

Developmentally Appropriate Healthcare for Adolescents

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Key Points

- Adolescence is a developmentally important lifestage – but they get a bad press!
- It encompasses a number of transitions, the timings of which are important in how the young person is able to manage them
- Transitions can present challenges for young people and for their families
- Solent NHS Trust is part of a project to enhance learning for professionals in this area in helping young people with complex conditions



Adolescence

WHO Adolescence: 10-19y

UN Youth: 15-24y

UN Young People: 10-24y

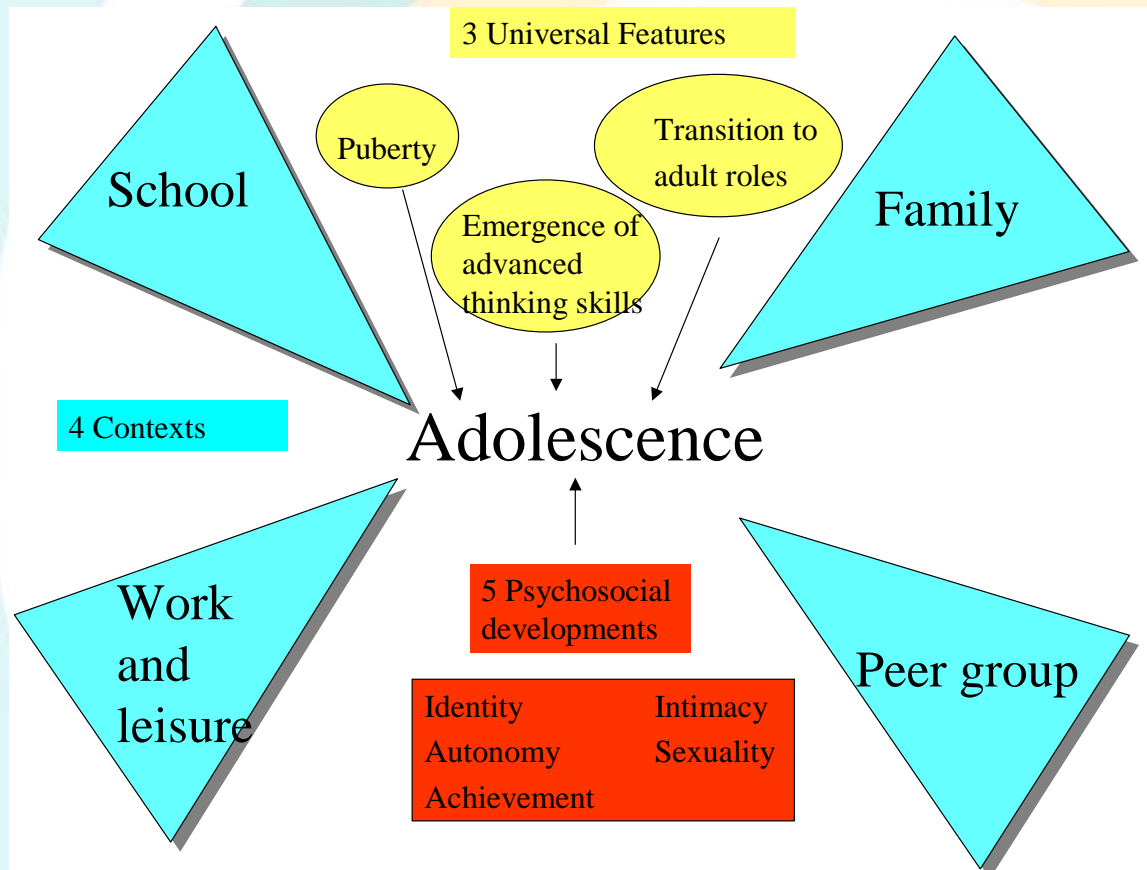


Salvador Dalí, 1940

“I would there were no age between sixteen and three-and-twenty, or that youth would sleep out the rest; for there is nothing in the between but getting wenches with child, wronging the ancients, stealing, fighting”

