

Adolescent Resource Newsletter

May 2004

This is a monthly newsletter produced as part of a national project to *Improve the Quality of Life for Adolescents with Juvenile Idiopathic Arthritis* and aims to support professionals involved in the care of young people by highlighting opportunities for professional development and signposting useful resources.

The project is funded by the Arthritis Research Campaign and is undertaken on behalf of the British Society of Paediatric and Adolescent Rheumatology, Children's Chronic Arthritis Association, Lady Hoare Trust for physically disabled children and Arthritis Care.

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Disclaimer

The inclusion of these resources should not be construed as BSPAR/ARC/CCAA/LHT/AC endorsement or support of any information or products mentioned there. They have been identified as potentially useful resources and whilst every care has been taken to ensure that they are appropriate for adolescents with JIA, the authors accept no responsibility for the accuracy or suitability of their content.

Adolescent Webwatch

FOR YOUNG PEOPLE

 www.Healthspace.nhs.uk

A section of the NHS Direct website, allows people of all ages to create their own secure electronic health record in which they can keep track of their weight, doctors appointments and other useful information

 www.cdc.gov/tobacco/tips4youth.htm

Tips for Youth US-based report to teach young people about the dangers of tobacco. Useful clinic leaflet pdf to download and a quiz for young people to do online

www.bbc.co.uk/schools/communities/onionstreet/

Advice for young people about school work and revision – topical with GCSEs approaching!! Onion Street aims to be a supportive community for 11-16 year olds including advice on schoolwork and support on personal issues. It's a safe environment where young people can share ideas and develop friendships with other people of the same age. Includes "Food Fight" - a quiz for healthy eating!!

FOR PROFESSIONALS

 www.ema.dfes.gov.uk

Information on the new Education Maintenance Allowance – financial help for young people staying in education after 16. Downloadable leaflet for young people

 <http://www.medsin.org/~sex/groups/index.htm>

Information about the innovative medical student let initiative to deliver sex and relationships education in local secondary schools


 www.ccmckids.org/transition/teensintransit.htm

"Teens in Transit" is a transition program at Connecticut Children's Medical Center for patients with complex endocrine disorders and diabetes.


Adolescent Bookshelf

FOR PROFESSIONALS

 Watson AR. Hospital Youth Work and adolescent support. Arch Dis Child 2004;89:440-442.

 Cohall AT, Cohall R, Ellis JA et al. More than heights and weights: what parents of urban adolescent want from health care providers. J Adol Health 2004;34:257-351


 Huebner ES, Valois RF, Suldo SM et al. Perceived quality of life: a neglected component of adolescent health assessment and intervention. J Adol Health 2004;34:257-351.


 Schneider Jammer M, Spruijt-Metz D, Bassin S, Cooper DM. A controlled evaluation of a school-based intervention to promote physical activity among sedentary adolescent females: project FAB. J Adol Health 2004;34:279-289.

 Cortesi F, Giannotti F, Sebastiani T, Bruni O, Ottaviano S. Knowledge of sleep in Italian high school students: pilot-test of a school-based sleep educational program. J Adol Health 2004;34:344-351

 Shemesh E, Shneider BL, Savitzky JK et al. Medication adherence in pediatric and adolescent liver transplant recipients. Pediatrics 2004;113:825-32

Publications for host Rheumatology Transitional Care Project:

 Shaw KL, Southwood TR, McDonagh JE. "It's not about arthritis, is it? It's about living with it". Users' perspectives of transitional care for adolescents with juvenile idiopathic arthritis. Rheumatology 2004 Mar 23 (Epub ahead of print)

 JE McDonagh, TR Southwood, KL Shaw. Unmet adolescent health training needs for rheumatology health professionals. Rheumatology 2004 mar 2 [Epub ahead of print]

 Shaw KL, Southwood TR, McDonagh JE. Transitional Care for Adolescents with Juvenile Idiopathic Arthritis: Results of a Delphi Study Rheumatology 2004 (in press)

Please contact Barbara Moore if you would like pdf copies of any of these references from the rheumatology project. (b.g.moore@bham.ac.uk)

Miscellaneous!

Whitbread Young Achiever Awards

If you know anyone aged between 16 and 25 who's made an outstanding contribution to their community, Whitbread would like to hear from you.

The Whitbread Young Achiever awards, run in partnership with the Home Office, aim to recognise and reward outstanding contributions by young volunteers nationwide. The awards scheme is looking for young people who've really made a difference in one of four areas - community, environment, sport and the arts - with activity that has both benefited their community and their own personal development.

There are four award categories:

- a. Whitbread Young Community Achiever, with the support of Costa and the Active Community Unit
- b. Whitbread Young Environment Achiever, with the support of Marriott Hotels and Groundwork UK
- c. Whitbread Young Sports Achiever, with the support of David Lloyd Leisure and Sport England
- d. Whitbread Young Arts Achiever, with the support of TGI Friday's and RS

Nominations can be made by anyone from today, either via the awards website - <http://www.whitbreadyoungachievers.co.uk/> - or by post until June 11, 2004. A shortlist of three people in each category will be announced in August, followed by a special awards lunch in London on September 28 2004, when the winners in each category will be announced.

Details of awards and prizes are available on the website.

Forthcoming Dates and Meetings for your diary!

May16-22 National Smile Week British Dental Health Foundation

Tel: 0870 770 4000

Fax:0870 770 4010

Email:mail@dentalhealth.org.uk

May 24-30 National Walk to School Week

www.livingstreets.org.uk

June 1-30 National Osteoporosis Month

Tel; 01761 471771

www.nos.org.uk

For Health Professionals living in Birmingham, UK:

June 25, 2004

Growing up, Moving On. Developing transitional care services for young people with chronic illnesses and/or disabilities in Birmingham

A study day aimed at local adult providers and commissioners, organised by the Adolescent Strategic Working Party at Birmingham Children's Hospital

£20 per person; venue: City Hospital, Dudley Rd, Birmingham

For further information, please contact Barbara Moore (b.g.moore@bham.ac.uk) or Dr Janet McDonagh (j.e.mcdonagh@bham.ac.uk)

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