

# Young People's Health Resource Newsletter August 2020



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))  
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**Hoping this finds you and your loved ones safe and well and coping in these very strange times.**

#### **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.*

### **Musical thanks extended to essential workers from young people in Oldham**

 <https://www.youtube.com/watch?v=vkSuKea-DiQ&feature=youtu.be>

One of our young people here in Greater Manchester along with her friends in Oldham Youth Council as part of Oldham's Youth Voice Family would like to thank everyone who has put their lives, and their families lives, at risk by being essential workers.

## Winner of YPHSIG student essay prize 2020

 <https://www.yphsig.org.uk/networking/yphsig-student-essay-prize>

We are delighted to announce the winner of the YPHSIG Student Essay prize 2020 is **Jessica O'Logbon**.

Jessica is a 2nd year medical student at Kings College London, UK . Her essay "How should adolescent health services change by 2040 to better accommodate young people?" impressed our panel of judges with its ideas for patient participation in healthcare. Many congratulations Jessica!

## The opinion of young people and their parents is needed from The NCEPOD Transition study

 <https://www.ncepod.org.uk/transition.html>

**The NCEPOD Transition Study** (which several of YPHSIG members are on the advisory board for) is sending out this survey for completion by young people/parent carers of young people:

- Under 25 years of age
- With any condition that requires ongoing healthcare management
- At any stage of transition from child to adult health services

Please see below a link to this survey:

<https://www.surveymonkey.co.uk/r/ncepodtransitionsurvey>

Please disseminate any of the following:

- Through any patient/parent carer networks you are involved with
- Through any Royal College/Association/Organisation patient networks you are aware of
- To any colleagues who may also be involved in this area
- Via social media

Further information can be found on the NCEPOD website, <https://www.ncepod.org.uk/transition.html>

## Your opinion is needed re the impact of transition research programme

**NIHR Funded Transition Research Programme** is undertaking a survey to find out if our research findings and recommendations have influenced clinical practice.

Please consider completing this survey for them. The link can be found at:

[https://newcastlehealth.eu.qualtrics.com/jfe/form/SV\\_9uguhI9g7YNE3IN](https://newcastlehealth.eu.qualtrics.com/jfe/form/SV_9uguhI9g7YNE3IN) The survey takes under 5 minutes to complete.

If you are happy to, please could you also forward this to other clinicians with whom you work involved in transition, whether in medicine, nursing or therapy - and whether in child or adult services? If you work with a regional network of clinicians, please could you forward this to them through the network lead?

Thank you very much for considering this, and for your support for this clinical research. If you have any questions, please do contact : [allan.colver@ncl.ac.uk](mailto:allan.colver@ncl.ac.uk)

## Resources to support young people and families during the COVID19 Pandemic

 <https://www.rcpch.ac.uk/resources/covid-19-research-studies-children-young-peoples-views>

To support recovery planning, RCPCH &Us are collating voices from children and young people on their experiences of the pandemic, their hopes, wishes and needs. 22 externally published studies have been identified, sharing voices of over 61,000 children and young people across the UK. A COVID-19 book club including young people and paediatricians are reviewing these studies to highlight key themes for those doing recovery plans to be aware of.

 <https://www.wearevocal.org/wlrs/listen-up/visit-planet-divoc-91/>

An ambitious storytelling project to help us make sense of a pandemic. Vocal has been working with Wowbagger Productions to produce an innovative nine-part webcomic, Planet DIVOC-91. Our aim is to inspire audiences, create a new forum for discussion, and ultimately, to inform scientific research and policy. For first chapter see

[https://www.webtoons.com/en/challenge/planet-divoc-91/list?title\\_no=462975&webtoon-platform-redirect=true](https://www.webtoons.com/en/challenge/planet-divoc-91/list?title_no=462975&webtoon-platform-redirect=true)

Young people's voices haven't been heard much in the wider discussions about COVID-19 and the comic will amplify their views and experience as well as enabling audiences to make sense of a pandemic situation.

## Professional Webwatch

 <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

There are lots of different sessions and resources available free online for doctors, nurses, youth workers, forums and schools to help talk about health topics with children and young people of all ages. Topics include sleep, bullying, eating well, mental health and more.

