

# Adolescent Resource Newsletter

## August 2008



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)) but remaining available to non-YPHSIG members!

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**YPHSIG:** If you are interested in joining YPHSIG and/or would like to find out more about the YPHSIG, please contact [gill.turner@nhs.net](mailto:gill.turner@nhs.net) or [Naomi.jones@nuth.nhs.uk](mailto:Naomi.jones@nuth.nhs.uk).  
**1<sup>st</sup> YPHSIG conference: 9-10 October 2008** (see below – come and join us!)

### **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 with chronic illness and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.*

## Young People Wanted!

### **🏠 Youth Action Network's Making It Real Awards**

Nominations are now open for Youth Action Network's *Makin' it Real Awards*, which are designed to reward and recognise young people and workers who have made a positive difference to their local communities. Awards are in two categories: the Young Volunteers' Award, for groups of two or more people under 25 for projects that have taken place in England during 2008; and the Worker's Award, for staff who have supported young people in developing a new project. **The closing date for nominations is 31 October 2008.**

The Youth Action Network also runs an annual 'young whippersnapper' **photo competition**, which invites young volunteers across the country to submit images which showcase projects already taking place, or would encourage other young people to get involved in youth action.

For further details: <http://www.youthactionnetwork.org.uk/>

### **🏠 The Philip Lawrence Awards 2008,**

The Philip Lawrence Awards 2008 recognises outstanding achievements in good citizenship by young people aged 11 to 20, and are now open for nominations. The national scheme recognises groups that are making a real contribution to their local community and the lives of others; and groups that promote respect and

understanding of faiths, culture and communities internationally. **The closing date is 12 September 2008.** For further details see: <http://www.4children.org.uk/pla/>

### **BT Internet Rangers Of The Year Award 2008 – Win!**

The hunt is on to find the UK's most dedicated young Internet Rangers of 2008! If you know a young person who has helped teach an older person how to use the internet, then they could be in line to **win** an award! The 6 best Internet Ranger stories will each win a **laptop** and the very best story will win a laptop as well as **£250 worth of vouchers** for computer equipment! So, if you know a young person **16 or under** who has helped an older person get to grips with the internet why not let BT know their story!

Find out more at [www.btinternetrangers.co.uk](http://www.btinternetrangers.co.uk). Young people can nominate themselves or be nominated by an adult. **Closing date is 18<sup>th</sup> August**

### **Young People's views on PSHE wanted!**

Young NCB has been working on Wellbeing and PSHE. It is asking for young people's views on the subject on Young NCB's 'Your Shout' web page.

[http://www.ncb.org.uk/Page.asp?originx\\_2775ep\\_25172998252963k57v\\_2007228634w](http://www.ncb.org.uk/Page.asp?originx_2775ep_25172998252963k57v_2007228634w)

## Adolescent Webwatch



<https://www.teenagecancertrust.org/shunburn/>

Teenage Cancer Trust has teamed up with Superdrug and singer, Leona Lewis on a sun protection campaign this summer.

## Adolescent Bookshelf

### **Body Piercing Advice for Young People**



<http://www.sheffield.gov.uk/safe--sound/protection-from-abuse/sscb/body-piercing-awareness-raising-campaign>



[http://www.prodigy.nhs.uk/patient\\_information\\_leaflet/body\\_piercing/facts#276293000](http://www.prodigy.nhs.uk/patient_information_leaflet/body_piercing/facts#276293000)

### **Careers Information**



[www.rcpch.ac.uk/cayp/careers-info/](http://www.rcpch.ac.uk/cayp/careers-info/)

A new publication for young people advising them about a career in paediatrics. This has been developed with the input of young people aged 13 to 19 years, paediatricians and medical students. Available to download.

