

# Adolescent Resource Newsletter

June 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.youngscot.org](http://www.youngscot.org)

a website for young people living in Scotland full of information about everything (!) including health.

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

transport information and advice for young people

[www.unicef.org/voy](http://www.unicef.org/voy) and

[www.unicef.org/magic](http://www.unicef.org/magic)

UNICEF websites for young people.

Voices of Youth and Magic websites hosted by UNICEF

To find out about the recent UNICEF summit on media for children and young people held in Brazil in April 2004, take a look at <http://www.riosummit2004.com.br/>.

## FOR PROFESSIONALS

### MedlinePlus [www.medlineplus.gov](http://www.medlineplus.gov)

The American College of Physicians Foundation and National Library of Medicine have launched an information program for doctors and their patients, which encourage the former to write a prescription from a trustworthy Web site of free medical information. MedlinePlus has information on more than 650 diseases and conditions, and links to pre-formulated searches of the MEDLINE database to allow viewers to find references to the latest professional articles on health topics. Under each topic, patients will find information on symptoms, diagnosis and treatment, current news stories, research studies, clinical trials, helpful graphics, and interactive tutorials.

### **“Quality of Health Care for Children and Adolescents”**

A review of the evidence of quality of health care for children and young people compiled by S Leatherman and D McCarthy, University of North Carolina, Chapel Hill, available on-line at [http://www.cmwf.org/programs/child/leatherman\\_pedchartbook\\_700.pdf](http://www.cmwf.org/programs/child/leatherman_pedchartbook_700.pdf)

### **'Understanding what children say about living with domestic violence, parental substance misuse or parental health problems'.**

Literature review on the Joseph Rowntree Foundation website finds that children facing a range of domestic circumstances which they might find difficult want to talk about these issues but rarely do so, particularly with professionals. Read it at:

<http://www.irf.org.uk/redirect.asp?url=findings/socialpolicy/514>

### **The Sibling Support Project**

<http://www.thearc.org/siblingsupport/>

A US-base project which seeks to increase the peer support and information opportunities for brothers and sisters of people with special needs and to increase parents' and providers' understanding of sibling issues.

<http://depts.washington.edu/pku/>

Transitional care resources to support the health care transition of young people with PKU from the PKU program at the University of Washington. Of special interest is the "8 Visit" PKU Clinic Adolescent Transition Curriculum See: <http://depts.washington.edu/pku/transition.htm>. While some of the content of the curriculum is PKU specific, it serves as an innovative training model for assisting youth with other chronic health conditions. Also see: [http://depts.washington.edu/pku/pro\\_info/protocols/transition.htm](http://depts.washington.edu/pku/pro_info/protocols/transition.htm)

### **“At least five a week: Evidence on the impact of physical activity and its relationship to health”**

This document is particularly aimed at the NHS, specifically public health and Primary Care Trusts. The report sets out the latest research evidence of the benefits of physical activity for health. The document is aimed at those concerned with formulating and implementing policies or programmes that utilise the promotion of physical activity, sport, exercise and active travel to achieve health gain. Includes a chapter on the health benefits of physical activity in childhood and adolescence.

[www.dh.gov.uk/publicationsandstatistics/](http://www.dh.gov.uk/publicationsandstatistics/)

### **Supporting Young People Leaving Care in Scotland,**

Guidance on Supporting Young People Leaving Care in Scotland has been published by the Executive along with Pathways, an assessment document of the needs of young people leaving care. These documents were published as The Support and Assistance of Young People Leaving Care (Scotland) Regulations 2003 came into force on 1 April 2004. The regulations are designed to ensure young people leaving care have support to make a smooth transition to the next stage in their lives. More at <http://www.childpolicy.org.uk/news/index.cfm?ccs=88&cs=10424>

## **The Government Response to the First Report of the Welsh Affairs Committee report on The Empowerment of Children and Young People in Wales**

The Welsh Affairs Committee's Report on The Empowerment of Children and Young People in Wales was published on 15 January 2004. This document provides the response of the Government to the report. Copies of the Report are available to download from the Welsh Affairs Committee's website or from Parliamentary Bookshop, 12 Bridge Street, Parliament Square, London SW1A 2JX, Tel: 020 72193890, E-mail: [welshcom@parliament.uk](mailto:welshcom@parliament.uk) or The Stationery Office, Cardiff, Tel 02920 395548 or 0345 585463  
<http://www.childpolicy.org.uk/news/index.cfm?ccs=89&cs=10594>

