

# Young People's Health Resource Newsletter April 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](http://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](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.*

**\*\*\*\*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.**

**Abstract deadline: 30 April 2019**

## App store

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

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

## 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.rcpch.ac.uk/saml_login?destination=/account/my-interests).

 <https://streetdoctors.org/>

Medical student led charity working across the UK providing CPR training to young people and by doing so, increasing their confidence and aspirations, helping them to change their attitude towards violence.

 [http://www.youngpeopleshealth.org.uk/wp-content/uploads/2019/02/NT-AYPH-adolescent-health-report\\_WEB-200219.pdf](http://www.youngpeopleshealth.org.uk/wp-content/uploads/2019/02/NT-AYPH-adolescent-health-report_WEB-200219.pdf)

Shah R, Hagell A, Cheung R. International comparisons of health and wellbeing in adolescence and early adulthood Feb 2019

 <https://www.ivar.org.uk/transforming-together/>

New resources to help health, care and Voluntary, community and social enterprise VCSE leaders who want to drive action through partnership working and support delivery of the NHS long term plan (4 April 2019).

## Transitions

 <https://www.rcpch.ac.uk/resources/transition-adult-services>

New web pages on the RCPCH website for resources in transitional care

 <https://www.rcpch.ac.uk/news-events/news/thirteen-uk-healthcare-bodies-launch-pragmatic-guidance-valproate-use>

Experts from 13 national bodies, including seven Royal Colleges, have joined forces to launch new practical guidance to support doctors and other health professionals around valproate use in women and girls in their reproductive years. The ‘pan-College’ advice is based on 2018 regulations issued by the Medicines and Healthcare Products Regulatory Authority (MHRA) around the prescribing and dispensing of **valproate** - but looks at the more challenging issues that clinicians across primary and specialist care might encounter in daily practice. These include transition from paediatric to adulthood services, competence to consent to treatment, and confidentiality.

 <https://digital.nhs.uk/services/nhs-app>

The NHS App provides a simple and secure way for people to access a range of NHS services on their smartphone or tablet.

 <https://www.health.org.uk/publications/young-peoples-suggestions-for-the-assets-needed-in-the-transition-to-adulthood>

Hagell A, Shah R, Viner R, Hargreaves D, McGowan J, Heys M. *Young people's suggestions for the assets needed in the transition to adulthood. Mapping the research evidence*

## Cyber safety and Digital Technology

 [https://www.childnet.com/resources/step-up-speak-up#163961\\_20190318085847](https://www.childnet.com/resources/step-up-speak-up#163961_20190318085847)

**Step Up, Speak up.** This toolkit includes a range of resources for young people and the professionals who work with them, including teachers, pastoral teams, senior school leadership and police forces. Online sexual harassment encompasses a wide range of behaviours that use digital content (images, videos, posts, messages, pages) on a variety of different platforms (private or public). This toolkit specifically focuses on peer-to-peer online sexual harassment taking place between young people.

## Emotional and Mental Health

 [https://www.rsph.org.uk/our-work/policy/wellbeing/new-filters.html#163961\\_20190318015439](https://www.rsph.org.uk/our-work/policy/wellbeing/new-filters.html#163961_20190318015439)

**#Newfilters to manage the impact of social media on young people's mental health and wellbeing.** A report from the All Party Parliamentary Group on Social Media and Young People's Mental Health and Wellbeing Inquiry: *Managing the impact of social media on young people's mental health and wellbeing*. This is the first national inquiry specifically examining the impact of social media on the mental health and wellbeing of young people, which ran from April 2018 to January 2019. The report explores the positive and negative health impacts of social media, as well as putting forward recommendations to protect young social media users from potential health harms.

 <https://www.meetwo.co.uk/meetwo-teenage-mental-help-handbook>

The **MeeTwo Teenage 'Mental Help' Handbook** gives teenage mental health a voice. Youth mental health is a massive issue, but it is time to stop talking about raising awareness and start providing young people with the tools to do something about it. Whether that involves taking pills, getting to counselling or learning how to meditate, all help involves self-help. This handbook is the first publication to combine the voices of young people and the opinions of experts with a completely holistic directory of ways that young people can help themselves.

 <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>

Support from Young Minds for parents of young people who self-harm

## Physical Activity

 <https://www.sportengland.org/media/13851/active-lives-children-survey-2017-18-attitudes-report.pdf>

Insights into how young people feel about sport and physical activity. More than 130,000 children and young people were surveyed in the academic year 2017/18.


## Professional Bookshelf

 Azzopardi PS, Hearps SJC, Francis KL, Kennedy EC, Mokdad AH, Kassebaum NJ, Lim S, Irvine CMS, Vos T, Brown AD, Dogra S, Kinner SA, Kaoma NS, Naguib M, Reavley NJ, Requejo J, Santelli JS, Sawyer SM, Skirbekk V, Temmerman M,


Tewhaiti-Smith J, Ward JL, Viner RM, Patton GC. Progress in adolescent health and wellbeing: tracking 12 headline indicators for 195 countries and territories, 1990-2016. *Lancet*. 2019 Mar 16;393(10176):1101-1118

 Davies HT, Phillips B, Preston J, Stones SR. Making research central to good paediatric practice. *Arch Dis Child*. 2019 Apr;104(4):385-388.