## Professional Webwatch


### **Adolescent Health - General**




#### **Under Their Skins: Tackling the health of the teenage nation**

The Chief Medical Officer's Annual Report 2007 (published July 2008) draws attention to major health challenges requiring immediate action and details progress made in key areas identified in previous annual reports. The report focuses on teenage health – chapter 3

## Diabetes and the School Experience

 <http://www.childrenwithdiabetes.com/uk/Final6207EveryChildMattersCombined.pdf>  
***Every child Matters – or do they. Children with type 1 diabetes are being let down by lack of support in school.*** A report by the UK Children With Diabetes Advocacy Group, investigating the range of contemporary educational experiences of children with diabetes at school in the UK today.


## Mental Health

 <http://www.girlguiding.org.uk/girlsshoutout/mentalhealth.swf>  
A report from Girlguiding UK, *A Generation Under Stress?*, published in partnership with the Mental Health Foundation, reveals a generation who feel they are being forced to grow up too quickly.


## Participation


 <http://sites.childrenssociety.org.uk/disabilitytoolkit/>  
Resource website to help professionals re participation of young people with disability from The Children's Society (UK)

## Sexual Health

 <http://www.safeinthecity.org/>  
Safe in the City is a 23 minute CDC educational video from the US for a waiting room setting that was evaluated to be effective in reducing STDs. This video targets a very diverse, sexually active, young adult audience. Research results showed an approximate 10% overall reduction in new STDs among those who were exposed to the video compared with patients who were not. NB This video was designed as an STD clinic waiting room intervention, and **is NOT appropriate for younger adolescents!**


Warner, L., Klausner, J.D., Rietmeijer, et al for the Safe in the City Study Group (2008). Effect of a Brief Video Intervention on Incident Infection among Patients Attending Sexually Transmitted Disease Clinics. *PLoS Medicine* 5(6): e135.

 <http://www.effectiveinterventions.org/>  
The Diffusion of Effective Behavioral Interventions (DEBI) project (USA) was designed to bring science-based, community, group, and individual-level HIV prevention interventions to community-based service providers and state and local health departments. The goal is to enhance the capacity to implement effective interventions at the state and local levels, to reduce the spread of HIV and STDs, and to promote healthy behaviors.

 <http://www.act.org.uk/content/view/153/1/>  
Let's Talk About Sex: Let's Talk about You and Me. *Relationships, sexual health and sexuality guidance for those working with young people with life-threatening conditions and their families*

UK charity ACT (Association for Children's Palliative Care) has launched (June 2008) new guidance on sexuality, relationships and sexual health for all those working with young people with life-limiting health conditions, in a bid to open up a taboo subject and to better support these young people to have the opportunity to experience relationships and explore their sexuality, in a safe, supportive and empathetic environment. Available to download

## Smoking

 <http://www.surgeongeneral.gov/tobacco/>  
<http://www.ahrq.gov/clinic/tobacco/clinhlpsmksqt.htm>

Resources from the US for clinicians to help people stop smoking which use the 5A's Brief Intervention Strategy. See also

Milne B, Towns S. Do paediatricians provide brief intervention for adolescents who smoke? *J Paediatr Child Health*. 2007 Jun;43(6):464-8.

## Transition

 <http://www.bloorview.ca/resourcecentre/familyresources/growingupready.php>

Transition timetables and checklists from Bloorview Kids Rehab, Toronto **Growing Up Ready program** are now available on-line. The timetable covers social and recreation activities, everyday skills like brushing teeth and household chores, teaching children about their health needs and how to advocate for them, and how to nurture interest in work experiences and a career.

 <http://www.bloorview.ca/newsroom/stories/lifespan.php>

Bloorview Kids Rehab and Toronto Rehab have also opened the **LIFEspan clinic** – a clinic designed to fill gaps in adult services that put youth with disabilities at risk of developing preventable, secondary health conditions when they graduate from children's services. This is a joint venture between paediatric and adult rehabilitation services

 <http://hctransitions.ichp.ufl.edu>

"Now That You're In High School"

The Institute for Child Health Policy at the University of Florida recently completed development of a transition booklet for high school aged youth. This booklet, "Now that You Are in High School" builds on "Since You're Not a Kid Anymore", by adding health care transition related activities and strategies for youth in high school.

