

























## Royal College of Nursing

Since 1916, The Royal College of Nursing (RCN) is a registered trade union in the United Kingdom. After receiving its Royal charter in 1928, the organisation became the College of Nursing with a mission of promoting excellence in practice and shaping health policies, Services include main library in London and regional libraries around the country. The majority of members are registered nurses; however, student nurses and healthcare assistants are also members. There is also a category of membership for retired people. The RCN Library claims to be Europe's largest nursing-specific collection. The RCN awards Fellowships for exceptional contributions to nursing. Honorary Fellowships has also been granted by RCN Council to those who are unable to become an RCN member. It also publishes a range of journals for specialist nurses: Cancer Nursing Practice, Emergency Nurse, Learning Disability Practice, Mental Health Practice, Nursing Children and Young People, Nursing Management, Nursing Older People, Nurse Researcher, and Primary Health Care.















#### Royal College of General Practitioners

The Royal College of General Practitioners (RCGP) is one of the world's most reputed professional bodies for General (medical) practitioners, General Physicians, Family physicians in the United Kingdom. It was established in 1952 with headquarters in 30 Euston Square, London, England The goal of this organization is to encourage, promote and set the benchmark in General medical practice. It is one of the largest of the medical royal colleges, with over 50,000 members.













#### Royal College of Obstetricians & Gynaecologists

From 92 years, Royal College of Obstetricians and Gynaecologists (RCOG) is a professional association based in London, United Kingdom includes people that work in the field of obstetrics and gynaecology, that is, pregnancy, childbirth, and female sexual and reproductive health. The college has over 16,000 members in over 100 countries. The main objective is encouragement of the study and advancement of the science and practice of obstetrics and gynaecology, to set standards in the improvement of women's health and the clinical practice of obstetrics and gynaecology in the British Isles and across the world. It conducts two principal examinations: the Membership examination (MRCOG) and the Diploma examination (DRCOG). The award of the fellowship is a mark of senior status, can use the designation as FRCOG. It also published a range of journals like BJOG: An International Journal of Obstetrics and Gynaecology, The Obstetrician & Gynaecologist.













#### The Royal College of Paediatrics and Child Health













#### Health Education England

Health Education England (HEE) is a part of the NHS constitution involved in supporting the delivery of excellent care in health care with incremental health improvement for patients and the public of England. With broad based topics for upskilling doctors, its elfh program, is the state of the art elearning for healthcare which has more than 100 programs where more than 160,000 students in real time access it, developing healthcare staff in a range of healthcare and community settings.



#### Health and Illness

- 1.1 | Introduction to Adolescent Health And Illness
- 1.2 | Guidance and Policy for Young People's Health
- 1.3 | Investing in Young People's Health

# SESSION 02

### Healthy Development

- 2.1 | Healthy Development in Adolescence
- 2.2 | Concepts of Puberty
- 2.3 | Pubertal Assessment
- 2.4 | Psychological Development
- 2.5 | Social Development in Adolescents
- 2.6 | Assessing Development Stage

### session 03

### Legal Framework

- 3.1 | The Legal Framework for Working with Young People
- 3.2 | Capacity and Consent
- 3.3 | Confidentiality
- 3.4 | Safeguarding Adolescents















# Communication and Consultation with Young People

- 4.1 | Communication Skills in Young People
- 4.2 | Health Communication and Young People Setting the Scene
- 4.3 | Gathering Information and Exploring Sensitive Issues
- 4.4 | Explaining and Consent
- 4.5 | Empowering and Motivating

# session 05

## Health Promotion and Advocacy

- 5.1 | Health Promotion in Young People
- 5.2 | Health Promotion in Clinical Consultations

# session 06

## Long-term Conditions And Transitional Care

- 6.1 | The Experience of Long-term Illness and Disability during Adolescence
- 6.2 | Vocational Readiness in Long-term Conditions and Disability
- 6.3 | Sex & Health Risk Behaviour in Long-term Conditions and Disability
- 6.4 | Young People as Experts
- 6.5 | Transition from Child-centred to Adult-centred Healthcare
- 6.6 | Practical Approaches to Transition
- 6.7 | Developing a Transition Programme













#### Concordance/ Adherence

- 7.1 | Adherence and Concordance in Young People
- 7.2 | Practical Approaches to Improving Adherence and Concordance

# SESSION

#### Young People Friendly Services

- 8.1 | Introduction to Youth Friendly Services
- 8.2 | Community Based Drop in Services for Young People
- 8.3 | Hospital Based Services for Young People

# SESSION

#### Sexual and Reproductive Health

- 9.1 | Sexual Behaviour in Adolescence
- 9.2 | Sexual Assault in Young People
- 9.3 | Sexually Transmitted Infections in Young People
- 9.4 | Management of Sexually Transmitted Infections in Young People
- 9.5 | Contraception
- 9.6 | Teenage Parents
- 9.7 | Adolescent Gynaecology
- 9.8 | Preventing Pregnancy













