Young Adults and Adolescents Steering Group (YAASG)

Dr Elaine Murphy (On behalf of YAASG)
YAASG (established 2009) - Goals

Improving health and well-being for young people aged 10-25 years (all 11.7 million of them in the UK!)

Preventative healthcare
Presenting in young adulthood
Transferring from paediatric services

Multiple specialities & young adult representation

*Promotion of high quality, developmentally appropriate care*

500 years of medicine
Why YAASG?

Young adults have poorer outcomes than children or older adults

Deaths in those 10-19 years is now greater than in those 1-4 years

Patton GC et al, Lancet 2009
Why YAASG?

Young people have a poor experience of health care

They are not represented well in national surveys

They have poorer experiences than older adults

Hargreaves, DS 2012 Jul;97(7):661-6. doi: 10.1136/archdischild

And rarely complain...

Why YAASG?

Many chronic health conditions start / present in adolescence

75% of mental health conditions start before the age of 18 years
Suicide and self harm are major causes of morbidity and mortality

_DoH Chief Medical Officers annual report 2012:  Our Children Deserve Better: Prevention Pays._
Why YAASG?

Outcomes in chronic conditions are worse for young people

You are more likely to reject a kidney transplant\(^1\) or die of DKA\(^2\) in adolescence/early adulthood than in childhood or later life.


Concerns regarding ‘The Young Persons Gap’

All those with a chronic illness starting in childhood should get support from a lead professional in transition

Paediatric services and paediatricians

Adult services and adult physicians

Young Adults and Adolescents Steering Group (YAASG)
Not child, not yet adult  ...but not aliens either...

Different culturally
- Different dress codes
- Different use of language
- Greater reliance on social networks

Different physiologically
- Endocrine changes/hormonal drives

Different neurocognitively
- May take more risks
- May respond differently if stressed
Guidance on the needs of young adults

Care Quality Commission, 2014

• A key accountable individual
• A documented transition plan
• A communication or ‘health passport’
• An appropriate environment
• No gaps in provision between services
• Training and advice to prepare young adults
• Respite and short break facilities

Young Adults and Adolescents Steering Group (YAASG)
Chronic conditions – deficits in holistic care

Young people with chronic neurodisability

- Level of disability / individual needs not recorded
- Poor direct communication with patients
- Failure of acute care to involve community teams
- Few patients had emergency healthcare plans in place
- Basic equipment missing – hoists, scales, changing places
Young people with life-limiting conditions

Stepping Up
A guide to enabling a good transition to adulthood for young people with life-limiting and life-threatening conditions

Young Adults and Adolescents Steering Group (YAASG)
## Acute / emergency care

<table>
<thead>
<tr>
<th></th>
<th>Paediatric Acute Care</th>
<th>Adult Acute Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pathway</strong></td>
<td>Direct admission to assessment unit / ward</td>
<td>Via emergency department, or very occasionally via GP</td>
</tr>
<tr>
<td><strong>Staffing</strong></td>
<td>Staff know patient / family</td>
<td>Staff unfamiliar</td>
</tr>
<tr>
<td><strong>Planning</strong></td>
<td>Familiar with care plan / diagnoses</td>
<td>Unfamiliar</td>
</tr>
<tr>
<td><strong>Facilities</strong></td>
<td>Open visiting, accommodation</td>
<td>Limited visiting, limited access to accommodation</td>
</tr>
</tbody>
</table>

*Young Adults and Adolescents Steering Group (YAASG)*
RCP ACUTE CARE TOOLKIT 13

• Developed with the Society for Acute Medicine

• Gives background and outlines issues

• Case studies

• Suggested Operating Policies

• Ideas for data collection/quality improvement

• Training resources

500 years of medicine

Young Adults and Adolescents Steering Group (YAASG)
What initial investigation is missing from this list?

A 16 year old male is brought to A&E having been found unresponsive by a friend after a birthday party the night before. He had consumed alcohol.

