

Young People's Health Resource Newsletter February 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)

Editor: Dr Janet E McDonagh, Clinical Senior Lecturer in Paediatric and Adolescent Rheumatology (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

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

Cyber safety


 <https://www.saferinternet.org.uk/>

Educational resources for use in supporting CYP aged 3-18 years old about online issues. Safer Internet Day 2019 will be celebrated on Tuesday 5 February 2019 with the global slogan of 'Together for a better internet'. In the UK the campaign will particularly empower young people to take control of their digital lives and consider how consent works in an online context. It will explore how young people ask, give and receive consent online. This could be in their friendships or relationships, how they take and share images and videos of how they manage their privacy and data.

 <https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

The health impacts of screen time: a guide for clinicians and parents (Jan 2019) from RCPCHhis guide provides a summary of existing research on the health effects of screen time on children and young people. It outlines recommendations for health professionals and families on screen time use and suggests parents approach screen time based on the child's developmental age, the individual need and value the family place on positive activities such as socialising, exercise and sleep - when screen time displaces these activities, the evidence suggests there is a risk to child wellbeing.

Education and vocation

 <https://www.preparingforadulthood.org.uk/downloads/employment/work-experience-guidance.htm>A practical guide for employers and education providers to support young people with SEND into meaningful work experience

 <http://dywda.co.uk/>

Website of the Dundee regional "Developing the Young Workforce groups across Scotland which aim to reduce youth unemployment and help young people get the right skills and experiences to move from education into employment.

 <https://www.gov.scot/publications/fairer-scotland-action-plan-progress-report-2018/pages/6/>

Progress made by the Scottish Government on the actions with respect to vocational aspects of adolescence and young adulthood outlined in the Fairer Scotland Action Plan, published in October 2016.

Professional Bookshelf

-  Bonifacio JH, Maser C, STadelman K, Palmert M. Management of gender dysphoria in adolescents in primary care. CMAJ 2019 Jan 21; 191:e69-e75
-  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. 2018 Dec 28. [Epub ahead of print]
-  Ilakkuvan V, Johnson A, Villanti AC, Evans WD, Turner M. Patterns of Social Media Use and Their Relationship to Health Risks Among Young Adults. J Adolesc Health. 2019 Feb;64(2):158-164.
-  Jones JD, Boyd RC, Calkins ME, Ahmed A, Moore TM, Barzilay R, Benton TD, Gur RE. Parent-Adolescent Agreement About Adolescents' Suicidal Thoughts. Pediatrics. 2019 Jan 14. pii: e20181771. [Epub ahead of print]
-  Jones MR, Frey SM, Riekert K, Fagnano M, Halterman JS. Transition Readiness for Talking With Providers in Urban Youth With Asthma: Associations With Medication Management. J Adolesc Health. 2019 Feb;64(2):265-271.
-  Kranzler EC, Bleakley A. Youth Social Media Use and Health Outcomes: #diggingdeeper. J Adolesc Health. 2019 Feb;64(2):141-142.
-  Ruedinger E, Carlin K, Inwards-Breland D, McCarty CA. Effectiveness of the Adolescent Medicine Rotation in Improving Pediatric Residents Self-Assessed Skill and Confidence Caring for Youth. J Adolesc Health. 2018 Dec 6. [Epub ahead of print]
-  Ronis SD, Grossberg R, Allen R, Hertz A, Kleinman LC. Estimated Nonreimbursed Costs for Care Coordination for Children With Medical Complexity. Pediatrics. 2019 Jan;143(1). pii: e20173562. [Epub ahead of print]
-  Santelli JS, Klein JD, Song X, Heitel J, Grilo S, Wang M, Yan H, Kaseeska K, Gorzkowski J, Schneider M, Dereix AE, Catalozzi M. Discussion of Potentially Sensitive Topics With Young People. Pediatrics. 2019 Jan 16. [Epub ahead of print]
-  Song X, Klein JD, Yan H, Catalozzi M, Wang X, Heitel J, Kaseeska K, Gorzkowski J, Santelli JS. Parent and Adolescent Attitudes Towards Preventive Care and Confidentiality. J Adolesc Health. 2019 Feb;64(2):235-241.
-  Yousafzai Malala. *We are displaced. My journey and stories from refugee girls from around the world.* Published by Weidenfeld & Nicolson

Videoclip and Youtube Virtual Shelf

https://www.youtube.com/watch?v=u_NG0Vb3tec

Young people with long term health conditions are 55% more likely to be admitted to hospital after they make the transition to care by adult services. Jack and Tina - share their experiences of transition and examine what data tells us about the needs of these young people. This animation was developed by our Young Research Advisors on behalf of the Children's Policy Research Unit at UCL. (NCB)

https://www.youtube.com/watch?v=hVz5eEQV_GI

This film has been created to help young heart patients through the process of transitioning from paediatric to adult care. Throughout the film 6 young heart patients talk openly about their own experience of transition and growing up. For information about our young people support programmes visit <http://www.bhf.org.uk/meetatteen>

Forthcoming Dates for your Diary!

2019

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
NEW March 12	RCEM <i>Forgotten tribe: adolescents in the emergency department.</i> London	https://www.rcem.ac.uk/
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 organised by Alder Hey NHS foundation Trust Venue: Aintree University Hospital NHS Trust.	Information to follow
Sept		
18-19	Joint RCPCH and SAHM Conference Windsor, UK	https://www.rcpch.ac.uk/news-events/events/adolescent-health-coming-age Abstract deadline 11 April 2019

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