

Young People's Health Resource Newsletter October 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)
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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

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.

**STOP Press!
YPHSIG/AYPH/RCGP/RCPCH Position statement about
virtual consultations with young people**

 <https://www.youngpeopleshealth.org.uk/wp-content/uploads/2020/09/Joint-statement-final-version.pdf>
"Digital by default" or digital divide? Virtual healthcare consultations with young people 10 – 25 years; Statement from YPHSIG, AYPH, RCGP, RCPCH

Young People Webwatch

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

The LUNA (Learning to Understand Needs and Abilities) Project is a small charity that aims to improve the awareness of young people living with long term health conditions and the support that they receive, particularly from peers. It stemmed from the realisation that many young people struggled to talk to their friends about their health or that often they felt that peers didn't understand. **The group is run entirely by young people**, with people participating and volunteering from across the country, many with personal connections to the issues that the LUNA Project deals with.

To try and raise awareness and support young people the LUNA Project runs a number of projects. The LUNA Project runs workshops in schools and youth groups with all ages, which involve interactive tasks that are designed to promote empathy, communication and introduce children to the topic of disability in young people. We also run a blog and create resources with current projects including

- The 'Me and My Friends to You and Yours' series in which different young people explain how their condition affects them physically and emotionally and what friends can do to help, often with a friends perspective running alongside. We currently have over twenty entries in this project and are always looking for more contributions.
- Resources around transition between services and managing appointments how to communicate effectively with your doctor. This is a new project for which we are actively looking for both young people and health professionals to get involved with.
- Online learning resources. In response to COVID-19 making visitors in schools challenging we have begun to create 'online learning' tasks for a variety of ages that hopefully address some of the same topics as in our workshops. These have only been limitedly reviewed unlike our face to face workshops so any feedback would greatly appreciated.

You can find out more and access online learning materials and other resources at <http://www.thelunaproject.org.uk/> . Contact email: thelunaprojectuk@gmail.com

 <http://www.niassembly.gov.uk/visit-and-learning/youth-assembly-2020/>

The Northern Ireland NII Assembly are forming a new youth assembly who will meet twice a year to discuss issues that are of importance to young people across the nation. The Youth Assembly will have 90 members from constituencies and community groups aged between 13-21. They will work within four committees and have close links with The Assembly.

Professional Webwatch

 <https://www.childrenssociety.org.uk/good-childhood-report-2020>

The Good Childhood Report 2020: Key findings from this report include that there has been a continued decrease in average happiness with life among 10-15 year olds in the UK; happiness with friends is in decline; 15 year olds in the UK were among the saddest and least satisfied with their lives in Europe and the COVID19 pandemic affects children's happiness due to the lack of choice they had in life.

Generic Youth Health sites with local information

Area-specific info for Manchester, East and West Midlands, Herts, Hampshire, Shropshire

 <https://www.healthforteens.co.uk/>

Southampton

 <https://nolimitshelp.org.uk/>

Young People with diabetes

 <https://www.digibete.org/>

Digibete is a video platform and social enterprise created in partnership with the diabetes team at Leeds Children's Hospital.

Young People with a pacemaker

 <https://www.evelinalondon.nhs.uk/our-services/hospital/heart-services/patients/wired-up.aspx>

Wired Up is a guide to why you need a pacemaker, how to prepare for your pacemaker procedure, recovery and life after your pacemaker has been fitted. Written by former patients Hannah Phillips and Katie Miller, this book was written by young people for young people, with support from the engagement team at Evelina London.

Transition

 <https://www.qni.org.uk/nursing-in-the-community/from-child-to-adult/>

On line transitional care resource for community nurses

Adolescent Brain

The Adolescent Brain: A Second Window of Opportunity. Cutting edge insights for programmes and policy from eight leading adolescent brain researchers.

 <https://www.unicef-irc.org/article/1750-the-adolescent-brain-a-second-window-of-opportunity.html#:~:text=In%20The%20Adolescent%20Brain%3A%20A,emerging%20findings%20from%20their%20research.>

Youth Social Prescribing

 <https://network.streetgames.org/our-work-changing-lives-health/youth-social-prescribing>

 <https://www.youngpeopleshealth.org.uk/wp-content/uploads/2020/07/YPHP-Youth-Social-Prescribing-Primary-Care-Networks-Briefing-July-2020.pdf>

Mental Health

 <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Information for young people, parents and carers about young people's mental health. It is written by psychiatrists and young people working together.

 <https://www.theguardian.com/education/2020/sep/24/how-to-stay-mentally-healthy-at-university-a-campus-doctors-guide>

Advice guide to support first year university students

Rights of Young People

 <https://www.rcpch.ac.uk/sites/default/files/2020-09/rcpch-and-us-recipes-for-rights.pdf>

Recipes for Rights - latest games and activities to support the rights of children and young people in decision making from RCPCH & US

COVID 19 guidance

 <https://nya.org.uk/guidance/>

Guidance from the National Youth Agency to support face to face work with young people during the pandemic.

Professional Bookshelf

 Brady LM (ed) Embedding Young People's Participation in Health Services. New Approaches. Policy Press (published 7 October 2020) ISBN 978-1447351207

 Carandang K, Mruk V, Ardoin SP, Huynh B, Clowse MEB, Berlan ED, Edens C. Reproductive health needs of adolescent and young adult women with pediatric rheumatic diseases. *Pediatr Rheumatol Online J*. 2020 Aug 17;18(1):66.

