


Young People's Health Resource Newsletter February 2022

To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development.

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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 and/or follow us on  @yphsig

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

NCEPOD seeking opinions about health transitional care from Health and Social Care Professionals

Health and Social Care Professional survey for the transition from child to adult health services is now open for completion.

The link to access this is: https://ncepod.qualtrics.com/jfe/form/SV_3rd2KNGU47VNvmu

NB this aspect of the study is not linked to the clinical data collection. All responses collected as part of the survey are confidential.

Professional Webwatch

School

 https://www.who.int/health-topics/health-promoting-schools#tab=tab_1

WHO Health Promoting School initiatives

 <https://youthfuturesfoundation.org/>

Youth Futures Foundation is an independent, not-for-profit organisation established in December 2019 to improve employment outcomes for young people from marginalised backgrounds.

 <https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices>

New pages on the **National Careers Service** website – including a careers tool

Rights for Young People

 <https://www.judiciary.uk/related-offices-and-bodies/advisory-bodies/fjc/conference-debates/debates/>

“Should the age of majority be reduced to 16?”

The Family Justice Council held its 14th Annual Debate and panel discussion in London in 2021 which was live streamed via Ruth Henke QC – specialises in the protection of and provision of services to children and vulnerable adults; Deirdre Fottrell QC – Specialises in the law relating to children; Family Justice Young People’s Board member(s) and Shabina Begum, Solicitor – UN recognised authority on child, early and forced marriage.

Health Transitions

 <https://gottransition.org/resource/?telehealth-toolkit-joint-visit-pediatric-adult-clinicians>

From the US-based Got Transition initiative: ***Telehealth Toolkit for a joint visit with pediatric and adult health care clinicians and transferring young adults***

Mental Health

 <https://www.nice.org.uk/guidance/gid-ng10125/documents/supporting-documentation-2>

Hennessey A, Demkowicz, Pert K, Ashworth E, Deighton J, Mason C, Bray L. ***“Children and Young people’s perceptions of social, emotional and mental well being provision and processes in primary and secondary education: a qualitative exploration to inform NICE guidance. Final Report Sept 2021”***

