Young Person Participation: Improving health and care for young people through person-centred healthcare

### Background

"Participation encourages integration and inclusion, lets youth feel valued and ultimately leads to progress" Ravi Mistri, RCPEH Youth Advisory Panel

- Children and young people should be involved at all levels of the health system.
- Effective services that are user-focused and reflect the needs of young people will ultimately result in better outcomes and positive healthcare experiences.
- All children and young people require preparation and support for their journey into adulthood. Physical and mental health conditions pose additional challenges & demands.
- The ‘transition’ process of preparing, planning and moving from paediatric to adult services has a major impact on long-term outcome.
- Person-centred services support people to more effectively manage and make informed decisions about their health and care.
- Despite extensive guidance over recent decades, evidence suggests that the care for young people and the transition process is fragmented and inconsistent, with disparity between policy and practice.

### Aim

Empower young people to take responsibility for their health.

### Engagement

**Aim:** Listen, learn and be inspired by young people.

- Focus group at Youth Takeover Day considered aspects of care most important to young people.
- UHS Youth Board reflected on personal care experiences and proposed ideas for change.
- Collaboration with local schools and colleges has produced materials that will be incorporated within the PSHE curriculum.
- ‘Art & Design are just the right tool...’
- Mental health difficulties were addressed by media professionals and students at Itchen College.
- Video and audio pieces described by the Strategic Clinical Network as ‘poignant,’ ‘powerful’ and a ‘brilliant display of creativity’ are being promoted by NHS England to address teen mental health.
- Material will be incorporated within the PSHE, curriculum and stimulate discussion in lessons.
- ‘Art & Design are just the right medicine!’
- Portsmouth News.
- Highbury College Art and Design students have helped create a young person friendly environment in response to patient survey data. Students visited QAH for their final project, developing skills for future employability and producing locally inspired paintings to enhance the walls.
- Students now have the opportunity to display and sell their work through a new partnership initiated with the college.

### Education and Resources

**Aim:** Provide young people with multimedia resources and information about health and lifestyle behaviours, mental health, medical conditions and local services and support.

- Young people aged 12-15 years spend an average of 13.8 hours per week online⁴ and the internet is the most likely source for a range of health related topics.⁵ Local survey of 11-16 year olds demonstrated 80% accessed health information online, before asking a friend, family member or teacher. Information was ascertained through major search engines.

**Approach:** Healthier Together, an initiative funded by the SCN to improve the quality of care for children and young people, provided an online platform to launch information and resources for young people.

- Information recommended by healthcare professionals and young people from across the region was collated and reviewed.

**Measurement:** Site usage.


### Empowerment

**Aim:** Children, Young People and their families will be at the heart of decision making, with the health outcomes that matter most to them taking the priority.

- ‘Ready Steady Go’ is a holistic, generic programme that was developed to address the challenges faced in the transition from paediatric to adult services.⁶ A key principle is empowering young people to take control of their lives and equipment and manage their care and development with necessary skills and knowledge to manage their own healthcare confidently and successfully.

- The Ready Steady Go Transition Study evaluates the transitional care service and RSG programme utilised for young people with chronic conditions as they move from paediatric to adult services across the Wessex region.

**References**

2 Care Quality Commission (2014) From the pond into the sea – Children transition to adult health services.
4 Di Antonio How young people look for information online: A survey of views in six European countries. Youth in Action - EU Kids Online II (2009-2)