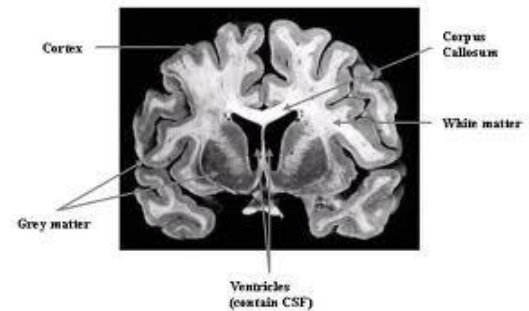
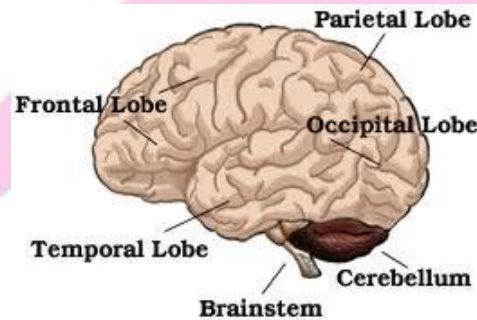
Shakespeare, W. The Winter's Tale c1611

Steinberg/Hill model

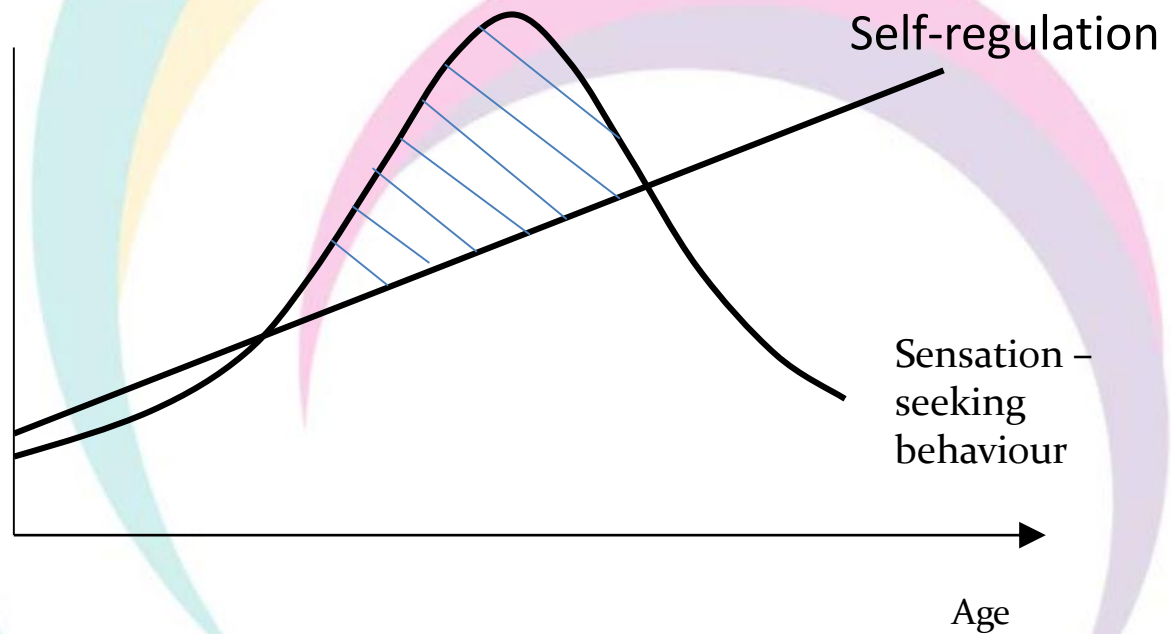


Steinberg, L., *Adolescence*. 5th ed. 1999, Boston: McGraw Hill.

