

Young People's Health Resource Newsletter June 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.

Young people Wanted

 https://uclpsych.eu.qualtrics.com/jfe/form/SV_5hjERUS4yP1xiTz

You-COPE Research study for 16-24 year olds, UCL. You-COPE has been designed together with young people and focuses on all areas of young people's lives, from mental health to daily activity, sleep and friendships, sexual health

and how life has changed under COVID-19. Researchers at University College London (UCL) would like to learn more about the current activities, health and wellbeing of 16-24 year olds in the UK during the current Coronavirus pandemic.

"If you live in the UK and are aged between 16 and 24 years old, we would like you to answer a 15-20 minute online survey, which will ask about your background and your current feelings and activities. We will then invite you to complete shorter 5-10 minute surveys fortnightly and then monthly until after social distancing measures have been lifted.

This project will help us to understand the effects of social distancing measures on young people in the UK. This will help us to better support young people at this time, and could inform the social distancing measures put in place during the pandemic and beyond."

 <https://www.vodafone.co.uk/techappeal/>

The Great British Tech Appeal has been launched by Vodafone and charity Barnardo's in an effort to help those without adequate digital access to online education and other services.


Resources to support young people during the COVID19 Pandemic

 <https://children.bartshealth.nhs.uk/join-yes>

 <https://bit.ly/2XbDoBv>

The **Youth Empowerment Squad (YES)** is the Barts Health youth forum. It's made up of a group of young people who have extensive experience and knowledge of healthcare. They have been meeting once a month since October 2015. Their mission is to get all Barts Health young people sharing their views in their care, sharing good practice and making and influencing decisions. This is a leaflet they have developed to support young people during the COVID 19 pandemic.

 <https://www.iwill.org.uk/youth-coronavirus-guidelines>

 <https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-young-people/staying-alert-and-safe-social-distancing-guidance-for-young-people>

Returning to school

 <https://www.bps.org.uk/coronavirus-resources/public/back-to-school>

This guidance from the British Psychological Society complements the UK and national government advice on the return to school for pupils by offering a psychological perspective on the process of re-engaging children and young people with school. This briefing considers the challenges at government, community, school, family and child levels and offers recommendations for action to prepare and support the return to school.

And for those who speak French, some of our members (one of whom – JMCD – is definitely not fluent!) were involved in writing this item re young people with long term health conditions returning to educational settings

 <https://theconversation.com/comment-organiser-le-retour-des-eleves-atteints-de-maladies-chroniques-139327>

Young people with learning disabilities

<https://www.bps.org.uk/coronavirus-resources/professional/psychological-needs-learning-disabilities>

Considering and exploring the different psychological factors that may influence and impact the wellbeing of people with learning or intellectual disabilities during the Covid-19 crisis, the new guidance highlights where psychologists can offer support and signposts professionals to helpful resources.

Professional Webwatch

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

Public Health England (PHE), the Government's national public health agency, leads in producing evidence and resources to engage with young people about their physical and mental health, and has created the **Rise Above programme** to help young people build resilience and cope with the challenges life throws at them.

 <https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf>

Spotlight on adolescent health and well-being. Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. International report. Volume 1. Key findings

Health Behaviour in School-aged Children (HBSC), a WHO collaborative cross-national study, has provided information about the health, well-being, social environment and health behaviour of 11-, 13- and 15-year-old boys and girls for over 30 years. The 2017/2018 survey collected data from over 220 000 young people in 45 countries and regions in Europe and Canada. The data focus on social context (relations with family, peers, school and online communication), health outcomes (subjective health, mental health, overweight and obesity, and injuries), health behaviours (patterns of eating, physical activity and toothbrushing) and risk behaviours (use of tobacco, alcohol and cannabis, sexual behaviour, fighting and bullying) relevant to young people's health and well-being. New items on family meals, electronic media communication and cyberbullying were introduced to the HBSC survey in 2017/2018 and measures of individual health complaints and underweight are also included for the first time in this report

Impact of COVID19

 <https://www.girlguiding.org.uk/globalassets/docs-and-resources/research-and-campaigns/girlguiding-covid19-research-briefing.pdf>

These early findings offer an insight into girls' and young women's lives under lockdown and their concerns for the future. The findings are mixed. Many girls, especially younger girls, report feeling happy at home and enjoying at least some of their time in lockdown doing fun activities and continuing to learn in new ways. This is despite boredom being the most prevalent feeling expressed across all ages. But there is cause for concern as a picture of distress also emerges, particularly for those aged 15 to 18.

Impact of COVID19 on.....mental health of young people

 <https://youngminds.org.uk/media/3774/youngminds-survey-with-parents-and-carers-summary-of-results.pdf>

This report follows a survey of 1,854 parents and carers in the UK looking at the impact of the coronavirus crisis on their children's mental health. Findings show that 67% of parents and carers agreed that they were concerned about the long-term impact of the coronavirus on their child's mental health. Respondents reported a range of ways in which the crisis had impacted children and young people including: increased anxiety and depression; increased sense of loss and fear; increased mood swings or children becoming more emotional; and lack of structure and routine having a negative impact.

