

Young People's Health Resource Newsletter March 2019



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.

******Save the date******

Adolescent Health Coming of Age

18-19 September 2019 Windsor, UK.

RCPCH and Society for Adolescent Health and Medicine (SAHM) with keynote talks from global experts to focus on the present advances in AYA health.

App store

This HEADSS training app (from YPHSIG) available to download for free at

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

Professional Webwatch

If you are a member of the RCPCH

Go on to the website and select the recently added “Adolescent Health”
to your list of interests and encourage others too.

 https://www.rcpch.ac.uk/saml_login?destination=/account/my-interests.

 <https://www.princes-trust.org.uk/>

The Prince's Trust eBay **Youth Index report for 2019**, based on a YouGov survey, takes an in-depth look into the views and outlooks of young people aged 16 to 25.

 https://www.ncb.org.uk/resources-publications/resources/nhs-long-term-plan#163961_20190219043754

This briefing from the National Childrens Bureau summarises the changes proposed by the NHS Long Term Plan, with a particular focus on commitments most relevant to children and young people.

 <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/milestonesjourneyinginto adulthood/2019-02-18>

Milestones: Journeying into adulthood Article exploring the change over time of the age at which people in the UK reach important milestones in life.

Mental Health

 <https://www.local.gov.uk/dont-be-left-dark-children-and-young-peoples-mental-health>

A short guide which provides an overview of the challenges facing mental health and wellbeing services for children and young people.

Navigating health services

<https://www.buzz.org.uk/mylifemyhealth/>

My Life, My Health is an exciting health campaign to improve deaf young people’s experiences of GP services. The campaign was created by the NDCS Young People’s Advisory Board (YAB) to support deaf young people’s access to healthcare services. Excellent online resources

Relationships

 <https://learning.nspcc.org.uk/research-resources/schools/its-not-ok/>

The NSPCC, in partnership with the School of performance and media production at York St John University, has developed teaching resources to help children and young people recognise concerning behaviour and identify


characteristics of positive relationships. It's Not OK includes lesson plans, short films and accompanying activities about topics such as: harmful sexual behaviour; child sexual abuse; child sexual exploitation; sexting; and grooming. The resources are designed to be used with children and young people aged 11+.


 <https://learning.nspcc.org.uk/research-resources/schools/love-life/>

The NSPCC, in partnership with Elanor Stannage and Connecting Youth Culture, have developed a series of films and supporting resources to help young people with learning disabilities learn about relationships and staying safe. '**Love. Life.**', aimed at 11- to 25-year-olds, enables adults to start conversations with young people about: feelings, privacy and boundaries, friendships, different kinds of love and online safety.


Professional Bookshelf

 Barton AW, Brody GH, Yu T, Kogan SM, Chen E, Ehrlich KB. The Profundity of the Everyday: Family Routines in Adolescence Predict Development in Young Adulthood. *J Adolesc Health*. 2019;64:340-6.


 Bonell C, Beaumont E, Dodd M, Elbourne DR, Bevilacqua L, Mathiot A, McGowan J, Sturgess J, Warren E, Viner RM, Allen E. Effects of school environments on student risk-behaviours: evidence from a longitudinal study of secondary schools in England. *J Epidemiol Community Health*. 2019 Feb 23. [Epub ahead of print]


 Devakumar D, Russell N, Murphy L, Wickramage K, Sawyer SM, Abubakar I. Children and adolescents on the move: what does the Global Compact for Migration mean for their health? *Lancet Child Adolesc Health*. 2019 Feb;3(2):64-66.