## Volunteering for Young People

### ***Young People Help Out: Volunteering and giving among young people***


Published by The Institute for Volunteering Research (IVR) and explores data on volunteering and giving among 16 to 24 year-olds based on Helping Out, the 2007 national survey. The data paints a positive picture of young people's engagement in volunteering and giving: over half get involved in volunteering and three-quarters give to charity. Young people volunteer for a mixture of altruistic and instrumental reasons, with young people being more likely than other age groups to say they got involved in volunteering to enhance their skills and employability.


 <http://www.bloorview.ca/resourcecentre/familyresources/growingupready.php><http://www.ivr.org.uk/booksandlibrary/>

## Professional Bookshelf

 Bedocs LA, Bruckner AL. Adolescent hair loss, *Current Opinions Pediatrics* 2008;20:431-435


 Bone A, Ncube F, Nicols T, Noah ND. Body piercing in England: a survey of piercing at sites other than earlobe. *BMJ*. 2008 Jun 21;336(7658):1426-8. Epub 2008 Jun 12.


 Chariatte V, Berchtold A, Akre C, Michaud PA, Suris JC. Missed appointments in an outpatient clinic for adolescents, an approach to predict the risk of missing. *J Adolesc Health*. 2008 Jul;43(1):38-45. Epub 2008 Apr 18

 Chariatte V, Michaud PA, Berchtold A, Akre C, Suris JC. Missed appointments in an adolescent outpatient clinic: descriptive analyses of consultations over 8 years. *Swiss Med Wkly*. 2007 Dec 1;137(47-48):677-81.

 Department of health. On the state of Public health. Annual report of the chief Medical Officer: *Under Their Skins: Tackling the health of the teenage nation* 2007. July 2008 ([www.dh.gov.uk](http://www.dh.gov.uk))

 Dinulos JGH. Myths and controversies in adolescent dermatology. *Curr Opinions Pediatrics* 2008;20:410-412.

 Frydenberg E. Adolescent coping. *Advances in theory, research and practice*. (May 2008, Psychology Press, Taylor and Francis Group. Hardback £49.95; Paperback £19.95, [www.psyppress.com](http://www.psyppress.com))


 Nader PR, Bradley RH, Houts RM, McRitchie SL, O'Brien M. Moderate-to-vigorous physical activity from ages 9 to 15 years. *JAMA*. 2008 Jul 16;300(3):295-305.


 Neumark-Sztainer D, Wall M, Story M, van den Berg P. Accurate parental classification of overweight adolescents' weight status: does it matter? *Pediatrics*. 2008 Jun;121(6):e1495-502.


 Nordt CA, DiVasta AD. Gynecomastia in adolescents. *Current Opinions Pediatrics* 2008;20:375-382.

 Kennedy A, Sawyer S. Transition from pediatric to adult services: are we getting it right? *Curr Opin Pediatr*. 2008 Aug;20(4):403-9.

 Pitts SAB, emans SJ,. Controversies in contraception. *Current Opinions Pediatrics* 2008;20:383-389

 Singh SP, Paul M, Ford T, Kramer T, Weaver T. Transitions of care from Child and Adolescent Mental Health Services to Adult Mental Health Services (TRACK Study): a study of protocols in Greater London. *BMC Health Serv Res*. 2008 Jun 23;8:135.

 Stein M, Munrow ER (Eds) *Young People's Transitions from Care to Adulthood*. International Research and Practice. Jessica Kingsley, In *Young People's Transitions from Care to Adulthood* leading academics gather together the latest international research relating to the transition of young people leaving care, outlining and comparing the range of legal and policy frameworks, welfare regimes and innovative practice across 16 countries. The book also highlights the variations that exist between different groups leaving care. Featuring key messages for policy and practice, this book will give academics, practitioners and policymakers valuable insights into how to encourage resilience and improve outcomes for care leavers. Click for more details: <http://www.ikp.com/catalogue/book.php/isbn/9781843106104>

 Taylor RM, Gibson F, Franck LS. A concept analysis of health related quality of life of young people with chronic illness. *J Clinical Nursing* 2008;17:1823-1833.