 Collier RJ, Ahrens S, Ehlenbach ML, Shadman KA, Mathur M, Caldera K, Chung PJ, LaRocque A, Peto H, Binger K, Smith W, Sheehy A. Priorities and Outcomes for Youth-Adult Transitions in Hospital Care: Perspectives of Inpatient Clinical Leaders at US Children's Hospitals. *Hosp Pediatr*. 2020 Sep;10(9):774-782.

 Coleman A, Chan A, Zaidi AN. The emerging psychosocial profile of the adult congenital heart disease patient. *Curr Opin Organ Transplant*. 2020 Oct;25(5):506-512

 Garcia Jalón EG, Merrick H, Colver A, Linden M; Transition Collaborative Group; Transition Collaborative Group. Did previous involvement in research affect recruitment of young people with cerebral palsy to a longitudinal study of transitional health care? *BMJ Open*. 2020 Aug 11;10(8):e035525.

 Galway N, Stewart G, Maskery J, Bourke T, Lundy CT. Fifteen-minute consultation: A practical approach to remote consultations for paediatric patients during the COVID-19 pandemic. *Arch Dis Child Educ Pract Ed*. 2020 Aug 24:edpract-2020-320000. Online ahead of print.

 Gubbin J, Malbon K. Fifteen-minute consultation: The overweight teenage girl with acne..*Arch Dis Child Educ Pract Ed*. 2020 Aug 31:edpract-2019-316846. doi: 10.1136/archdischild-2019-316846. Online ahead of print.

 Hochberg Z, Hochberg I. Emerging Adulthood, a Pre-adult Life-History Stage. *Front Endocrinol (Lausanne)*. 2020 Jan 14;10:918.

 Larcher V, Dittborn M, Linthicum J, Sutton A, Brierley J, Payne C, Hardy H; GOSH Young People's Forum. Young people's views on their role in the COVID-19 pandemic and society's recovery from it. Arch Dis Child. 2020 Aug 31;archdischild-2020-320040. doi: 10.1136/archdischild-2020-320040. Online ahead of print.

 Roden RC, Schmidt EK, Holland-Hall C. Sexual health education for adolescents and young adults with intellectual and developmental disabilities: recommendations for accessible sexual and reproductive health information. Lancet Child Adolesc Health. 2020 Sep;4(9):699-708

 Sadak KT, Gameda MT, Grafelman M, Neglia JP, Freyer DR, Harwood E, Mikal J. Identifying metrics of success for transitional care practices in childhood cancer survivorship: a qualitative interview study of survivors BMC Cancer. 2020 Sep 21;20(1):898.

 Thomsen EL, Hertz PG, Blix C, Boisen KA. A national guideline for youth-friendly health services developed by chronically ill young people and health care professionals - a Delphi study. Int J Adolesc Med Health. 2020 Sep 2. Online ahead of print.

 Turnbull JR, Farquhar M. Fifteen-minute consultation on problems in the healthy child: sleep. Arch Dis Child Educ Pract Ed. 2016 Aug;101(4):175-80.

RCPCH-NIHR PIER Prize

 <https://www.nihr.ac.uk/awards/rcpch-nihr-pier-paediatric-involvement-and-engagement-in-research-prize-2021/25539>

Applications for the 2021 round will open from **1 September until 30 November 2020**.

The prize is designed to recognise the multidisciplinary research teams who make outstanding contributions to involving paediatric patients and families in the development and delivery of research.

It is open to research active paediatricians and paediatric focused research teams of up to four people. The individual or team should highlight their contribution to excellent paediatric patient/family engagement in the design and delivery of NIHR Clinical Research Network Portfolio studies.

The winner(s) will receive a trophy and free day attendance to the RCPCH Conference and Exhibition 2021 (including reasonable expenses) where they will be presented with the prize by the RCPCH President.

Forthcoming Dates for your Diary!

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

October		
6	Conference webinar - Young People's Health Special Interest Group & British Association of General Paediatrics	https://www.rcpch.ac.uk/news-events/events/conference-webinar-young-peoples-health-special-interest-group-british

December		
3	<p>Reorganised (from March 2020) RCGP, RCP, RCPCH and RCPsych <i>The Adolescent Health Conference: Working together to bridge the gaps</i> RCGP London</p>	Moving to an online format; details to follow

2021

January		
26	<p>Centre for Adolescent Rheumatology Versus Arthritis at UCL UCLH and GOSH 5th ADOLESCENT RHEUMATOLOGY SYMPOSIUM Via TEAMS</p>	Details to follow
March		
21-27	International Adolescent Health Week	
May		
13-14	<p>7th Annual conference on Adolescent Health Translating research into practice Ann Arbor, Michigan, USA</p>	https://www.umhs-adolescenthealth.org/conference/
June		
10	<p>5th Annual North West Transition Conference</p>	<p>Information to follow Contact: Jacqui Rogers, Trust Transition Service Lead Nurse Alder Hey Children's NHS Foundation Trust</p>
August		
23-26	<p>International Pediatric Association conference hosted by RCPCH Ensuring a brighter future for all children Glasgow</p>	Will include YPHSIG symposium
Nov		
19-21	<p>IAAH <i>12th World Congress Adolescent Health Meeting the challenge of global change</i> Lima, Peru (re-organised from 2020)</p>	http://www.iaah2020congress.org/en

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