

UNITE THE UNION WORKING FOR YOU

Reading List for Nurses working with 5-19 year olds

This guide is for those new to public health of children and young people, those anticipating an interview for a job in school nursing or for the Specialist Community Public Health Nurse course, or for those who find themselves managing school nurses, but have no prior background, or for those in primary care who need to update their knowledge.

I would be very grateful if readers would alert me to resources and publications which I may have missed, and to any errors.

There is further specific information on the PSHE fact sheets.

Inequalities in Young People's Health

Edited by Candace Currie, Saoirse Nic Gabhainn, Emmanuelle Godeau, Chris Roberts, Rebecca Smith, Dorothy Currie, Will Pickett, Matthias Richter, Antony Morgan and Vivian Barnekow (2008)

This international report is the fourth from the Health Behaviour in School-aged Children (HBSC) study, a WHO collaborative cross-national study, and the most comprehensive. It presents the key findings on patterns of health among young people aged 11, 13 and 15 years in 41 countries and regions across the WHO European Region and North America in 2005/2006. Its theme is health inequalities: quantifying the gender, age, geographic and socioeconomic dimensions of health differentials. Its aim is to highlight where these inequalities exist, to inform and influence policy and practice and to help improve health for all young people.

The report clearly shows that, while the health and well-being of many young people give cause for celebration, sizeable minorities are experiencing real and worrying problems related to overweight and obesity, self-esteem, life satisfaction, substance misuse and bullying. The report provides reliable data that health systems in Member States can use to support and encourage sectors such as education, social inclusion and housing, to achieve their primary goals and, in so doing, benefit young people's health. Policy-makers and professionals in the participating countries should listen closely to the voices of their young people and ensure that these drive their efforts to put in place the circumstances – social, economic, health and educational – within which young people can thrive and prosper.

[www.euro.who.int/Information sources/Publications](http://www.euro.who.int/Information%20sources/Publications)

NICE Guidance

Here is the current published list of Public Health Intervention Guidance from The National Institute for Health and Clinical Excellence. There is more in consultation, and some of the clinical guidance is also relevant.

Behaviour change,
Preventing the uptake of smoking by children and young people,
Prevention of sexually transmitted infections and under 18 conceptions,
Promoting physical activity for children and young people,
Reducing differences in the uptake of immunisations,
School-based interventions on alcohol,
Social and emotional wellbeing in primary education.

www.nice.org.uk



www.unitetheunion.org/cphva



Healthy Schools Programme (Health Promoting Schools)

All four countries are signed up to this World Health Organisation Initiative:

England <http://home.healthyschools.gov.uk/>

Scotland <http://www.ltsotland.org.uk/healthpromotingschools/>

Wales <http://www.healthschool.org.uk/>

Northern Ireland (this site is under construction) <http://www.publichealth.hscni.net/>

Government Guidance: England

Department of Education and Skills, London (2003) *Every Child Matters. Executive summary.*

Department of Health, London (2004) *National Service Framework for Children and Young People.*

Department of Health, London (2004) *Choosing Health: Making healthy choices easier. Executive Summary.*

Department of Health, London (2004) *Chief Nursing Officers Review of Nursing, Midwifery and Health Visiting contribution to vulnerable children and young people.*

Department of Health, London (2005) *Managing Medicines in Schools and Early Years settings.*

Department of Education and Skills/Department of Health, London (2006) *Looking for a school nurse?*

Department of Health, London (2006) *School Nurse Practice Development Resource Pack.*

Department for Children, Schools and Families, London (2008) *The Children's Plan.*

Department for Children, Schools and Families/Department for Health, London (2009) *Healthy Lives, Brighter Futures: The strategy for children and young people's health.*

Department of Health/Department of Children Schools and Families, London (2009) *The Healthy Child Programme for 5 – 19 year olds.*

Northern Ireland

Department of Health, Social Services and Public Safety, Northern Ireland (2006) *Health for All Children.*

Scotland

Scottish Executive, Edinburgh (2003) *Framework for Nursing in Schools.*

Scottish Executive, Edinburgh (2005) *The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care.*

Scottish Executive, Edinburgh (2005) *Getting It Right for Every Child.*

Scottish Executive, Edinburgh (2007) *Looked After Children & Young People: we can and must do better.*

The Scottish Government, Edinburgh (2007) *Better Health Better Care.*

The Scottish Government, Edinburgh (2007) *Delivering a Healthy Future; An Action Framework for Children and Young People's Health in Scotland.*

The Scottish Government, Edinburgh: *Health and Well-Being in Schools project (2010).* <http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/health-care>

Wales

Welsh Assembly Government, Cardiff (2008) *Food and Fitness Implementation Plan: Promoting Healthy Eating and Physical Activity for Children and Young People in Wales.*

Welsh Assembly Government, Cardiff, (2009) *Getting it Right.*

Welsh Assembly Government, Cardiff (2009) *Our Healthy Future – technical working paper.*

BOOKS

Griffiths, S and Hunter, D.J. (eds) (1999) *Perspectives in Public Health.* Oxford: Radcliffe Medical Press.

Hall, D and Elliman, D (2003) *Health for All Children (Hall 4)* Harlow Printing Ltd

Madge, N. and Franklin, A. (2003) *Change, Challenge and School Nursing.* London: CPHVA

Naidoo, J. and Wills, J. (2005) *Health Promotion: Foundations for Practice.* Cheltenham: Stanley Thornes

Croghan, E (2006) *Promoting Health: A practical guide for teachers and school nurses.* London: Chapman

DeBell, D and Tomkins, A. (2006) *Discovering the future of school nursing: The evidence base.* London: CPHVA

DeBell, D. (ed)(2007) *Public Health Practice and the School Age Population.* Hodder Arnold.

Thurtle, V. and Wright, J. (ed) (2008) *Promoting the Health of School Age Children.* London: M.A. Healthcare

Thornbury, G. (ed) (2009) *Specialist Community Public Health Nursing.* Oxford: Blackwell Wiley

JOURNALS:

Community Practitioner
<http://www.commprac.com/>

British Journal of School Nursing
<http://www.school-nursing.co.uk/>

Journal of Family Healthcare, School Health
<http://www.schoolhealthjournal.co.uk/>

MORE WEBSITES

Department of Health, England,
www.dh.gov.uk

Every Child Matters
<http://www.dcsf.gov.uk/everychildmatters/>

Department for Children, Schools and Families, England
<http://www.dcsf.gov.uk/>

CPHVA (Community Practitioners' and Health Visitors' Association) www.unitetheunion.org

National Children's Bureau www.ncb.org.uk

TeacherNet <http://www.teachernet.gov.uk/>

Centre for Excellence and Outcomes in Children and Young People's services
<http://www.c4eo.org.uk/>

Association for Young People's Health
<http://www.youngpeopleshealth.org.uk/>

Young Minds
<http://www.youngminds.org.uk/>

