmingham	www.partnersinpaediatrics.org
15,16,29, 30	The Art and Science of Effective Engagement with children and young people (RCPCH)	www.rcpch.ac.uk/cyp-voice-courses email: and_us@rcpch.ac.uk Cardiff 15-10-18 London 16-10-18 Belfast 29-10-18 Glasgow 30-10-18
November		
1	CFS/ME in Young people multiprofessional management UCLH London	http://training.ucheducationcentre.org/home/viewcourse/303
7-9	Australian Association for Adolescent Health AAAH conference Marriott, Surfers Paradise, Gold Coast, Queensland.	http://www.aaah.org.au/
23	RCPCH <i>How to manage: Chronic Pain</i> London	www.rcpch.ac.uk
December		
6-8	Excellence in Paediatrics Prague	https://eip-pediatrics-conference.ineip.org/ includes a specific adolescent medicine track

2019

Jan		
31	5th Adolescent Rheumatology Symposium UCL Centre for Adolescent Rheumatology London	Information to follow https://www.eventbrite.co.uk/d/united-kingdom--london/adolescent-rheumatology/
Feb		
5	Westminster Health Forum Keynote Seminar <i>Next steps for children and young people's health in England - obesity, mental wellbeing and the 10-year NHS plan</i>	www.westminsterforumprojects.co.uk/conferences/westminster-health-forum
March		
6-9	SAHM <i>Psychological Well-Being: International Transcultural Perspectives</i> Washington DC	https://www.adolescenthealth.org/Meetings/2019-Annual-Meeting.aspx
May 13-15	RCPCH Spring Meeting Joint YPHSIG session with Paediatric Education SIG Birmingham	www.rcpch.ac.uk Abstract deadline 1 october 2018
June 28	4th Annual NW Transition Conference Aintree	Information to follow
Sept		
18-19	Joint RCPCH and SAHM Conference 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