

Adolescent Resource Newsletter

January 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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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? 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.

Young People's Webwatch

 www.rcpch.ac.uk

RCPCH Emoji Cards. Launched at party conferences in October and November, the cards designed by Amina (16) are designed to help young people to identify a feeling and share it with a professional to start discussions. Download for free

 www.councilfordisabledchildren.org.uk

The Knowledge is Power Toolkit has been co-designed with disabled young people to better connect with disabled young people and to build their resilience to participate in decision making.

Professional Webwatch

Rights

 www.crae.org.uk

State of children's Rights in England 2017 (report)

Data

 <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-young-people>

Range of indicators on the health of young people by local area. Developed by PHE's National Child and Maternal Health Intelligence Network, the indicators provide information on public health outcomes for young people, up to 24 years

 <http://www.cqc.org.uk/childrensurvey>

<https://youtu.be/mUEPhU4eJNI>

This national CQC survey of 34,708 children, young people and parent/carers looked at experience of care with positives around feeling well looked after, friendly staff, 90% of young people (12-15) were able to talk to a Doctor or Nurse without their parent/carer being there and 93% of children and young people having an operation said they had it explained beforehand.

Improvements were needed with 57% of children and young people felt they were either not involved or only involved a little in making decisions about their care and 38% of children (8-11) said staff didn't play or do activities with them while in hospital. You can read the full survey data or watch the video by CQC young experts by experience, presenting the results of questions asked to those aged 8-15 in a child friendly format.

Body Image

 <http://www.byc.org.uk/uk/youth-select-committee/reports>

Reports including the 2017 one on Body Image (**A Body Confident Future**) from the youth Select Committee

Digital Technology

 <https://www.childrenscommissioner.gov.uk/publication/life-in-likes/>

Life in Likes. This Children's Commissioner's report on the effects of social media on 8-to-12-year-olds examines the way children use social media and its effects on their wellbeing. While 8-10s use social media in a playful, creative way – often to play games – this changes significantly as children's social circles expand as they grow older. This report shows that many Year 7 children are finding social media hard to manage and becoming over-dependent on 'likes' and 'comments' for social validation. They are also adapting their offline behaviour to fit an online image, and becoming increasingly anxious about 'keeping up appearances' as they get older.

 https://www.unicef-irc.org/publications/925/#163961_20180109043018

How does the time children spend using digital technology impact their mental well-being, social relationships and physical activity? An evidence-focused literature review. In conclusion, considerable methodological limitations exist across the spectrum of research on the impact of digital technology on child

well-being, including the majority of the studies on time use reviewed here, and those studies concerned with clinical or brain impacts. This prompts reconsideration of how research in this area is conducted.

Mental Health

 https://schoolbusukdata.blob.core.windows.net/theschoolbus-assets/resources/218/Pupil%20Mental%20Health%20Crisis_%20Report.pdf#163961_20180103033620

Pupil Mental Health Crisis? A 2017 survey of 603 school leaders and governors by Leeds Beckett University's Carnegie Centre of Excellence for Mental Health in Schools, in partnership with Hub4Leaders, found that 65 per cent said there is still no dedicated staff member in their school who is trained in or given responsibility for pupils' mental health.

AYA Healthcare Provision

 https://www.nuffieldtrust.org.uk/research/admissions-of-inequality-emergency-hospital-use-for-children-and-young-people#163961_20180103014314

Admissions of inequality: emergency hospital use for CYP This briefing looks at the relationship between deprivation and the use of emergency hospital care by children and young people in England (between 2005/6 and 2015/16). It aims to describe and highlight areas of inequality and to explore how they have changed over time. As well as looking at the overall patterns of emergency hospital use, it focuses on three common conditions – asthma, diabetes and epilepsy – where more timely and effective primary, community or outpatient care could prevent admissions. The briefing finds that while there has been progress in reducing the rate of emergency admissions for the most deprived children, a stubborn gap remains between rich and poor: children and young people from the most deprived areas are consistently more likely both to go to A&E and to need emergency hospital treatment than children from the least deprived areas.

