

Young People's Health Resource Newsletter July 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)
Editor: Dr Janet E McDonagh, Clinical Senior Lecturer in Paediatric and Adolescent Rheumatology (janet.mcdonagh@manchester.ac.uk)

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.

Resources to support young people and families during the COVID19 Pandemic

Returning to school


 <https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>

Young Minds' Parents Helpline experts share their tips for supporting a child in the transition back to school life.


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

As governments, local authorities and school leaders look to re-open schools as part of the recovery from Covid-19, it is important to recognise the multiple roles that schools play in the life of a child, family and community. This guidance 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


Transition Planning

 <https://scottishtransitions.org.uk/parent-and-carer-network/transition-planning-in-extraordinary-times/>
Webinars for parents and carers of young people with additional support needs who are leaving or have just left school

Professional Webwatch


 https://www.rcpch.ac.uk/resources/covid-19-research-studies-children-young-peoples-views#163961_20200610040000

Children and young people are experiencing the impact of COVID-19, and lockdown, in many ways - from their education to staying at home with family, from the way they access health and support services to their emotional health and wellbeing. RCPCH are compiling studies across the UK that are collecting children and young people's experiences and insights.

 https://www.childrensociety.org.uk/what-we-do/resources-and-publications/supporting-young-people-and-parents-the-impact-of-covid-19-on#163961_20200622075811


This briefing explores the challenges that adolescents and their parents face during the Covid-19 pandemic. It offers advice for professionals on how to reduce the likelihood of neglect occurring or to mitigate its effects and includes recommendations for national and local decision makers around prevention and responses to adolescent neglect.

Mental Health

 <https://www.rcemlearning.co.uk/foamed/the-abc-of-self-harm-in-young-people-a-psychiatric-approach-to-resuscitation/>

Royal college of emergency medicine "The ABC of Self Harm in Young people- A Psychiatric approach to resuscitation".

Mental Health during COVID19 pandemic

 <https://youngminds.org.uk/about-us/media-centre/press-releases/school-staff-warn-of-the-extensive-impact-of-covid-19-pandemic-on-young-people-s-mental-health-new-survey/>

The results of a survey with teachers and school staff into the impact of the coronavirus and the subsequent lockdown

on young people's mental health reveal the significant concerns staff have for the wellbeing of their pupils as we emerge from the pandemic.

 <https://www.annafreud.org/insights/news/2020/06/new-emerging-evidence-series-explores-the-impact-of-coronavirus-on-young-people-s-mental-health/>

In collaboration with the Child Outcomes Research Consortium, the Evidence Based Practice Unit at the Anna Freud Centre and UCL has launched Emerging Evidence, a series of rapid reviews to search for evidence from around the world during the current coronavirus pandemic. The series aims to help us understand the impact of the pandemic on children and young people's mental health, by exploring some key questions: What are the key mental health challenges for children and young people during the coronavirus pandemic? Are there any particularly vulnerable groups? What might help children and young people to manage these challenges?

 https://www.universitiesuk.ac.uk/stepchange-mhu#163961_20200610033745

Stepchange: mentally healthy universities is a refreshed strategic framework for a whole university approach to mental health and wellbeing at universities. It calls on universities to see mental health as foundational to all aspects of university life, for all students and all staff.

Vocational Issues

 <https://www.childrenscommissioner.gov.uk/publication/what-covid-19-means-for-young-apprentices/>


 <https://www.suttontrust.com/our-research/covid-19-impacts-apprenticeships/>

Covid-19 has brought a unique set of difficulties for young apprentices. This group is suffering both from the employment crisis and from complications with the support that they need to learn and progress. 1 in 5 of all apprentices have been made redundant, are on a break in learning or have left their programmes. Evidence suggests that the young are most likely to be left in these unfortunate positions. They are more likely to be in the sectors which are struggling due to the pandemic – over 55% of workers aged 16-19 years are in hospitality and retail compared to 18% of the wider workforce – and they are over-represented in practical fields such as construction where working from home is a challenge. Young workers are also at greater risk of being furloughed than older ones (by 9 percentage points). These briefings give an overview of the major challenges during the pandemic with insights from current apprentices, as well as mapping out some of the harmful domino effects facing future cohorts

Virtual consultations

 <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0044-Specialty-Guide-Virtual-Working-and-Coronavirus-27-March-20.pdf>

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

 <https://www.csp.org.uk/publications/covid-19-guide-rapid-implementation-remote-consultations>

 <https://bjgp.org/content/70/696/329.full>


Matheson J. Video consultations: quality, access, and equity in COVID and post-COVID general practice *British Journal of General Practice* 2020; 70 (696): 329. DOI: <https://doi.org/10.3399/bjgp20X710861>.

