



Response from Sheffield Teaching Hospitals NHS Foundation Trust to #RealMe:
Young people's feelings towards self-worth October 2018

Sheffield Teaching Hospitals NHS Foundation Trust (STHFT) is committed to meeting the needs of Adolescents and Young Adults and so welcomes the release of Young Healthwatch Sheffield's document #RealMe: Young people's feelings towards self-worth released October 2018.

At STHFT the needs of adolescents and young adults are addressed by the Registered Nurse for Children and Young People who leads work across the Trust to increase staff awareness of the needs of the under 25 year old population. A key focus is to increase understanding that a holistic approach should be taken with the patient not just focus on the young person's medical condition. This includes staff having an understanding of the emotional and mental health needs of young people.

A number of strategies are in place to address this across the Trust and these can be aligned to the Principles discussed in this document.

Principles 1 and 2

Although STHFT is an acute adult Trust so predominantly focuses on physical health needs, the Trust acknowledges that low self-worth and emotional health issues can impact on a young person's ability to engage with their health care at STHFT, as well as detrimentally impact on all areas of the young person's life. In the "Young Adult Care and Transition" training offered by the Registered Nurse for Children and Young people this is a key theme discussed in the training. The training promotes the need for staff to be aware of emotional health issues in young people and provides information on how to support a young person should they disclose any issues. Through this training, and through other measures such as Young adult care newsletters, staff are made aware of the signposting section on the STHFT staff Intranet page, this section provides information of where to direct young people should any emotional health issues be identified. Staff are aware that the Registered Nurse for Children and Young People can be contacted for support when working with young people who do disclose any emotional health issues. On the STHFT internet page, which can be accessed by patients and their families, there are links to a number of local agencies, including those that support young people with emotional health issues.

Principle 3

At STHFT the need for working directly with young people when looking at service development and delivery is recognised. Work is currently being undertaken to develop a Youth Forum at STHFT to capture the voice of young people when developing services. An audit exploring young people's experience of the transition from children's to adult services is being undertaken jointly by STHFT and Sheffield Children's Hospital NHS Foundation Trust to evidence what is working well and what needs further improvement. It is recognised that transition is a particularly stressful time for young people so this work is essential to develop services to reduce stress wherever possible as this can detrimentally impact the self-worth of young people.

Principle 5

Work is ongoing within the Trust to embed the practice of assessing all areas of a young person's life, including self-worth and emotional health, as this can impact on the young person's ability to engage in health care. Tools such as the Transition document Ready Steady Go are being utilized to assist this process. This can enable staff to identify appropriate services for the young person to ensure they receive relevant support.

STHFT is keen to work with young people, and organisations such as Young Healthwatch Sheffield, to gain feedback about how care can be provided to young people more effectively. The Registered Nurse for Children and Young People would be very happy to meet with Young Healthwatch for further discussion around how the Principles can be embedded at STHFT.