Respiratory rate  O₂ sats  Heart rate
Blood pressure  Temperature  Glucose
GCS/AVPU  Blood gas  Lactate
U&E  Liver profile  FBC
Blood culture  Urinalysis  Toxicology screen

Young Adults and Adolescents Steering Group (YAASG)
What about ammonia?
1. Enter child's weight in the yellow box in kilograms and press return. If the child weighs more than 40kg it may be appropriate to use the adult protocol.
Most trainees report they receive minimal training.
Equipping the next generation of Adolescent Responsive Physicians

• Competencies required for trainees;
  Generic training - CT / ACCS
  Higher specialty training

• Recommend minimum competencies and document

• To include in the undergraduate curriculum & PACES
Each speciality asked to incorporate

Diabetes & Endocrinology starting

https://www.jrcptb.org.uk/sites/default/files/Guidance%20on%20training%20in%20Adolescent%20and%20Young%20Adult%20Health%20Care%20August%202018.pdf
CQC Domains also apply to Young People

- Safe
- Effective
- Caring
- Responsive
- Well Led

Getting it right for children & young people (including those transitioning into adult services): a report on CQC’s new approach to inspection

Report to CQC by Dr Sheila Shribman
(former National Clinical Director for Children, Young People & Maternity Services)
In your AMU - do you know?

How many adolescents between 16-19 present, and what with?

If there is a policy for adolescents in acute care, and where to find it?

If carers/parents can stay with the young person if needed?

If there is open visiting for family/carers?

Where to get help for alcohol, drug or mental health issues in this age group?
Young Adults and Adolescents Steering Group (YAASG)
What can YAASG offer you?

Teaching, training, education (volunteering attendance at regional meetings!)
Advice on meeting CQC requirements
Examples of provision of good care / transition services
Acute care toolkit 13 training
Input into NHS England Policy Proposals / NICE stakeholder consultations

Publications (details on website):
  Why young adults and adolescents need better healthcare
  Guidance for physicians to help tackle child sexual abuse
  Multiple Clinical Medicine review articles

Young Adults and Adolescents Steering Group (YAASG)
Your take home actions

**FIND** an adolescent responsive adult physician (YAASG)

**BUILD** your local team

**PLAN and DELIVER** developmentally appropriate care

**TRAIN** future adolescent responsive physicians
### Queen Square Young People's Open Day

**Saturday 29 June 2019 1:30 – 4:30pm**

**The Old Boardroom**

**The National Hospital for Neurology & Neurosurgery**

The open day is for people aged 14 – 25. You will meet other young people moving their care to Queen Square.

There will be stands & speakers talking about:
- Further education & Employment
- Advocacy
- Mobility & Transport
- Support Group

For more information & to book a free place contact:

**Yasmin Begum**

0203 448 8132

[uch.nervous.muscles@transitions@nhs.net](mailto:uch.nervous.muscles@transitions@nhs.net)

Registration closes 30th May 2019

---

### Queen Square Young People's Open Day Programme

**National Hospital for Neurology & Neurosurgery, Queen Square, London, WC1N 3BG**

29th June 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30pm</td>
<td>Registration Basil Samuels</td>
</tr>
<tr>
<td>1:30-2:30pm</td>
<td>Session 1: The Old Boardroom</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Dr Quninian: Welcome &amp; Introduction</td>
</tr>
<tr>
<td>1:40pm</td>
<td>Dr Murphy: Managing medical emergencies</td>
</tr>
<tr>
<td>1:50pm</td>
<td>MDUK: Trailblazers, work and employment</td>
</tr>
<tr>
<td>2:05pm</td>
<td>Queen Elizabeth Foundation: Driving and flying assessments</td>
</tr>
<tr>
<td>2:20pm</td>
<td>Bright Futures: Getting support in education</td>
</tr>
<tr>
<td>2.30-3.20pm</td>
<td>Refreshments and stands Basil Samuels</td>
</tr>
<tr>
<td>3.20-4.30pm</td>
<td>Session 2: The Old Boardroom</td>
</tr>
<tr>
<td>3.20pm</td>
<td>Dr Sharpe &amp; Dr Weisner: Integrated</td>
</tr>
<tr>
<td>3.30pm</td>
<td>Complementary Care for Young People</td>
</tr>
<tr>
<td>3.30pm</td>
<td>MDUK: PIPs, grants and funding</td>
</tr>
<tr>
<td>3.45pm</td>
<td>Feedback from the Young Person Group</td>
</tr>
<tr>
<td>4.00pm</td>
<td>Epson Johnson: A young person's story</td>
</tr>
<tr>
<td>4.15-4.30pm</td>
<td>Discussion and close of day</td>
</tr>
</tbody>
</table>