 <https://youtu.be/DEARD4I3xtE>

How does the NHS in England work? An alternative guide. (videoclip)

PPIE

 www.councilfordisabledchildren.org.uk

Information and guidance on how to involve children and young people with disabilities in participation and decision making (see Resources section)

 www.youngpeopleshealth.org.uk

AYPH have created a participation statement to support best practice in a range of health settings.

 <http://senseaboutscience.org>

Public engagement: a practical guide. A new resource from NIHR and Sense about Science exploring a 5-step guide to involving the public in communicating your research.

Participation

 <https://www.gov.uk/government/publications/national-citizen-service-evaluation-report-2016#2017-12-20T13:41:00+00:00>

The Department for Digital, Culture, Media and Sport commissioned an independent provider to conduct an **evaluation of the National Citizen Service (NCS)**. NCS is a Government-backed initiative that brings together young people aged 15 to 17 from different backgrounds, giving them the chance to undertake a programme of personal and social development and community action. The findings show the positive impact NCS has had on young people in relation to social mobility, social cohesion and social engagement.

Professional Bookshelf

-  Aspinall N, D'Urso A, Ambegaonkar G. Fifteen minute consultation: an approach to the child with chronic headaches. *Arch Dis Child Educ Pract Ed*. 2017 Dec 8. [Epub ahead of print]
-  Baldrige S, Symes L. Just between Us: An Integrative Review of Confidential Care for Adolescents. *J Pediatr Health Care*. 2017 Dec 15 [Epub ahead of print]
-  Bold KW, Kong G, Camenga DR, Simon P, Cavallo DA, Morean ME, Krishnan-Sarin S. Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth. *Pediatrics*. 2018 Jan;141(1)
-  Bray L, Maden M, Bewley T, Carter B. A systematic evidence synthesis of interventions to engage children and young people in consultations about their long-term conditions. *J Child Health Care*. 2017 Jan 1: [Epub ahead of print]
-  Broad KL, Sandhu VK, Sunderji N, Charach A. Youth experiences of transition from child mental health services to adult mental health services: a qualitative thematic synthesis. *BMC Psychiatry*. 2017 Nov 28;17(1):380
-  Butler A, Van Lieshout RJ, Lipman EL, MacMillan HL, Gonzalez A, Gorter JW, Georgiades K, Speechley KN, Boyle MH, Ferro MA. Mental disorder in children with physical conditions: a pilot study. *BMJ Open*. 2018 Jan 3;8(1):e019011.
-  Crowley SL, Byrne S, McNulty S, Keating K, Nestor T, Owen Y, O'Rourke D, Lynch B, Shahwan A, King MD. The Temple Star Transitional Model of Care for epilepsy; the outcome of a quality improvement project. *Epilepsy Behav*. 2017 Dec 6;79:4-8.
-  Easson A, Walter S. Hearing-impaired young people - a physician's guide. *Clin Med (Lond)*. 2017 Dec;17(6):521-524.
-  Flannery H, Glew S, Brewster A, Christie D. Measuring Outcomes of Psychological Well-Being within Paediatric Health Settings. *Healthcare (Basel)*. 2017 Dec 29;6(1).
-  Fleary SA, Joseph P, Pappagianopoulos JE. Adolescent health literacy and health behaviors: A systematic review *J Adolesc*. 2018 Jan;62:116-127.