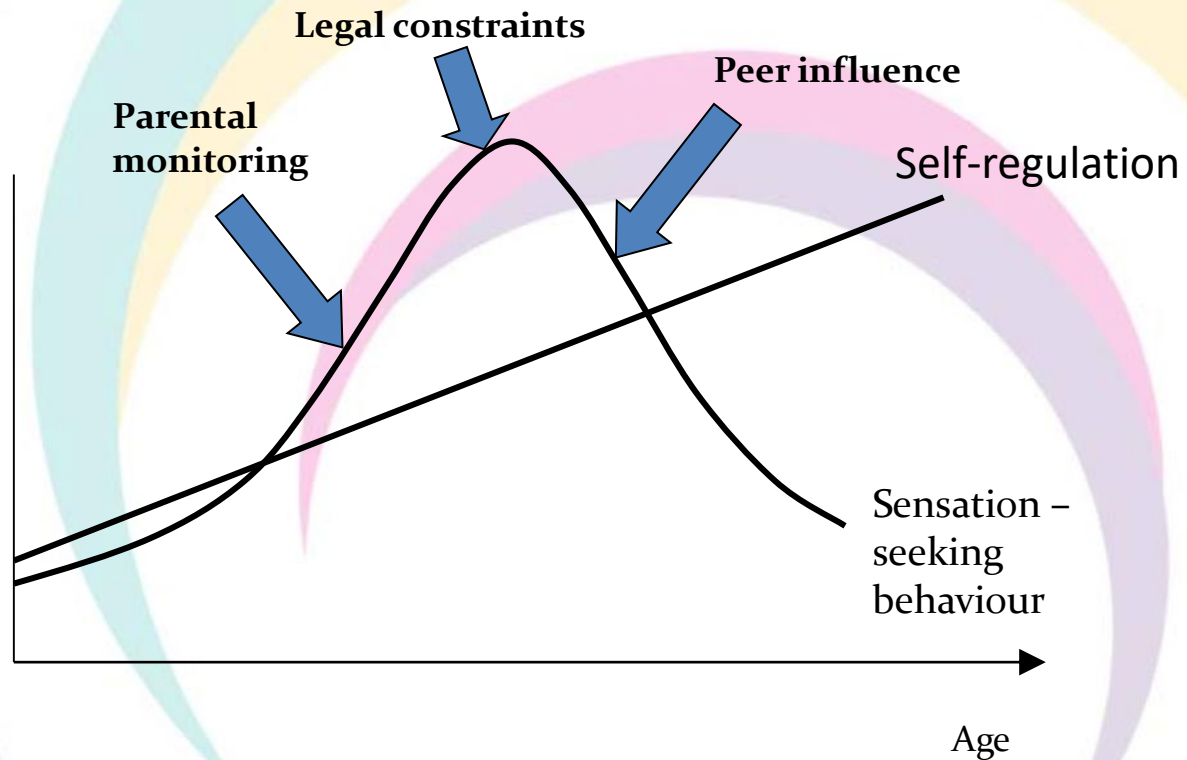
Brain changes in adolescence



Brain maturation in adolescence



Environmental context



Risk taking

- Heavily peer influenced (and sub-conscious)
- Not due to ignorance of risk
- Different behaviours in those with disability

Hot and cold cognition

...an example of how neuroscience can help us to understand adolescent behaviour



Egocentricity of Adolescence ...and why it matters



Parents...

- Midlife crisis.....
 - Marriage 🙄
 - Health 🙄
 - Bereavement 🙄
 - Career 🙄
 - 'Empty nest'

Transition

- Multiple
- Health, Education, Social, Employment

Most problems where young people have to deal with too many transitions at once (*cf* adults and life events)

Health Transition

- ‘The purposeful, planned movement of adolescents and young adults with chronic physical and medical conditions from child – centred to adult orientated health care services’
- Blum et al (1993) Journal of Adolescent Health

Project Echo

National project for HCP working with young people with complex and life-limiting conditions

- Project Echo is a forum of **FREE** monthly one hour online Zoom meetings, that will provide a space to talk with and learn from a range of disciplines. To enable us all to support families better in the transition from child to adult services.
- If you would like to find out more and contribute to the helping making transition an easier process for all please do not hesitate to contact us and book a space.
- Launch Date: 8th Oct 2020 at 12.30

<https://echo.zoom.us/j/4985428051?pwd=Vlp0ekRtRlczTmJaZ0F0UzNxaDNKZz09>

Meeting ID: 498 542 8051

Password: 514951

Further details: TransitionProjectECHOProject@solent.nhs.uk

Other resources

- **Solent Policy**

<http://intranet.solent.nhs.uk/DocumentCentre/PublishedPolicies/CF02%20Policy%20Developmentally%20Appropriate%20Healthcare%20includng%20Transition%20v1.pdf#search=transition%20policy>

- **Disability Matters – free resource from eLfH**

www.disabilitymatters.org.uk

- Work Experience and Employment Matters
- Transition Matters
- Supporting Independence Matters

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