 Ford CA. The developmental aspects of patients spending time alone with physicians. *J Adol Health* 2019; 64: 286-7


 Goshtasebi A, Subotic Brajic T, Scholes D, Beres Lederer Goldberg T, Berenson A, Prior JC. Adolescent use of combined hormonal contraception and peak bone mineral density accrual: A meta-analysis of international prospective controlled studies. *Clin Endocrinol (Oxf)*. 2019 Jan 7. [Epub ahead of print]

 Grilo SA, Catalozzi M, Santelli JS, Yan H, Song X, Heitel J, Kaseeska K, Gorzkowski J, Dereix AE, Klein JD. Confidentiality Discussions and Private Time With a Health-Care Provider for Youth, United States, 2016. *J Adolesc Health*. 2019;64: 311-318

 Lopez-Vargas P, Tong A, Crowe S, Alexander SI, Caldwell PHY, Campbell DE, Couper J, Davidson A, De S, Fitzgerald DA, Haddad S, Hill S, Howell M, Jaffe A, James LJ, Ju A, Manera KE, McKenzie A, Morrow AM, Odgers HL, Pinkerton R, Ralph AF, Richmond P, Shaw PJ, Singh-Grewal D, van Zwieten A, Wake M, Craig JC; Kaleidoscope Project workshop investigators. Research priorities for childhood chronic conditions: a workshop report. Arch Dis Child. 2019 Mar;104(3):237-245.

 Michaud PA, Weber MW, Namazova-Baranova L, Ambresin AE. Improving the quality of care delivered to adolescents in Europe: a time to invest. Arch Dis Child. 2019 Mar;104(3):214-216.

 Otto C, Tárnok A, Erős A, Szakács Z, Vincze Á, Farkas N, Sarlós P. Planned transition of adolescent patients with inflammatory bowel disease results in higher remission rates. J Pediatr Nurs. 2019 Feb 9. [Epub ahead of print]

 Palisano RJ, Di Rezze B, Stewart D, Freeman M, Rosenbaum PL, Hlyva O, Wolfe L, Gorter JW. Promoting capacities for future adult roles and healthy living using a lifecourse health development approach. Disabil Rehabil. 2019 Jan 8:1-10.

 Joshi P, Lemke M, Tuchman LK. Characterizing the unmet mental health needs of urban adolescents. Int J Adolesc Med Health. 2019 Feb 23. [Epub ahead of print]

 de Vere Hunt I, Chapman K, Wali G, Bullus S, Fisher R, Matin R, McPherson T. Establishing and Developing a Teenage and Young Adult Dermatology Clinic with Embedded Specialist Psychological Support. Clin Exp Dermatol. 2019 Feb 19. [Epub ahead of print]

Videoclip and Youtube Virtual Shelf

<https://www.youtube.com/watch?v=pZwvrXVavnQ>

“Consent is as simple as tea” Video for discussions about consent and sex

Posters for clinic waiting rooms

Vocational Development Posters (but very transferable skills!

<https://www.youthemployment.org.uk/teachers-resources/free-careers-posters-for-schools/>

Forthcoming Dates for your Diary!

2019

March		
6-9	SAHM <i>Psychological Well-Being: International Transcultural Perspectives</i> Washington DC	https://www.adolescenthealth.org/Meetings/2019-Annual-Meeting.aspx
March 12	RCEM <i>Forgotten tribe: adolescents in the emergency department.</i>	https://www.rcem.ac.uk/

	London	
May 13-15	RCPCH Spring Meeting Joint YPHSIG session with Paediatric Education SIG Birmingham	www.rcpch.ac.uk
June 28	4th Annual NW Transition Conference organised by Alder Hey NHS foundation Trust Venue: Aintree University Hospital NHS Trust.	Information to follow
Sept		
NEW 12-13	2nd European Transition Symposium Lausanne, Switzerland	http://www.lesadoscourses.ch/ Abstract deadline 1 June 2019 For more information
18-19	Joint RCPCH and SAHM Conference Adolescent Health Coming of Age Windsor, UK	https://www.rcpch.ac.uk/news- events/events/adolescent-health-coming- age Abstract deadline 11 April 2019
December		
NEW 5-7	Excellence in Paediatrics Copenhagen	Has major adolescent medicine track https://eip-pediatrics- conference.ineip.org/program_excellence_i n_pediatrics_conference

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 young people's health?

If you do, please let us know by email to: janet.mcdonagh@manchester.ac.uk