Professional Bookshelf

-  Aguilera A, Green S, Greene ME, Izugbara C, Murphy-Graham E. Multidimensional Measures are Key to Understanding Child, Early, and Forced Marriages and Unions. *J Adolesc Health*. 2022 Feb;70(2):345-346.
-  Aussems K, Schoemaker CG, Verwoerd A, Ambrust W, Cowan K, Dedding C. Research agenda setting with children with juvenile idiopathic arthritis: Lessons learned. *Child Care Health Dev*. 2022 Jan;48(1):68-79.
-  Bourke M, Patten RK, Dash S, Pascoe M, Craike M, Firth J, Bailey A, Jacka F, Parker AG. The Effect of Interventions That Target Multiple Modifiable Health Behaviors on Symptoms of Anxiety and Depression in Young People: A Meta-Analysis of Randomized Controlled Trials. *J Adolesc Health*. 2022 Feb;70(2):208-219.
-  Bryson AE, Hassan A, Goldberg J, Moayed G, Koyama A. Call to Action: Healthcare Providers Must Speak Up for Adolescent Abortion Access. *J Adolesc Health*. 2022 Feb;70(2):189-191.
-  English A, Brindis CD. Health, Safety, and Well-Being of Adolescents and Young Adults in the United States: What Is at Stake Beyond 2021? *J Adolesc Health*. 2022 Feb;70(2):175-185.
-  Gopalan M, Linden-Carmichael A, Lanza S. College Students' Sense of Belonging and Mental Health Amidst the COVID-19 Pandemic. *J Adolesc Health*. 2022 Feb;70(2):228-233.
-  Heckford E, Townend N. Spiritual care: supporting the voice, and the courage, of a 13-year-old girl. *Arch Dis Child*. 2022 Feb;107(2):202-203.
-  Hoffman EA, LeBlanc K, Weiss SRB, Dowling GJ. Transforming the Future of Adolescent Health: Opportunities From the Adolescent Brain Cognitive Development Study. *J Adolesc Health*. 2022 Feb;70(2):186-188.
-  Jacobson C, Miller N, Mulholland R, Baker L, Glazer D, Betts E, Brown L, Elders V, Carr R, Ogundiran O, Hudson LD. Psychological distress and resilience in a multicentre sample of adolescents and young adults with cancer during the COVID-19 pandemic. *Clin Child Psychol Psychiatry*. 2021 Dec 6:13591045211056923. Online ahead of print.
-  Jones R, Hiscock H, Wurzel D, Kao KT, Freeman JL, Ride J. Mental healthcare for children with chronic conditions: a qualitative study. *Arch Dis Child*. 2022 Feb;107(2):134-140.
-  Krishnaratne S, Littlecott H, Sell K, Burns J, Rabe JE, Stratil JM, Litwin T, Kreutz C, Coenen M, Geffert K, Boger AH, Movsisyan A, Kratzer S, Klinger C, Wabnitz K, Strahwald B, Verboom B, Rehfuess E, Biallas RL, Jung-Sievers C, Voss S, Pfadenhauer LM. Measures implemented in the school setting to contain the COVID-19 pandemic: a rapid review. *Cochrane Database Syst Rev*. 2022 Jan 17;1(1):CD015029.
-  King H, Deshpande S, Woodbridge T, Hilliard T, Standing J, Lewis M, Ward L, Finn A, Roderick M. Initial experience of the safety and tolerability of the BNT162b2 (Pfizer-Bio-N-Tech) vaccine in extremely vulnerable children aged 12-15 years. *Arch Dis Child*. 2022 Feb;107(2):205-207.
-  Lindberg LD, Kantor LM. Adolescents' Receipt of Sex Education in a Nationally Representative Sample, 2011-2019. *J Adolesc Health*. 2022 Feb;70(2):290-297.

-  Luxton R, Kyriakopoulos M. Depression in children and young people: identification and management NICE guidelines. *Arch Dis Child Educ Pract Ed.* 2022 Feb;107(1):36-38.
-  Mitchell KJ, Banyard V, Ybarra ML. Are the Bystanders Okay? Exploring the Impact of Bystander Behavior for Self-directed Violence. *J Adolesc Health.* 2022 Feb;70(2):298-304.
-  Nick EA, Kilic Z, Nesi J, Telzer EH, Lindquist KA, Prinstein MJ. Adolescent Digital Stress: Frequencies, Correlates, and Longitudinal Association With Depressive Symptoms. *J Adolesc Health.* 2022 Feb;70(2):336-339
-  McGorry PD, Mei C, Chanen A, Hodges C, Alvarez-Jimenez M, Killackey E. Designing and scaling up integrated youth mental health care. *World Psychiatry.* 2022 Feb;21(1):61-76.
-  Nishimi KM, Koenen KC, Coull BA, Kubzansky LD. Association of Psychological Resilience With Healthy Lifestyle and Body Weight in Young Adulthood *J Adolesc Health.* 2022 Feb;70(2):258-266.
-  O'Connor M, Arnup SJ, Mensah F, Olsson C, Goldfeld S, Viner RM, Hope S. Natural history of mental health competence from childhood to adolescence. *J Epidemiol Community Health.* 2022 Feb;76(2):133-139.
-  Patrick ME, Parks MJ, Fairlie AM, Kreski NT, Keyes KM, Miech R. Using Substances to Cope With the COVID-19 Pandemic: U.S. National Data at Age 19 Years *J Adolesc Health.* 2022 Feb;70(2):340-344.
-  Reneses B, Escudero A, Tur N, Agüera-Ortiz L, Moreno DM, Saiz-Ruiz J, Rey-Bruguera M, Pando MF, Bravo-Ortiz MF, Moreno A, Rey-Mejías Á, Singh SP. The black hole of the transition process: dropout of care before transition age in adolescents *Eur Child Adolesc Psychiatry.* 2022 Jan 20. doi: 10.1007/s00787-021-01939-8. Online ahead of print.
-  Schoemaker CG, van Geelen SM, Allewijn M, Fernhout M, van Vliet R, Wulffraat N. Self-management support for young people living with fluctuating chronic diseases. *Arch Dis Child.* 2022 Jan 10:archdischild-2021-323118. doi: 10.1136/archdischild-2021-323118. Online
-  Verlenden JV, Zablotsky B, Yeargin-Allsopp M, Peacock G. Healthcare Access and Utilization for Young Adults With Disability: U.S., 2014-2018. *J Adolesc Health.* 2022 Feb;70(2):241-248.
-  Wiggins A, Raniti M, Gaafar D, Court A, Sawyer SM. Pediatric Somatic Symptom and Related Disorders: Parent Acceptance Influences Recovery *J Pediatr.* 2022 Feb;241:109-114.