 [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Generic health advice for young people with local resources for some areas in UK

 <https://www.youthimpact.uk/>

The **Centre for Youth Impact** is committed to working collaboratively to progress thinking and practice in evaluation, learning, and continuous improvement in youth work and provision for young people. Our vision is for all young people to have access to high quality programmes and services that support them to thrive.

 <https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/youth-health-resource-kit.aspx>

**The Youth Health Resource Kit** (New South Wales, Australia) assists workers to deliver effective and youth-friendly health services.

The kit contains up-to-date and comprehensive information about youth health needs for young people (aged 12-24), including those who are most vulnerable. This kit also provides skills and practical steps workers can use to respond effectively to young people. Each section is written by topic experts and has been carefully reviewed. The kit will be useful for a wide range of health workers, whether novice or experienced.

## Education and Vocation

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

**WorkFit** is the **Down's syndrome Association's** employment programme which brings together employers and job-seekers who have Down's syndrome. It is a tailored service dedicated to training employers about the learning profile of people who have Down's syndrome so that they can be supported in the workplace. We focus on finding the right employment opportunities for people who have Down's syndrome and ensuring that they have the support they need to be successful in the workplace.

## Involvement in research

<https://www.wearevocal.org/opportunities/voice-up/>

Voice Up is a group for anyone aged between 11-24 living in Greater Manchester interested in getting involved in health research.

## Co-production

**Resources from NIHR (all ages)**

<https://arc-w.nihr.ac.uk/news/co-production-when-we-cant-meet-face-to-face-updated-resources/>

<https://arc-w.nihr.ac.uk/Wordpress/wp-content/uploads/2020/05/Map-of-resources-Web-version-v1.2.pdf>

<https://www.scie.org.uk/co-production/>

Co-production is about working in equal partnership with people using services, carers, families and citizens. Co-production offers the chance to transform social care and health provision to a model that offers people real choice and control.

## Advocacy

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

This site enables young people to Get Support, Take Action, Be Heard and Celebrate their efforts. It's content supports the work of **the #PowerOfYouth campaign** – a nationwide collaborative effort aiming to recognise young people for their efforts, empower more young people to make a difference, and give young people opportunities to shape their future. The site is curated by young people, for young people in collaboration with the NHS Youth Forum, the Scouts Community Impact Group, #iwill Ambassadors and young representatives from Duke of Edinburgh, NCS, Sea Cadets, Youth United Foundation and Girlguiding.

## Adolescent Brain Development

 <https://kids.frontiersin.org/article/10.3389/frym.2020.00075>

**The Adolescent Brain Is Literally Awesome** This article discusses how current research on brain development can be used to empower adolescents as capable learners of the world around them.

## Virtual Consultations

 <https://www.paediatricfoam.com/2020/03/top-tips-for-running-a-telephone-based-paediatric-outpatient-clinic/>

The stopping of face-to-face outpatient services to restrict the spread of Covid-19 has sped up the establishment of telemedicine clinics in paediatrics and in this guide, we present **a guide to getting your own service off the ground as**

**quickly and effectively as possible**, to develop a safe and sustainable service that will feed into the future of Paediatrics.

 <https://councilfordisabledchildren.org.uk/help-resources/resources/flares-top-tips-professionals>

**FLARE the young people's advisory group supported by the Council for Disabled Children**, are a group of 13 - 25 year olds from across England. Each member is passionate about ensuring disabled children and young people, and those with special educational needs, have an equal say in issues and decisions that affect them and their families. With virtual engagement increasing to reflect the needs and development of participation, FLARE have created their top tips for professionals who are communicating online with children and young people.

## Professional Bookshelf

 **Unmute: Young Voices from Lockdown**: poetry anthology from young people Edited by Kate Clanchy Kindle edition available from amazon. All proceeds from this book go to Asylum Welcome, a charity assisting refugees and asylum seekers in Oxford.

 Abbott Askelson N, Scherer AM, Afifi RA. Critical reflections on COVID19 communication efforts targeting adolescents and young adults. *J Adol Health* 2020; 67:159-160

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 Badawy SM, Radovic A. Digital Approaches to Remote Pediatric Health Care Delivery During the COVID-19 Pandemic: Existing Evidence and a Call for Further Research. *JMIR Pediatr Parent*. 2020 Jun 25;3(1):e20049.