Health Transition

 <https://gottransition.org/six-core-elements/>

Got Transition's Six Core Elements of Health Care Transition™ 3.0 is the widely adopted approach called for in the 2018 Clinical Report on Health Care Transition from the American Academy of Pediatrics, the American Academy of Family Physicians, and the American College of Physicians.


Professional Bookshelf


 Chung RJ, Mackie AS, Baker A, de Ferranti SD. Cardiovascular Risk and Cardiovascular Health Behaviours in the Transition From Childhood to Adulthood. *Can J Cardiol*. 2020 Jun 22:S0828-282X(20)30571-7. doi: 10.1016/j.cjca.2020.05.041. Online ahead of print.

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 Parfeniuk S, Petrovic K, MacIsaac PL, Cook KA, Rempel GR. Transition readiness measures for adolescents and young adults with chronic health conditions: a systematic review. *J Transition Medicine* 2020;2:8 May 2020 <https://www.degruyter.com/view/journals/jtm/2/1/article-20200020.xml>


 Pierce J, Hossain J, Gannon A. Validation of the Healthcare Transition Outcomes Inventory for Young Adults With Type 1 Diabetes. *J Pediatr Psychol*. 2020 Jul 9;jsaa051. doi: 10.1093/jpepsy/jsaa051. Online ahead of print.

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 Rohatinsky N, Risling T, Hellsten LM, Kumaran M. Inflammatory Bowel Disease Nurses' Perspectives: Prioritizing Adolescent Transition Readiness Factors. *J Pediatr Nurs*. 2020 Jul 4;55:29-39.

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 Young MA, Thompson K, Lewin J, Holland L. A Framework for Youth-Friendly Genetic Counseling. *J Community Genet*. 2020 Apr;11(2):161-170.


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

Webinars

 <https://www.youngpeopleshealth.org.uk/covid-19-young-people-and-general-practice>
In July 2020 the Association for Young Peoples Health in association with The Vale of Trent Faculty and the RCGP Adolescent Health Group presented a webinar on the subject of 'COVID-19: Young People and General Practice'. During the Covid-19 crisis the emphasis of healthcare has been largely on populations seen to be at greatest risk of contracting or developing complications of the infections. Adolescents and young people have consequently been seen as a low priority group. The purpose of the Webinar was to consider the potential impact of the crisis and the

changes in the way that healthcare is provided to this group. This is particularly important given that health inequalities in young people persist into later life with potential long term consequences.

 **The COVID-19 pandemic: better aligning education and health (13 July 2020, 1400-1500 CEST)**
<https://unescochair-ghe.org/resources/global-health-education-webinar-series/the-covid-19-pandemic-better-aligning-education-and-health/>

The closure and re-opening of schools during the COVID-19 pandemic has thrown a sharp focus on inequalities, the resourcing of the education sector and the impact of this crisis on the physical and mental health of students and staff. It has also led to rapid innovation and development in remote teaching and learning methods. Disputes between national governments and education stakeholders highlight fundamental debates about the balance of risks to personal safety and the need to close widening educational gaps. Closer co-operation between health and education policymakers and practitioners, supported by evidence from multi-disciplinary research teams, can improve the conditions of closure and re-opening of schools.

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 Postponed until 2021	http://www.iaah2020congress.org/en
December		
3	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
Nov		
19-21	IAAH	http://www.iaah2020congress.org/en

	<i>12th World Congress Adolescent Health Meeting the challenge of global change Lima, Peru (re-organised from 2020)</i>	

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