### **Launch of Children's voices on the CHI website**

In 2003, CHI began work to ensure children and young people influenced the future development of inspection methodology, and gaining feedback from them was an important aspect of this. Aware of a vast amount of work previously undertaken around the country to gain feedback from children and young people, we contacted over a hundred agencies that work with children and health issues and we were supplied with a large number of reports. The feedback has been extracted and compiled in a searchable database, now available online at [www.chi.nhs.uk/childrens\\_voices/index.shtml](http://www.chi.nhs.uk/childrens_voices/index.shtml)

## **Adolescent Bookshelf**

Chira P, Sandborg C. Adolescent Rheumatology transitional care: steps to bringing health policy into practice. *Rheumatology* 2004;43:687-689.

### **FOR PROFESSIONALS**

“Working with Adolescents, A contemporary Psychodynamic Approach” by Stephen Briggs, Palgrave Macmillan 2002 (£19.99)

“The social psychology of adolescence” by Patrick Heaven, Palgrave Macmillan 2001 (£18.99)

“Counselling adolescents” by Kathryn Geldard and David Geldard, Sage 2004. (£18.99)

“Listening to young people in school, youthwork and counselling” by Nick Luxmoore, Jessica Kingsley 2000 (£16.95)

“Getting Through. Young People and communication” (a video and training pack) by Roz Brody 1998 (£70.50)

“Young People and Peer support. How to set up a peer support programme” by Marilyn McGowan, TSA 2002 (£21.59)

“Becoming Adult. Changing youth transitions in the 21<sup>st</sup> century” by Lisa Catan, TSA 2004 (£10.95)

“Asian Adolescents in the West” by Paul A Singh Ghuman, BPS 1999 (£16.99)

Above books available from the Trust for the Study of Adolescence ([www.tsa.uk.com](http://www.tsa.uk.com))

23 New Road

Brighton

East Sussex BN1 1WZ.

Tel: 01273 693311

Fax: 01273 679907

Email: [publications@tsa.uk.com](mailto:publications@tsa.uk.com)

## Forthcoming Dates and Meetings for your diary!

**15<sup>th</sup> June 2004 Choices for health: Better information for children and their families**, Manchester Conference centre. More information 020 8547 2300 or email [info@healthcare-events.co.uk](mailto:info@healthcare-events.co.uk)

**17 June 2004, Exploring notions of effectiveness in professional roles and relationships with young people** Further information from <http://www.uwe.ac.uk/solar/Events/Events.htm>

**28<sup>th</sup> July 2004, Children and Work**, University of London Further information from James O'Toole at [j.o'toole@ioe.ac.uk](mailto:j.o'toole@ioe.ac.uk)

**5-9<sup>th</sup> September 2004**

**Getting it Right for Adolescents**

**4.5 day summer school at St Ann's College, Oxford University**

**EuTEACH program (European Training in Effective Adolescent Care and Health)**

Suitable for consultant paediatricians, SpRs, GPs, GP registrars and other doctors that come in contact with adolescents.

Subjects include: sexual health, mental health, self-harm, communication and difficult consultations, functional symptoms, related ethics, obesity and anorexia. Teaching methods include lectures, discussions, videos, role-play.

Supported by the RCGP and RCPCH

Organised by Aidan MacFarlane, Ann McPherson, Russell Viner, John Coleman.

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Forthcoming conferences organised by the Trust for the Study of Adolescence include:

Thursday 1 July, The Resource Centre, London

**Making a difference: CAHMS for asylum-seeking and refugee young people.**

Thursday 30 September 2004 Manchester

**Risk and Relationships: Young People and sexual exploitation**

Monday 22 November 2004, NCB, London

**An introduction to conducting research among young people**

Thursday 2 December 2004, Glasgow

**Support for parents and children during transition to secondary school**

For further information contact

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June 12-20 **Bike Week (including Bike2Work)** [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

August 2-8 **Sexual Health Week** [www.fpa.org.uk](http://www.fpa.org.uk)

August 12 **International Youth Day** United nations [www.un.org](http://www.un.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)***