

Adolescent Resource Newsletter

August 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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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.

App store

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/theadss>

Various relaxation Apps suitable for use by young people

 <https://www.stopbreathethink.com/>

Simple 3 step app:

'Stop' - Check in with how you're feeling.

'Breathe' - Listen to pre-recorded guided meditations to create space between thoughts and emotions.

'Think' - Use mindfulness to broaden the way you see your thoughts.

 <https://www.silvercloudhealth.com/>

These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

 <https://mentalhealthpartnerships.com/resource/five-ways-to-wellbeing-app/>

Reflects on your wellbeing, set activities to help you improve your wellbeing and track your progress: .

 <https://apps.beta.nhs.uk/catch-it/>

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

Webwatch for parents of young people

https://youngminds.org.uk/take20/how-to-talk-to-your-child-about-social-media-and-the-internet/#163961_20180716095124

How to talk to your child about social media and the internet. This short guide from Young Minds gives ten tips for parents about talking to their children about their use of social media and the internet.

Professional Webwatch

<https://www.hsib.org.uk/investigations-cases/transition-from-child-and-adolescent-mental-health-services-to-adult-mental-health-services/>

Investigation into the transition from child and adolescent mental health services to adult mental health services. This report, from the Healthcare Safety Investigation Branch (HSIP), investigates how young people are supported in the transition from children and adolescent mental health services (CAMHS) to adult services. The investigation follows the suicide of an 18-year-old shortly after transitioning from CAMHS to adult mental health services. Recommendations include: young people using CAMHS would benefit from a flexible, managed transition to adult mental health services which has been carefully planned with the young person and the provision of continuity of care and follow-up after transition; and that a duration of shared-care would help to ensure continuity for the young person.

https://www.gov.uk/government/publications/growing-up-neglected-a-multi-agency-response-to-older-children#163961_20180710100550


Growing Up Neglected: This report examines the multi-agency response to older children who are living with neglect following 6 inspections of local authority areas. The inspections reviewed practice in children's social care, education,


health services, the police, youth offending services and probation services. Inspectors found that services are less adept at spotting the signs of neglect in seven- to 15-year-olds than in younger children. They also found that while frontline services often work together to tackle youth violence and gang activity they often did so without considering underlying causes such as neglectful parenting. The report was produced by Ofsted, Care Quality Commission, Her Majesty's Prison and Probation Service, and HM Inspectorate of Constabulary and Fire & Rescue Services.

<https://www.e-lfh.org.uk/programmes/disability-matters/>

Disability Matters in Employment 'I Can We Can' resource pack. This new resource has been developed to support colleagues from the NHS, Further Education Colleges and schools to help young people with physical and/or intellectual disabilities into supported internships and employment, in particular across the health sector.


Professional Bookshelf


 Annunziato RA, Bucuvalas JC, Yin W, Arnand R, Alonso EM, Mazariegos GV, Venick RS, Stuber ML, Shneider BL, Shemesh E. Self-Management Measurement and Prediction of Clinical Outcomes in Pediatric Transplant. *J Pediatr*. 2018 Feb;193:128-133.e2.


 Berchtold A, Akre C, Barrense-Dias Y, Zimmermann G, Surís JC. Daily internet time: towards an evidence-based recommendation? *Eur J Public Health*. 2018 Aug 1;28(4):647-651.

 Chadi N, Bagley SM, Hadland SE. Addressing Adolescents' and Young Adults' Substance Use Disorders. *Med Clin North Am*. 2018 Jul;102(4):603-620.

 Dubicka B, Wilkinson PO. Latest thinking on antidepressants in children and young people. *Arch Dis Child*. 2018 Mar 13 [Epub ahead of print]

 Eaton CK, Gutierrez-Colina AM, Quast LF, Liverman R, Lee JL, Mee LL, Reed-Knight B, Cushman G, Chiang G, Romero R, Mao C, Garro R, Blount RL. Multimethod Assessment of Medication Nonadherence and Barriers in Adolescents and Young Adults With Solid Organ Transplants. *J Pediatr Psychol*. 2018 Mar 17. [Epub ahead of print]

 Ferrarese A, Germani G, Lazzaro S, Cananzi M, Russo FP, Senzolo M, Gambato M, Zanetto A, Cillo U, Gringeri E, Perilongo G, Burra P. Short-term outcomes of paediatric liver transplant recipients after transition to Adult Healthcare Service. *Liver Int*. 2018 Jul;38(7):1316-1321.