Young person's health Videos and Apps

Healthy Eating

 <https://campaignresources.phe.gov.uk/schools/resources/food-scanner-app>

The NHS Food Scanner app brings food labels to life and helps you make healthier choices. Simply scan the barcode to see how much sugar, saturated fat and salt is in your food and drink then choose one of the healthier swap suggestions.

Telehealth and Health Transition

 https://www.youtube.com/watch?v=onYfTnQ86Lo&ab_channel=PATHCT

In our new virtual world full of telehealth doctor appointments, how can youth and young adults better transition from pediatric to adult health care? By scheduling a joint telehealth visit! This video from Got Transition, CT KASA, PATH CT, and Family Voices will help young adults and their families/caregivers learn how a telehealth visit with their current pediatric provider and new adult provider can smooth the transition to adult care. For more telehealth-related tools and resources designed specifically for youth and young adults, check out: <https://familyvoices.org/telehealth/youth/>

Training Resources

 www.e-lfh.org.uk

The **Adolescent Health programme** has been updated! Please continue to spread the word of this amazing resource for individual use as well small group teaching

Forthcoming Dates for your Diary!

2022

31 Jan – 3 Feb	UCL ICH Events Introduction to Adolescent Health (face to face; limited to 10 spaces)	https://www.ucl.ac.uk/child-health/events/2022/jan/introduction-adolescent-health
March		
NEW 8	Royal College of Emergency Medicine The Forgotten tribe: adolescents in the ED (virtual)	https://rcem.ac.uk/events/the-forgotten-tribe-adolescents-in-the-ed/
NEW 10	Social Prescribing Week	https://www.socialprescribingnetwork.com/socialprescribingday
20-26	International Adolescent Health Week	https://internationaladolescenthealthweek.org/
31	Bristol Royal Hospital for Children <i>Adolescent masterclass</i> A multiprofessional one day conference	Opportunities to present project/research with an adolescent focus available during the day. Submit expressions of interest by 16/12/2021. All bookings and queries to: FacultyOfChildrensNurseEducation@uhbw.nhs.uk
May		
17	Sheffield Transition conference Sheffield Children’s Hospital (virtual)	For further information please contact: scn-tr.transitionteam@nhs.net
June		
22	6 th National Transition Conference, UK	For more information please contact Jacqui.rogers@alderhey.nhs.uk
28-20	RCPCH Conference 2022 “Connect, Inspire, energise – celebrating Paediatrics and child health Together” Liverpool	Abstract deadline 17 Feb 2022
August		

12	United Nations International Youth Day	International Youth Day is commemorated every year on 12 August, bringing youth issues to the attention of the international community and celebrating the potential of youth as partners in today's global society.
October		
NEW 5-7	IAAH European Regional Conference Athens, Greece	***SAVE THE DATE*** More information to follow

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

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