 Barney A, Buckelew S, Mesheriakova V, Raymond-Flesch M. The COVID19 pandemic and rapid implementation of adolescent and young adult telemedicine: challenges and opportunities for innovation. *J Adol Health* 2020;67:p164-171.

 Carlson JL, Goldstein R. Using the electronic health record to conduct adolescent telehealth visits in the time of COVID19. *J Adol Health* 2020;67:157-8

 Chung RJ, Mackie AS, Baker A, de Ferranti SD. Cardiovascular Risk and Cardiovascular Health Behaviours in the Transition from Childhood to Adulthood. *Can J Cardiol*. 2020 Jun 22:S0828-282X(20)30571-7. doi: 10.1016/j.cjca.2020.05.041.

 Crawford A, Serhal E. Digital Health Equity and COVID-19: The Innovation Curve Cannot Reinforce the Social Gradient of Health. *J Med Internet Res*. 2020 Jun; 22(6): e19361.

 Eisner-Fellay T, Akre C, Auderset D, Barrense-Dias Y, Suris JC. Far from acceptable: youth-reported risk behaviour screening by primary care physicians. *Fam Pract*. 2020 Jul 7:cmaa068. doi: 10.1093/fampra/cmaa068. Online ahead of print.

 Grundmeier RW, Novick DR. Caring for adolescents in the era of the electronic health records: we must do better. *J Adol Health* 2020;67:151-2

 Hasan R, Maloney L, Solondz K, Frank A, Eppelsheimer R. Transition Task Force: Early efforts towards comprehensive pediatric to adult transition services in an academic medical center *Journal of Transition Medicine*, Volume 2, Issue 1, 20200006, eISSN 2568-2407, DOI: <https://doi.org/10.1515/jtm-2020-0006>.

 Hensel DJ. Using latent profile analysis and related approaches in adolescent health research. *J Adol Health* 2020;67:153-4

 Hetlevik Ø, Meland E, Hufthammer KO, Breidablik HJ, Jahanlu D, Vie TL. Self-rated health in adolescence as a predictor of 'multi-illness' in early adulthood: A prospective registry-based Norwegian HUNT study. *SSM Popul Health*. 2020 May 20;11:100604. doi: 10.1016/j.ssmph.2020.100604

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 Irwin CE. Using technology to improve the health and well-being of adolescents and young adults. *J Adol Health* 2020;67:147-148

 De Nardi L, Trombetta A, Ghirardo S, Genovese MRL, Barbi E, Taucar V. Adolescents with chronic disease and social media: a cross-sectional study. *Arch Dis Child*. 2020 Aug;105(8):744-748.

 North S. Telemedicine in the Time of Coronavirus Disease and Beyond. *J Adolesc Health*. 2020 Jun 27;67(2):145-6. doi: 10.1016/j.jadohealth.2020.05.024.

 Oosterhoff B, Palmer CA, Wilson J, Shook. Adolescents' motivations to engage in social distancing during the COVID19 pandemic: associations with mental and social health. *J Adol Health* 2020;67:179-185.

 Phumaphi J, Mason E, Kojo Alipui N et al A crisis of accountability for women's, children's, and adolescents' health *Lancet* 2020; 396: July 25 [https://doi.org/10.1016/S0140-6736\(20\)31520-8](https://doi.org/10.1016/S0140-6736(20)31520-8)

 Priest N, Chong S, Truong M, Alam O, Dunn K, O'Connor M, Paradies Y, Ward A, Kavanagh A. Racial discrimination and socioemotional and sleep problems in a cross-sectional survey of Australian school students *Arch Dis Child*. 2020 Jul 28:archdischild-2020-318875.

 Santelli JS, Grilo S, Klein JD et al. The unmet need for discussions between health care providers and adolescents and young adults. *J Adol Health* 2020;67:262-269.

 Schwartz BI, Alexander M, Breech LL. Intrauterine Device Use in Adolescents With Disabilities. *Pediatrics*. 2020 Aug;146(2):e20200016. doi: 10.1542/peds.2020-0016.