Impact of COVID19 on.....vocational outcomes of young people

<https://www.resolutionfoundation.org/app/uploads/2020/05/Young-workers-in-the-coronavirus-crisis.pdf>

<https://www.resolutionfoundation.org/publications/class-of-2020/>

Young workers in the coronavirus crisis Findings from the Resolution Foundation's coronavirus survey
Class of 2020: Education leavers in the current crisis (report)

Virtual Consultations during COVID19

<https://www.rcn.org.uk/professional-development/publications/rcn-remote-consultations-guidance-under-covid-19-restrictions-pub-009256>

Remote consultations guidance under COVID19 restrictions. This guidance has been developed to support nursing staff, including health visitors, midwives and nursing support workers, where they are being asked to see and/or treat patients via a telephone or video or other remote consultation process.

Group clinics for Young People (pre-COVID research!)

https://www.youngpeopleshealth.org.uk/wp-content/uploads/2020/04/TogetherStudyFINAL_-briefing-paper-20.4.20-1.pdf

Young people living with diabetes usually have their medical care delivered in 1-to-1 appointments with health professionals. Living with diabetes while making the transition to adulthood can be a challenging one, and people sharing this experience may be able to learn from and support each other. This project tested a 'group clinic' model for young people with diabetes in Newham, to see if working together could better support them to improve their health and live with the condition. The Together study worked closely with young adults themselves to co-design the group clinics care model, along with practitioners, youth workers and organisations such as Diabetes UK. Young adults were invited to join the group clinics and their experiences were studied closely to see if this care model might offer advantages. The Together study was a joint project involving Queen Mary University of London, Barts Health NHS Trust, AYPH, University College London and the University of Oxford. The study was funded by the National Institute for Health Research.


Mental Health


<https://www.giveusashout.org/resources/>


Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better. Shout is part of Mental Health innovations (MHI), which was founded in November 2017. MHI was set up following the success of The Royal Foundation's 'Heads Together' campaign, which identified how utilising digital platforms and tools has huge potential to offer support services to individuals struggling with their mental health.

Professional Bookshelf

 Ainsworth S. Hidden Illness: One Patient's Story Arch Dis Child. 2020 May 12:archdischild-2019-318568. doi: 10.1136/archdischild-2019-318568. Online ahead of print.

 Alins Sahun Y, Camara K, Gething K, Shenck D, Gane J, Tse Y. Setting Up School-Based Diabetes Clinics to Engage Adolescents Who Frequently 'Were Not Brought to Clinic' and Improve Self-Management Arch Dis Child. 2020 Jun;105(6):598-599

 Blower S, Swallow V, Maturana C et al Children and young people's concerns and needs relating to their use of health technology to self-manage long-term conditions: a scoping review. Arch Dis Child 2020; 22 May 2020. doi: 10.1136/archdischild-2020-319103

 Brinker TJ, Faria BL, de Faria OM, Klode J, Schadendorf D, Utikal JS, Mons U, Krieghoff-Henning E, Lisboa OC, Oliveira ACC, Lino HA, Bernardes-Souza B. Effect of a Face-Aging Mobile App-Based Intervention on Skin Cancer Protection Behavior in Secondary Schools in Brazil: A Cluster-Randomized Clinical Trial JAMA Dermatol. 2020 May 6:e200511. doi: 10.1001/jamadermatol.2020.0511. Online ahead of print.

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- Michalovic A, Anderson C, Thorstad K, Rauch F, Tsimicalis A. Exploring the Perceived Self-management Needs of Young Adults With Osteogenesis Imperfecta *Clin Nurse Spec*. 2020 May/Jun;34(3):99-106
- Nap-van der Vlist MM, Kars MC, Berkelbach van der Sprenkel EE, Nijhof LN, Grootenhuys MA, van Geelen SM, van der Ent CK, Swart JF, van Royen-Kerkhof A, van Grotel M, van de Putte EM, Nijhof SL. Daily Life Participation in Childhood Chronic Disease: A Qualitative Study. *Arch Dis Child*. 2020 May;105(5):463-469. doi: 10.1136/archdischild-2019-318062. Epub 2019 Nov 20.
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Posters for Clinic

 <https://campaignresources.phe.gov.uk/schools/resources/rise-above-poster>

A poster for the Public Health England website www.riseabove.org.uk

Training Resources

 <https://wecantalk.online/>

This learning tool for hospital staff to support children and young people who attend in mental health crisis. It has been co-designed with and is co-delivered by young advisors, young people aged 18-25 with experience of presenting to hospital in a mental health crisis.

Forthcoming Dates for your Diary!

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

November		
5-7	IAAH <i>12th World Congress Adolescent Health Meeting the challenge of global change</i> Lima, Peru	http://www.iaah2020congress.org/en Abstract deadline: 20 March 2020
December		
3	The reorganised (from March 2020) RCGP, RCP, RCPCH and RCPsych <i>The Adolescent Health Conference: Working together to bridge the gaps</i> RCGP London	

2021

June		
10	5th Annual North West Transition Conference	Information to follow Contact: Jacqui Rogers, Trust Transition Service Lead Nurse Alder Hey Children's NHS Foundation Trust
August		
23-26	International Pediatric Association conference hosted by RCPCH Ensuring a brighter future for all children Glasgow	Will include YPHSIG symposium

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