



CLINICAL CARE OF YOUNG PEOPLE WITH CHRONIC CONDITIONS



- 1.** Recognise young people are important. Ask them for their opinion in front of their parents and value their response.
- 2.** Giving them time - see young people by themselves from 14 years old, and increase this time with subsequent appointments.
- 3.** Vulnerability determination and protective factors comes from knowing their psychosocial background – complete a HEEADSSS interview.
- 4.** Talking about puberty and its impact on their chronic condition - normalising their experience.
- 5.** Good self-management - how to recognise when they are unwell and what to do about it, including how to manage stress, low mood, anxiety
- 6.** Normalise young people's exploration of limits/risk taking, sleep habits, and changeable moods. This is a normal developmental stage and will settle, but there are strategies they can use to deal with it. Point with optimism to the future.
- 7.** We as health professionals can be a strong influence on how young people and their families view this period of change in their lives. For example, encouraging young people from 14 years to gradually manage their condition recognises that one day they will become adults and be ready to leave their children's hospital.
- 8.** Young people can provide informed consent from as young as 14 years old. Confidentiality and privacy are important to establish trust, especially when talking about psychosocial concerns.
- 9.** Encourage them to make decisions for themselves regarding their healthcare and their life.