 Winarizal AS, Horvath A, Sawyer SM. *Arch Dis Child*. 2020 May 12:archdischild-2020-318955. doi: 10.1136/archdischild-2020-318955 Measuring functional recovery in somatic symptom and related disorders: a scoping review

## Webinars

 <https://www.youngpeopleshealth.org.uk/covid-19-young-people-and-general-practice>

During the Covid-19 crisis the emphasis of healthcare has been largely on populations seen to be at greatest risk of contracting or developing complications of the infections. Adolescents and young people have consequently been seen as a low priority group. The purpose of the Webinar was to consider the potential impact of the crisis and the changes in the way that healthcare is provided to this group. This is particularly important given that health inequalities in young people persist into later life with potential long term consequences.

## DVD shelf

 [https://www.youtube.com/watch?v=-gwqNptOHZY&feature=emb\\_logo](https://www.youtube.com/watch?v=-gwqNptOHZY&feature=emb_logo)

**When I Grow Up....** A delightful film from twins with Downs syndrome – Ollie and Cameron – and their mum from Dundee to help employers to think about people with Down’s syndrome as potential employees, people with hopes, dreams and ability and to encourage parents to talk about employment opportunities with their children so that they have a presumption of seeking employment when the time comes.

 **The COVID-19 pandemic: better aligning education and health**

<https://unescochair-ghe.org/resources/global-health-education-webinar-series/the-covid-19-pandemic-better-aligning-education-and-health/>

In this webinar, the results of a global survey on the reopening of schools is presented, as well as a new support tool for global guidance of schools called “FORWARD TO SCHOOL, Guidance, Considerations and Resources for and from Education Unions to Inform Decision-Making in Times of Covid-19”.

## Forthcoming Dates for your Diary!

2020 (potential dates which may change depending on the COVID19 situations)

|                 |  |   |
|-----------------|--|---|
| <b>October</b>  |  |   |
| <b>6</b>        | <b>Conference webinar - Young People's Health Special Interest Group &amp; British Association of General Paediatrics</b>  | <a href="https://www.rcpch.ac.uk/news-events/events/conference-webinar-young-peoples-health-special-interest-group-british">https://www.rcpch.ac.uk/news-events/events/conference-webinar-young-peoples-health-special-interest-group-british</a> |
| <b>November</b> |  |   |
| <b>5-7</b>      | <b>IAAH</b><br><i>12<sup>th</sup> World Congress Adolescent Health Meeting the challenge of global change</i><br><b>Lima, Peru</b><br><b>Postponed until 2021</b>      | <a href="http://www.iaah2020congress.org/en">http://www.iaah2020congress.org/en</a>   |
| <b>December</b> |  |   |
| <b>3</b>        | <b>Reorganised (from March 2020)</b><br>RCGP, RCP, RCPCH and RCPsych<br><i>The Adolescent Health Conference: Working together to bridge the gaps</i><br>RCGP<br>London |   |

2021

|               |   |  |
|---------------|---|--|
| <b>March</b>  |   |  |
| <b>21-27</b>  | <b>International Adolescent Health Week</b>   |  |
| <b>June</b>   |   |  |
| <b>10</b>     | <b>5<sup>th</sup> Annual North West Transition Conference</b>   | Information to follow<br>Contact: Jacqui Rogers, Trust Transition Service<br>Lead Nurse<br>Alder Hey Children's NHS Foundation Trust |
| <b>August</b> |   |  |
| <b>23-26</b>  | <b>International Pediatric Association conference hosted by RCPCH<br/>Ensuring a brighter future for all children<br/>Glasgow</b>   | Will include YPHSIG symposium  |
| <b>Nov</b>    |   |  |
| <b>19-21</b>  | <b>IAAH</b><br><i>12<sup>th</sup> World Congress Adolescent Health<br/>Meeting the challenge of global change</i><br><b>Lima, Peru</b><br><b>(re-organised from 2020)</b> | <a href="http://www.iaah2020congress.org/en">http://www.iaah2020congress.org/en</a>  |
|               |   |  |

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](mailto:janet.mcdonagh@manchester.ac.uk)*