 Tom WL, Barrio VR New insights into adolescent acne. *Current Opinions Pediatrics* 2008;20:436-440.

 Viner RM, Clark C, Taylor SJ, Bhui K, Klineberg e, Head J, Booy R, Stansfeld SA. Longitudinal risk factors for persistent fatigue in adolescents. *Arch Pediatr Adolesc Med* 2008;162:469-75.

## Food for Thought in August!

How can we better promote the idea of positive indicators of adolescent health in the UK in clinical practice, service development and/or research, rather than all the negative ones that we have at the moment? For example, family and school connectedness have been reported by many authors to be 2 key protective factors against a wide array of health-risk behaviours. Further reading in this area can be found below:

- Resnick MD, Bearman PS, Blum RW, Bauman KE (1997). Protecting adolescents from harm. Findings from the National Longitudinal Study on Adolescent Health. *JAMA* 278: 823-832.
- Duncan PM, Garcia AC, Frankowski BL et al Inspiring healthy adolescent choices: a rationale for and guide to strength promotion in primary care. *J Adolesc Health*. 2007 Dec;41(6):525-35.
- Murphey DA, Lamonda KH, Carney JK, Duncan P. Relationships of a brief measure of youth assets to health-promoting and risk behaviors. *J Adolesc Health*. 2004 Mar;34(3):184-91.
- Olsson CA, Bond L, Burns JM, Vella-Brodrick DA, Sawyer SM. Adolescent resilience: a concept analysis. *J Adolescence* 2003;26:1-11.
- Bond L, Butler H, Thomas L et al Social and school connectedness in early secondary school as predictors of late teenage substance use, mental health, and academic outcomes. *J Adolesc Health*. 2007 Apr;40(4):357.e9-18.

## Forthcoming Dates and meetings for your Diary!

**4-10 August 2008**  
**Sexual Health Week**  
[www.fpa.org.uk](http://www.fpa.org.uk)

**25 September 2008**  
**ADHD Update and Working together Conference (multiagency)**  
**Chichester lecture Theatre, Sussex University, Brighton**  
Speakers include Dr Daphne Keen (St Georges) and Dr Paramala Santosh (GOSH). Further details from Dr Jennifer Chapman, Consultant Community Paediatrician  
c/o [lisa.dobson@southdowns.nhs.uk](mailto:lisa.dobson@southdowns.nhs.uk)

**Sep 25-26 2008**

**IAAH 14<sup>th</sup> European Adolescent Health Meeting - Slovenia**  
<http://www.iaah-2008.org/data/2ndAnnouncementIAAH2008.pdf>

**9-10 October 2008,**  
**RCPCH Young People's Health Special Interest Group**

## **“Improving Paediatric Practice in Young People’s Health”**

Harborne Hall, Birmingham

2 day informative and experiential conference for consultant paediatricians and trainees

[www.yphsig.org.uk](http://www.yphsig.org.uk)

## **23 October 2008**

**“Researching Adolescent Health”**

Resource Centre, Holloway Road, London.

Association for Young People’s Health conference

Check [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk) for further details and registration form etc

## **1-7 November 2008**

**National Youth Work Week**

<http://www.nya.org.uk/information/109481/yww2008/>

## **6 November 2008**

**Understanding healthy sexual development**

**Brook Training course**

Central London Venue

[www.brook.org.uk](http://www.brook.org.uk)

## **2009**

### **25-28 March 2009**

**“eTeens” Incorporating technology and health**

**Society of Adolescent Medicine,**

**Los Angeles**

[www.adolescenthealth.org](http://www.adolescenthealth.org)

### **28-30 October 2009**

**9<sup>th</sup> World Congress**

**International Association for Adolescent health**

Kuala Lumpur, Malaysia

[www.iaah.org](http://www.iaah.org)

***Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to: [j.e.mcdonagh@bham.ac.uk](mailto:j.e.mcdonagh@bham.ac.uk)***