-  Fuentes L, Ingerick M, Jones R, Lindberg L. Adolescents' and Young Adults' Reports of Barriers to Confidential Health Care and Receipt of Contraceptive Services. *J Adolesc Health*. 2018 Jan;62(1):36-43.
-  Guram S, Heinz P. Media use in children: American Academy of Pediatrics recommendations 2016. *Arch Dis Child Educ Pract Ed*. 2017 Dec 9. [Epub ahead of print].
-  Hart LC, Maslow G. The Medical Transition from Pediatric to Adult-Oriented Care: Considerations for Child and Adolescent Psychiatrists. *Child Adolesc Psychiatr Clin N Am*. 2018 Jan;27(1):125-132.
-  Hickam T, White PH, Modrcin A, McManus M, Cox K. Implementing a Nationally Recognized Pediatric-to-Adult Transitional Care Approach in a Major Children's Hospital. *Health Soc Work*. 2017 Dec 15
-  Lipman EL, DeWit D, DuBois DL, Larose S, Erdem G. Youth with chronic health problems: how do they fare in main-stream mentoring programs? *BMC Public Health*. 2018 Jan 5;18(1):102.
-  Mazur A, Dembinski L, Schrier L, Hadjipanayis A, Michaud PA. European Academy of Paediatric consensus statement on successful transition from paediatric to adult care for adolescents with chronic conditions. *Acta Paediatr*. 2017 ;106(8):1354-1357.
-  Mendle J, Ryan RM, McKone KMP. Age at Menarche, Depression, and Antisocial Behavior in Adulthood. *Pediatrics*. 2018 Jan;141(1).
-  McCauley EJ. The Cumulative Probability of Arrest by Age 28 Years in the United States by Disability Status, Race/Ethnicity, and Gender. *Am J Public Health*. 2017 Dec;107(12):1977-1981
-  McDonagh JE, Farre A, Gleeson H, Rapley T, Dovey-Pearce G, Reape D, Rigby E, Colver AF, Parr JR; Transition Collaborative Group. Making healthcare work for young people. *Arch Dis Child*. 2018 Jan 5.
-  Michaud PA, Schrier L, Ross-Russel R, van der Heijden L, Dossche L, Copley S, Alterio T, Mazur A, Dembinski L, Hadjipanayis A, Del Torso S, Fonseca H, Ambresin AE. Paediatric departments need to improve residents' training in adolescent medicine and health: a position paper of the European Academy of Paediatrics. *Eur J Pediatr*. 2017 Dec 21. [Epub ahead of print]
-  Morean ME, Butler ER, Bold KW, Kong G, Camenga DR, Cavallo DA, Simon P, O'Malley SS, Krishnan-Sarin S. Preferring more e-cigarette flavors is associated with e-cigarette use frequency among adolescents but not adults. *PLoS One*. 2018 Jan 4;13(1):e0189015..
-  Otto C, Haller AC, Klasen F, Hölling H, Bullinger M, Ravens-Sieberer U; BELLA study group. Risk and protective factors of health-related quality of life in children and adolescents: Results of the longitudinal BELLA study. *PLoS One*. 2017 Dec 28;12(12):e0190363.
-  Ramsey A, Lanzo E, Huston-Paterson H, Tomaszewski K, Trent M. Increasing Patient Portal Usage: Preliminary Outcomes From the MyChart Genius Project. *J Adolesc Health*. 2018 Jan;62(1):29-35.
-  Slater H, Campbell JM, Stinson JN, Burley MM, Briggs AM. End User and Implementer Experiences of mHealth Technologies for Noncommunicable Chronic Disease Management in Young Adults: Systematic Review. *J Med Internet Res*. 2017 Dec 12;19(12):e406

 Willis ER, McDonagh JE. Transition from children's to adults' services for young people using health or social care services (NICE Guideline NG43). Arch Dis Child Educ Pract Ed. 2017 Dec 21

Forthcoming Dates for your Diary!

Also check out: <http://www.youngpeopleshealth.org.uk/events/events-calendar>

2018

February		
21	AYPH Conference, ICH London	Further info to follow www.youngpeopleshealth.org.uk
March		
3	Paediatric Anaesthesia for the General Anaesthetist Birmingham, UK	The whole event will cover Children & Adolescent Anaesthesia and our main speaker Dr Hugh Wellesley is covering 'medicolegal update (summarising Montgomery & its significance, APA Consent Guidelines) and the law around consent and refusal in under 16s and in 16&17 year olds (and how it's different from adults)'. Further info: www.partnersinpaediatrics.org
14-17	Society of Adolescent Health and Medicine <i>Global Adolescent health Equity ,</i> Seattle USA	http://www.adolescenthealth.org/Meetings/2018-Annual-Meeting.aspx
June		
29	3 rd annual Northwest Transition conference Liverpool	Further info to follow
December 5	RCP Conference <i>Adolescents and young adults: Improving health and wellbeing in 2018</i> London	Further info to follow https://www.rcplondon.ac.uk/events/adolescents-and-young-adults-improving-health-and-wellbeing-2018

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