

3.7. Workshop: Youth friendly health services—meeting the health needs of adolescents

Chairs: Auke Wiegiersma, Jolianne Hellemans and Andrea de Winter, The Netherlands*

Organizer: EUPHA Section on Child and Adolescent Public Health

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Programme:

General Introduction with description of workshop programme and goals

Auke Wiegiersma, The Netherlands

Adolescents! What's the difference? Presentation

Auke Wiegiersma, The Netherlands

Introduction YFHS—the five elements

J.J.Hellemans, The Netherlands

Discussion in groups

Topics for discussion:

(i) Is your organization 'youth friendly'? What is good, what is lacking? How does that compare to other (inter)national health care organizations?

(ii) What would you give priority in the implementation of YFHS in your own organization?

Introduction

Adolescents are a very distinctive group of human beings that have health care needs very much different from those of children and adults. However, these differences are hardly taken into account in preventive and curative health care. This is made abundantly clear by the fact that in many hospitals adolescents are placed in children's wards at the age of 15 years or in wards for adults at the age of 17 years. The same problems can be encountered in preventive care. The way adolescents are addressed, the examples given and the approach taken is often not appropriate for this specific group and more attuned to the needs of children. Recent research has shown that for health promotion programmes to be effective, one has to take into account the biological and especially neuropsychological level of development. This means that ideally for each subgroup of adolescents, one has to develop a different approach.

Clearly, such diversity in type of wards or preventive programmes is not feasible. However, some 'ground rules' can be defined that can be used to make preventive or curative care for adolescents more 'youth friendly'. This can imply mundane things like furnishing but also the creation of an informal atmosphere and paying strict attention to matters like confidentiality.

In this workshop, after a general introduction to the biological and neuropsychological development of adolescents and how this should impact on their health care needs, the 'Youth Friendly Health—Rules' are explained. After this the participants will be asked to discuss in small groups in what way their own health care institution—be it preventive or curative health care—takes the special needs of adolescents into

consideration and what can and should be changed to make it more 'youth friendly'. Also, group members are to discuss ways how to effect these changes.

After that, in a plenary discussion, the practical applicability and feasibility of the various ideas will be presented and discussed.

Presentations

Adolescence is characterized by a series of major changes that are unique to the human race. Probably the most fundamental changes are effected by the major developmental changes in the brain. The pruning (reduction of the number of synapses) and myelination (improving the speed of transmission) both making processes faster and more efficient, have vast effects on thought processes and behaviour. The change in volume of grey matter at its second peak at roughly the age of 12 appears to be influenced by environmental determinants. The evolutionary advantages of breaking away from parents, striking out on your own and taking risks in the process are more than obvious in a more primitive society but hardly applicable in our modern world.

One would think, that with increasing knowledge about the effects on thought processes and behaviour (health) care providers would have changed their approach to deal more effectively with this group. However, there are pitiful few examples of for instance hospitals that take the special needs of adolescents into account or health promotion activities that allow for the different levels of maturity and the way that should influence the methodology.

Based on various studies, it is possible to outline a few 'ground rules' for efficient and effective health care for adolescents—the Youth Friendly Health Services. Often even minor changes in the way health care is offered to this age-group, can have a major impact.

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The same problems can be encountered in preventive care. The way adolescents are addressed, the examples given and the approach taken is often not appropriate for this specific group and more attuned to the needs of children. Recent research has shown that for health promotion programmes to be effective, one has to take into account the biological and especially neuropsychological level of development. This means that ideally for each subgroup of adolescents, one has to develop a different approach.

3.8. Seminar: Roadmap to 2015: a strategic planning process for association of schools of public health in Europe (ASPHER)

Chair: Antoine Flahault, France

Organizer: ASPHER.

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Objectives and theme of the workshop

The aim of ASPHER 2015 is to conduct a strategic planning process for the Association of Schools of Public Health in the European Region (ASPHER) in order to collectively establish goals and priorities through until the year 2015 and to develop a roadmap for the upcoming presidency. To this

end, a three-round Delphi survey process was carried out, in which the greater part of ASPHER members participated. In this survey, ASPHER's priorities were explored within the context of ten main topic areas: public health core competencies, good practice/innovation in public health teaching, international collaboration, ethics and values, accreditation of schools/PH programmes, professional opportunities for students and staff, research in ASPHER member institutions, PH