 Farre A, Ryan S, McNiven A, McDonagh JE. The impact of arthritis on the educational and early work experiences of young people: a qualitative secondary analysis. *Int J Adolesc Med Health*. 2019 Mar 9. [Epub ahead of print]


 Forgeron PA, McKenzie E, O'Reilly J, Rudnicki E, Caes L. Support for My Video is Support for Me: A YouTube Scoping Review of Videos Including Adolescents With Chronic Pain. *Clin J Pain*. 2019 Mar 22. [Epub ahead of print]

 Gryczynski J, Mitchell SG, Schwartz RP, Kelly SM, Dušek K, Monico L, O'Grady KE, Brown BS, Oros M, Hosler C. Disclosure of Adolescent Substance Use in Primary Care: Comparison of Routine Clinical Screening and Anonymous Research Interviews. *J Adolesc Health*. 2019 Apr;64(4):541-543.


 Harry O, Crosby LE, Smith AW, Favier L, Aljaberi N, Ting TV, Huggins JL, Modi AC. Self-management and adherence in childhood-onset systemic lupus erythematosus: what are we missing? *Lupus*. 2019 Mar 24: [Epub ahead of print]


 Leiba A, Fishman B, Twig G, Gilad D, Derazne E, Shamiss A, Shohat T, Ron O, Grossman E. Association of Adolescent Hypertension With Future End-Stage Renal Disease. *JAMA Intern Med*. 2019 Feb 25. [Epub ahead of print]


 Lerch MF, Thrane SE. Adolescents with chronic illness and the transition to self-management: A systematic review. *J Adolesc*. 2019 Apr;72:152-161


 Lidón-Moyano C, Wiebe D, Gruenewald P, Cerdá M, Brown P, Goldman-Mellor S. Associations between self-harm and chronic disease among adolescents: Cohort study using statewide emergency department data. *J Adolesc*. 2019 Apr;72:132-140.

 Moreno MA, Kerr BR, Jenkins M, Lam E, Malik FS. Perspectives on Smartphone Ownership and Use by Early Adolescents. *J Adol Health* 2019 Apr;64:437-442.

 Nagata JM, Bibbins-Domingo K, Garber AK, Griffiths S, Vittinghoff E, Murray SB. Boys, Bulk, and Body Ideals: Sex Differences in Weight-Gain Attempts Among Adolescents in the United States. *J Adolesc Health*. 2019 Apr;64(4):450-453.

 Nightingale R, McHugh G, Kirk S, Swallow V. Supporting children and young people to assume responsibility from their parents for the self-management of their long-term condition: An integrative review. *Child Care Health Dev*. 2019 Mar;45(2):175-188.

 Peters, Steve. *The Silent Guides. Understanding and developing the mind throughout life*. Lagom, London 2018 (paperback) By the same author as "The Chimp Paradox" and offers ideas and support to parents. Teacher or carers that could help children to form healthy and constructive habits and prevent unhealthy or destructive habits from developing

 Peters, Steve. *My Hidden Chimp* . Studio Press, London 2018 (paperback) This book is directed to children (pre-adolescent but interesting nevertheless!) to help them understand their emotions, thinking and behaviour

 Yassaee A, Hale D, Armitage A, Viner R. The Impact of Age of Transfer on Outcomes in the Transition From Pediatric to Adult Health Systems: A Systematic Review of Reviews. J Adolesc Health. 2019 Mar 1. [Epub ahead of print]

## DVD shelf

 <https://vimeo.com/213830660>

Excellent example of a tool to prepare children and young people for a visit to outpatients – with great ideas too ...all in a delightful Geordie accent!

## Posters for clinic waiting rooms

<https://www.childnet.com/resources/step-up-speak-up/teaching-toolkit/posters>

These posters are to be displayed around your school or setting to help raise awareness about the issue of online sexual harassment. There is a customisable version available to share specific details of who, when and where young people can go to for further help.

## Forthcoming Dates for your Diary!

2019

<b>*NEW*</b> May 13-15	<b>RCPCH Spring Meeting includes Child health Debate (14<sup>th</sup>)</b> <i>'This house believes that paediatrics should stop at age 16'.</i> and <b>Joint YPHSIG session with Paediatric Education SIG (15<sup>th</sup>)</b> Birmingham	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a>
<b>*NEW*</b> June 19	<b>The Section of Paediatrics of the Manchester Medical Society</b> <i>"Adolescent Health"</i> Manchester Dental Education Centre, University of Manchester.	<a href="https://www.mms.org.uk/events-and-meetings/events/adolescent-health-symposium/">https://www.mms.org.uk/events-and-meetings/events/adolescent-health-symposium/</a>
<b>June 28</b>	<b>4<sup>th</sup> Annual NW Transition Conference</b> organised by Alder Hey NHS foundation Trust Venue: Aintree University Hospital NHS Trust.	Information to follow
<b>July</b>		
<b>*NEW*</b> 7-12	<b>European Training in Effective Adolescent Care and Health</b> 2019 Euteach Summer School Lausanne, Switzerland	<a href="http://www.euteach.com">www.euteach.com</a>
<b>Sept</b>		
<b>12-13</b>	<b>2<sup>nd</sup> European Transition Symposium</b> Lausanne, Switzerland	<a href="http://www.lesadoscourses.ch/">http://www.lesadoscourses.ch/</a> Abstract deadline 1 June 2019

		For more information
<b>18-19</b>	<b>Joint RCPCH and SAHM Conference</b> <i>Adolescent Health Coming of Age</i> Windsor, UK	<a href="https://www.rcpch.ac.uk/news-events/events/adolescent-health-coming-age">https://www.rcpch.ac.uk/news-events/events/adolescent-health-coming-age</a>  <b>Abstract deadline 11 April 2019</b>
<b>December</b>		
<b>5-7</b>	<b>Excellence in Paediatrics</b> Copenhagen	Has major adolescent medicine track <a href="https://eip-pediatrics-conference.ineip.org/program_excellence_in_pediatrics_conference">https://eip-pediatrics-conference.ineip.org/program_excellence_in_pediatrics_conference</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)*