 Hadjipanayis A, Crawley FP, Stiris T, Neubauer D, Michaud PA. Child trafficking in Europe: what is the paediatrician's role? : A statement by the European Academy of Paediatrics. *Eur J Pediatr*. 2018 Jun 26.. [Epub ahead of print]

 Hirani K, Payne DN, Mutch R, Cherian S. Medical needs of adolescent refugees resettling in Western Australia. *Arch Dis Child*. 2018 Jul 3. [Epub ahead of print]

 Kraemer S. Deliberate self-poisoning by adolescents. *Arch Dis Child*. 2018 Jul 11.. [Epub ahead of print]

📖 Kellett J, Sampson M, Swords F, Murphy HR, Clark A, Howe A, Price C, Datta V, Myint KS. Young people's experiences of managing Type 1 diabetes at university: a national study of UK university students. *Diabet Med*. 2018 Apr 23. [Epub ahead of print]

📖 McDonagh JE, Lunt L, Cresswell K, Parsons S, Tattersall R; Barbara Ansell National Network for Adolescent Rheumatology BANNAR. Research priority setting by young people with rheumatic musculoskeletal disease. *Arch Dis Child*. 2018 Jul 14. [Epub ahead of print]

📖 Ra CK, Cho J, Stone MD, De La Cerda J, Goldenson NI, Moroney E, Tung I, Lee SS, Leventhal AM. Association of digital media use with subsequent symptoms of attention-deficit/hyperactivity disorder among adolescents *JAMA*. 2018 Jul 17;320(3):255-263

📖 Rigby E, Starbuck L. Public health for paediatricians: engaging young people from marginalised groups. *Arch Dis Child Educ Pract Ed*. 2017 Aug 10. [Epub ahead of print]

📖 Trejo R, Cross W, Stephenson J, Edward KL. Young adult's knowledge and attitudes towards Cardiovascular Disease: a systematic review and meta-analysis. *J Clin Nurs*. 2018 May 18.. [Epub ahead of print]

📖 Vajro P, Fischler B, Burra P, Debray D, Dezsofi A, Guercio Nuzio S, Hadzic N, Hierro L, Jahnel J, Lamireau T, McKiernan P, McLin V, Nobili V, Socha P, Smets F, Baumann U, Verkade HJ. The Health Care Transition of Youth With Liver Disease Into the Adult Health System: Position Paper From ESPGHAN and EASL. *J Pediatr Gastroenterol Nutr*. 2018 Jun;66(6):976-990.

📖 Yamato TP, Maher CG, Traeger AC, Williams CM, Kamper SJ. Do schoolbags cause back pain in children and adolescents? A systematic review. *Br J Sports Med*. 2018 May 2. [Epub ahead of print]

Training opportunities

<https://www.e-lfh.org.uk/programmes/disability-matters/>

Disability Matters is a free e-learning resource for the UK workforce and has been written by disabled young people, parent carers and other experts. The e-learning helps staff to understand disabilities and give them a positive view of disabled people.

Forthcoming Dates for your Diary!

2018

September		
12-13	3 rd International summer course on children and adolescents with chronic illness	www.lesados.ch

	Lausanne Switzerland	
14	1st European Transition symposium Lausanne Switzerland	www.lesados.ch
October		
3-6	European International Association for Adolescent health IAAH annual conference <i>Equal opportunities for healthy development for all adolescents</i> Moldova	https://iaahconference2018moldova.yk.md/
9	Partners in Paediatrics <i>'Value of Networking: Safety, Caring and Sharing'</i> Birmingham	www.partnersinpaediatrics.org
November		
1	CFS/ME in Young people multiprofessional management UCLH London	http://training.ucheducationcentre.org/home/viewcourse/303
7-9	Australian Association for Adolescent Health AAAH conference Marriott, Surfers Paradise, Gold Coast, Queensland.	http://www.aaah.org.au/
23	RCPCH <i>How to manage: Chronic Pain</i> London	www.rcpch.ac.uk
December		
6-8	Excellence in Paediatrics Prague	https://eip-pediatrics-conference.ineip.org/ includes a specific adolescent medicine track

2019

March		
6-9	SAHM <i>Psychological Well-Being: International Transcultural Perspectives</i> Washington DC	https://www.adolescenthealth.org/Meetings/2019-Annual-Meeting.aspx
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	4 th Annual NW Transition Conference Aintree	Information to follow

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 adolescent health?

If you do, please let us know by email to: janet.mcdonagh@manchester.ac.uk