

# Adolescent Resource Newsletter

**+ Happy Xmas +  
and a Happy and Healthy New Year  
to all our readers!**

**December 2005**

**To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development.**

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#### **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.*

**ARE YOU INTERESTED IN HOW  
'TRAINING IN ADOLESCENT HEALTH/MEDICINE' SHOULD BE CARRIED OUT AT NATIONAL  
LEVEL IN THE U.K.?**

Dr Aidan Macfarlane has been asked by the Department of Health to examine how training in adolescent health/medicine can be included at undergraduate levels for medical students, and for doctors at postgraduate levels (during the foundation years, and higher specialist training).

His specific brief is to:

- 1) Organise a 'Young People's Health Network' (a multi-disciplinary team of around 12 – 20 people made up of key experts and leaders in the field of adolescent health) for the DoH to consult with, and who could also lobby on behalf of young people across all the services.
- 2) Work with the relevant medical schools and the GMC to develop a key set of core competencies in the field of *adolescent* health/medicine that medical students require during their undergraduate training
- 3) Work with Postgraduate Medical Education and Training Board via the Royal Colleges of General Practitioners, Paediatrics and Child Health, Obs and Gynae, and Psychiatry so as to include adolescent health/medicine in the training of doctors who are presently undertaking training and for those who are already trained.
- 4) Develop a specification for a tender for an Academic Centre of Adolescent Health which can act as a 'Beacon Centre of Excellence' in the field for training and research in adolescent health/medicine.

If you have views and ideas about how these objectives can best be achieved – please contact Aidan Macfarlane by email at [aidanmacfa@aol.com](mailto:aidanmacfa@aol.com)

## FOR YOUNG PEOPLE

<http://www.youthhealthtalk.org/>

This website includes a collection of interviews with young people about their experiences of health or illness. The site aims to identify the issues, questions and problems that matter to young people and has been developed by the DIPEX Research Group, University of Oxford ([www.dipex.org](http://www.dipex.org)). They are currently looking for 16+ year olds with experiences of diabetes & epilepsy, sickle cell & thalassaemia, intensive care, stroke and lymphoma to tell their stories. If you know of young people who might be interested, tell them to email [volunteer@dipex.org](mailto:volunteer@dipex.org) and they will be sent an info sheet and a form to return in a SAE if they want to take part.

Also an excellent resource for adolescent health training!

## Specific Conditions

A Resource Guide for Teens with Polycystic Ovarian syndrome PCOS:

[http://www.youngwomenshealth.org/pcos\\_resources.html](http://www.youngwomenshealth.org/pcos_resources.html)

A comprehensive approach to improving the health of teens with PCOS complete with meal planning ideas, recipes, and fitness worksheets! Teens will learn about positive ways to manage their weight, plan nutritious meals, and get fit!

## 16 For a Day

*Do you know anybody born on 12th November 1989??*

Channel 4 is trying to contact every young person living in Britain who was born on 12th November 1989 (either here or abroad), to take part in a major project on teenage Britain. There are 1697 of them. 16 For A Day is designed to cut through the stereotypes and labels that many teens suffer, providing instead an honest and genuine portrait of teenage Britain. Above all, this is a rare opportunity for young people themselves to speak out on what's important to them - their attitudes, aspirations and concerns.

If you know of any young people born on 12th November 1989, please contact Jo on 020 7284 6877 or email [jo@rawtelevision.co.uk](mailto:jo@rawtelevision.co.uk)

## FOR PROFESSIONALS

### A Health Profile of Adolescent and Young Adult Males: 2005 Brief

[http://nahic.ucsf.edu/index.php/data/article/a\\_health\\_profile\\_of\\_adolescent\\_and\\_young\\_adult\\_males\\_2005/](http://nahic.ucsf.edu/index.php/data/article/a_health_profile_of_adolescent_and_young_adult_males_2005/)

A National Adolescent Health Information Center (NAHIC) resource. The transition from adolescence to young adulthood to adulthood involves changes in development and independence that have implications for health. This brief highlights priority health issues for adolescent & young adult males and identifies key gender & racial/ethnic disparities. Health topics include violence, substance use, mental health, reproductive health and healthcare access & utilization.