#### Self Harm and Common Mental Health Problems

- 10.1 | Mental Health and Well-Being in Adolescence10.2 | Introduction to Self-harm
- 10.3 | The Assessment and Management of Self-harm
- 10.4 | The Assessment of Common Mental Health Problems
- 10.5 | Recognising Common Mental Health Problems
- 10.6 | Managing Common Mental Health Problems
- 10.7 | Self-Harm and Common Mental Health Problems

### SESSION

## 11

# Substance Use and Misuse

- 11.1 | Substance Use, Misuse and Abuse
- 11.2 | Managing Substance Use Problems in Routine Clinical Practice
- 11.3 | Prevention Strategies

### SESSION

## 12

# Overweight and Underweight

- 12.1 | Body Shape and Body Image in Adolescence
- 12.2 | Nutritional Requirements in Adolescence
- 12.3 | Development of Normal Eating Behaviour
- 12.4 | Obesity In Young People
- 12.5 | Medical Assessment and Management of Obesity
- 12.5 | Eating Disorders in Young People
- 12.7 | Assessment of Eating Disorders
- 12.8 | Management Strategies for Eating Disorders
- 12.9 | Multidisciplinary Management of Adolescent Obesity













### Common Medical **Conditions**

- 13.1 | Introduction to Common Symptoms and Help-Seeking
- 13.2 | Sleep Problems
- 13.3 | Assessment and Diagnosis of CFS/ME in Adolescence
- 13.4 | Acne

# **SESSION**

#### Level A

14.1	Introduction to Adolescent Health And Illness
14.2	Healthy Development in Adolescence
14.3	The Legal Framework for Working with Young People
14.4	Communication Skills in Young People
14.5	The Experience of Long-term Illness and Disability during Adolescence
14.6	Vocational Readiness in Long-term Conditions and Disability
14.7	Adherence and Concordance in Young People
14.8	Introduction to Youth Friendly Services

- 14.9 | Hospital Based Services for Young People
- 14.10 | Sexual Behaviour in Adolescence

14.11 | Mental Health and Well-Being in Adolescence

- 14.12 | Substance Use, Misuse and Abuse
- 14.13 | Development of Normal Eating Behaviour
- 14.14 | Introduction to Common Symptoms and Help-Seeking













### Level B

15.1	Guidance and Policy for Young People's Health
15.2	Concepts of Puberty
15.3	Psychological Development
15.4	Social Development in Adolescence
15.5	Confidentiality in Consultations and in Health Services
15.6	Safeguarding Adolescents
15.7	Health Communication and Young People: Setting the Scene
15.8	Health Promotion in Young People
15.9	Sex & Health Risk Behaviour in Long-term Conditions and Disability
15.10	Transition from Child-centred to Adult-centred Healthcare
15.11	Practical Approaches to Improving Adherence and Concordance
15.12	Community Based Drop in Services for Young People
15.13	Sexually Transmitted Infections in Young People
15.14	Teenage Parents
15.15	Preventing Pregnancy
15.16	Introduction to Self-harm
15.17	Recognising Common Mental Health Problems
15.18	Prevention Strategies
15.19	Body Shape and Body Image in Adolescence
15.20	Obesity in Young People
15 21	Fating Disorders in Young People

# SESSION

### Level C

16.1	Investing	in Young	People's	Health

- Pubertal Assessment 16.2
- Assessing Development Stage 16.3













16.4	Capacity and Consent
16.5	Safeguarding Adolescents
16.6	Gathering Information and Exploring Sensitive Issues
16.7	Explaining and Consent
16.8	Motivating and Empowering
16.9	Health Promotion in Clinical Consultations
16.10	Practical Approaches to Transition
16.11	The Assessment of Common Mental Health Problems
16.12	Managing Substance Use Problems in Routine
	Clinical Practice
16.13	Sleep Problems in Adolescence
16.14	Assessment and Diagnosis of CFS/ME in Adolescence

# SESSION

### Level D

17.1	Developing a Transition Programme
17.2	Sexual Assault in Young People
17.3	Management of Sexually Transmitted Infections in
	Young People
17.4	Contraception
17.5	Adolescent Gynaecology
17.6	The Assessment and Management of Self-harm
17.7	Managing Common Mental Health Problems
17.8	Self-Harm and Common Mental Health Problems
17.9	Medical Assessment and Management of Obesity
17.10	Assessment of Eating Disorders
17.11	Management Strategies for Eating Disorders
17.12	Multidisciplinary Management of Adolescent Obesity
1717	Acne











