

**Adolescent Resource Newsletter  
April 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](http://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](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.*

**\*\*\*The new HEADSS App is now available for training\*\*\***

This HEADSS training app (from YPHSIG) was launched at the recent RCPCH meeting in March and is available to download for free at

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

**Professional Webwatch**

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

***Crumbling futures: why vulnerable 16 and 17 year olds need more***

Research by The Children's Society has found that many vulnerable 16 and 17 year olds need more support as they move into adulthood. The report focuses specifically on 16 and 17 year olds referred to children's services and assessed as being a child in need or who become subject of a child protection plan.

## Sleep

 [www.mentalhealth.org.uk/blog/](http://www.mentalhealth.org.uk/blog/)

*Ten top tips for good sleep* (March 2018)

## Transition and Long Term Health Conditions

 [www.rcpch.ac.uk](http://www.rcpch.ac.uk)

*Facing the Future: Standards for children with ongoing health needs*, new standards from the RCPCH launched on Tuesday 13 March at the RCPCH Annual Conference.

 <https://www.aci.health.nsw.gov.au/networks/transition-care/about/transition-care-service>

*The NSW Agency for Clinical Innovation Transition Care Network* commenced in 2004. The Network aims to improve the continuity of care for young people aged between 14 – 25 years of age with chronic health problems moving from children’s health services to adult health services. The Network has three Transition Care Coordinators and extends across all local health districts in NSW.

## Bullying

 [https://www.ymca.org.uk/wp-content/uploads/2018/02/In-Your-Face-v1.0.pdf#163961\\_20180305032750](https://www.ymca.org.uk/wp-content/uploads/2018/02/In-Your-Face-v1.0.pdf#163961_20180305032750)

*In Your Face*. A YMCA report investigating young people’s experiences of appearance-based bullying. February 2018

 <https://youngminds.org.uk/resources/policy/cyberbullying-inquiry/>


*Safety Net Report: Impact of Cyberbullying on Children's Mental Health* – report from Young Minds and The children’s Society (2018)

## Sexual and Reproductive health

 [https://www.brook.org.uk/data/So what is a vulva anyway final booklet.pdf](https://www.brook.org.uk/data/So%20what%20is%20a%20vulva%20anyway%20final%20booklet.pdf)

A new resource aimed at educating young people on normal female anatomy – specifically vulva appearance – has been launched by RCOG/BritSPAG. The resource consists of a booklet titled “*So what is a vulva anyway?*” and has been developed in response to an increasing number of girls and women with cosmetic genital concerns requesting surgery despite having normal anatomy.

## Professional Bookshelf

 Almroth MC, Laszlo KD, Kosidou K, Galanti MR Association between adolescents’ academic aspirations and expectations and mental health: a one-year follow-up study. *Eur J Public Health* 2018 Mar 24 [Epub ahead of print]

📖 Guram S, Heinz P. Media use in children: American Academy of Pediatrics recommendations 2016. Arch Disc Child Educ Pract Ed. 2018 Apr;103:99-101

📖 Hoyt LT, Deardorff J, Marceau K, Laurent CA, Windham GC, Greenspan LC, Pinney SM, Teitelbaum S, Grimm KJ, Hagan MJ, Biro FM, Wolff MS, Kushi LH, Hiatt RA. Girls' Sleep Trajectories Across the Pubertal Transition: Emerging Racial/Ethnic Differences. J Adolesc Health. 2018 Apr;62(4):496-503.

📖 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. 2018 Apr;177(4):479-487

📖 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. 2018 Mar 29 [Epub ahead of print]

📖 Morena MA What Parents Need to Know About Sexting JAMA Pediatr 2018 Feb 26 [Epub ahead of print]

📖 Patton GC, Olsson CA, Skirbekk V, Saffery R, Wlodek ME, Azzopardi PS, Stonawski M, Rasmussen B, Spry E, Francis K, Bhutta ZA, Kassebaum NJ, Mokdad AH, Murray CJL, Prentice AM, Reavley N, Sheehan P, Sweeny K, Viner RM, Sawyer SM. Adolescence and the next generation Nature. 2018 Feb 21;554(7693):458-466

📖 Robards F, Kang M, Usherwood T, Sancu L. How Marginalized Young People Access, Engage With, and Navigate Health-Care Systems in the Digital Age: Systematic Review. J Adolesc Health. 2018 Apr;62(4):365-381.

📖 Scalzi LV, Hollenbeak CS, Mascuilli E, Olsen N. Improvement of medication adherence in adolescents and young adults with SLE using web-based education with and without a social media intervention, a pilot study. Pediatr Rheumatol Online J. 2018 Mar 14;16(1):18

📖 Viner RM. NHS must prioritise health of children and young people BMJ. 2018 Mar 14;360:k1116.

📖 Verkooijen S, de Vos N, Bakker-Camu BJW, Branje SJT, Kahn RS, Ophoff RA, Plevier CM, Boks MPM. Sleep Disturbances, Psychosocial Difficulties and Health Risk Behaviour in 16,781 Dutch Adolescents. Acad Pediatr. 2018 Mar 9.

## Forthcoming Dates for your Diary!

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

2018

June		
14	Disability in Adolescence	www.bacd2018.weebly.com

	British Academy of Childhood Disability, Bristol	
<b>29</b>	<b>3<sup>rd</sup> annual Northwest Transition conference</b> Liverpool	Further info to follow
<b>September</b>		
<b>12-13 *NEW*</b>	<b>3<sup>rd</sup> International summer course on children and adolescents with chronic illness</b> Lausanne Switzerland	www.lesados.ch
<b>14 *NEW*</b>	<b>1st European Transition symposium</b> Lausanne Switzerland	Deadline for abstracts: May 20 <sup>th</sup> 2018 www.lesados.ch
<b>October</b>		
<b>3-6</b>	<b>EIAAH annual conference</b> Moldova	Further info to follow
<b>November</b>		
<b>7-9</b>	<b>Australian Association for Adolescent Health AAAH conference</b> Marriott, Surfers Paradise, Gold Coast, Queensland.	Information to follow
<b>December</b>		
<b>6-8</b>	<b>Excellence in Paediatrics Prague</b>	<a href="https://eip-pediatrics-conference.ineip.org/">https://eip-pediatrics-conference.ineip.org/</a> includes a specific adolescent medicine track

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