## Specific Conditions

A Guide for School Nurses: <http://www.youngwomenshealth.org/pcosnurse.html>

A Guide for Parents: [http://www.youngwomenshealth.org/pcos\\_parent.html](http://www.youngwomenshealth.org/pcos_parent.html)

## Transition

[http://hctransitions.ichp.ufl.edu/ddcouncil/training\\_home.php](http://hctransitions.ichp.ufl.edu/ddcouncil/training_home.php)

This training will help families and professionals develop and implement a health care transition plan for youth and young adults with developmental disabilities. This publication was commissioned, funded, and sponsored by the Florida Developmental Disabilities Council, Incorporated and produced and through funding provided by the United States Department of Health and Human Services, Administration for Developmental Disabilities

[http://www.health.vic.gov.au/subacute/transfer\\_young.pdf](http://www.health.vic.gov.au/subacute/transfer_young.pdf)

Transition project, Melbourne

<http://www.fvkasa.org/resources/health.html>

The US-based KASA (Kids As Self Advocates) Web site has information and resources for youth and young adults with disabilities and special health care needs. Issues addressed in the health section include talking to your doctor, going to college, transitioning to adulthood.

<http://www.jrf.org.uk/redirect.asp?url=findings/socialpolicy/0565>

'The education and employment of disabled young people'. A report from the Joseph Rowntree Foundation of a study comparing the extent to which disabled and non-disabled young people had achieved their aspirations for work and education by the age of 26.

## Adolescent Bookshelf

### FOR PROFESSIONALS

## Forthcoming Dates and Meetings for your diary!

### 2005 Year Of The Volunteer

For further details see [www.yearofthevolunteer.org/html/about.html](http://www.yearofthevolunteer.org/html/about.html)

### Self Portrait UK – national touring exhibition dates

The Self-Portrait UK 14-19 Exhibition includes of the most innovative images, videos and audio self-portraits submitted to the campaign from across the UK by 14- 19 year olds

The New Art Gallery, Walsall  
9 December 2005 - end of January 2006  
[www.artatwalsall.org.uk](http://www.artatwalsall.org.uk)

### Forthcoming Young NCB (National Children's Bureau) opportunities for young People October – December 2005

Children's Rights Talkshops  
– Manchester on Saturday 10th December 2005.

At the talkshops young people will get to learn about your rights, meet fellow Young NCBers, go to workshops and find out what's happening in their local area. There are 50 places available at each event. If young people are interested contact:  
Email: [info@ncb.org.uk](mailto:info@ncb.org.uk)  
Phone: 020 7843 6067/6099  
Mobile/text: 07734 581685

## **Forthcoming UNICEF opportunities for young people November – December 2005**

Children's Rights roadshows:

- Newcastle on Saturday 3rd December 2005

Young people will get the opportunity to learn skills such as fundraising, campaigning and public speaking. For more details check out their website  
[http://www.therightssite.org.uk/html/actnow\\_uyv\\_roadshow.htm](http://www.therightssite.org.uk/html/actnow_uyv_roadshow.htm) or you can email [emilye@unicef.org.uk](mailto:emilye@unicef.org.uk)

## **2006**

### **Training Courses from the Trust for the Study of Adolescence**

#### **1 Feb 2006, London**

Promoting emotional Well-being in young people

#### **7-8 Feb 2006 (York), 4-5 July (London)**

Working with Troubled Teenagers

#### **23 February 2006 (London)**

Anxiety and Depression in Young People

#### **1 March 2006 (London)**

who am I? Young People, Identity and self-esteem

#### **5 April (York), 6 December 2006, (London)**

Against the Odds – building resilience in young people

#### **16 May, Manchester**

Engaging and communicating with young people

For further details contact

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#### **March 22-25**

Society of Adolescent Medicine, Boston, Massachusetts, USA

For further details see: [www.adolescenthealth.org](http://www.adolescenthealth.org)

**March 23<sup>rd</sup> 2006**

**'Transitions'**

This conference will deal specifically with moving from paediatric to adult health care. Speakers will include young people themselves, and people from clinical, multi professional and multi agency teams who are leading on improving transition services and practice in their areas. The good practice promoted by the Conference supports implementation of Standard Four of the Children's NSF.

The conference will be held at the Royal College of Physicians, London. Booking details will be announced in future newsletters. For more information, or to register an early interest, please contact: Rob Willoughby [rob.willoughby@dh.gsi.gov.uk](mailto:rob.willoughby@dh.gsi.gov.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](mailto:j.e.mcdonagh@bham.ac.uk)***