

Using nursing research to create safe supportive environments for young people



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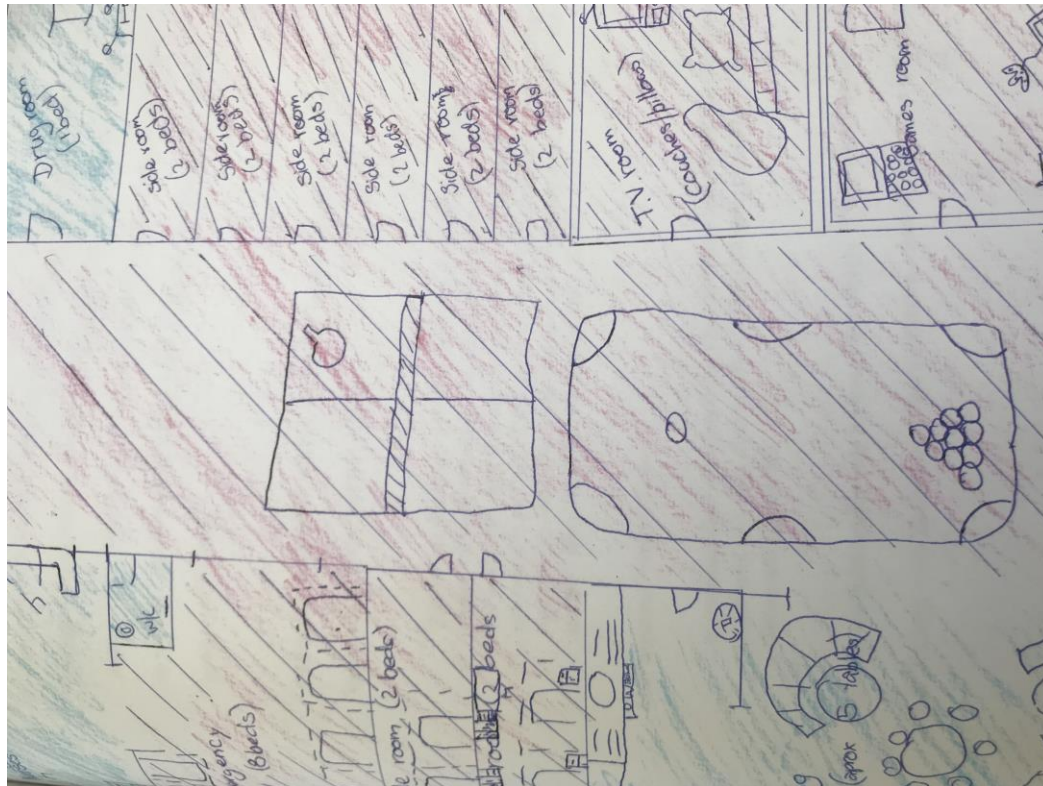
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Introduction

- Working with adolescents
- The good and the bad
- Lessons learnt :)
- Nurses are in a prime position to understand the health care needs of young people
- Facilitate the creation of safe supportive environments



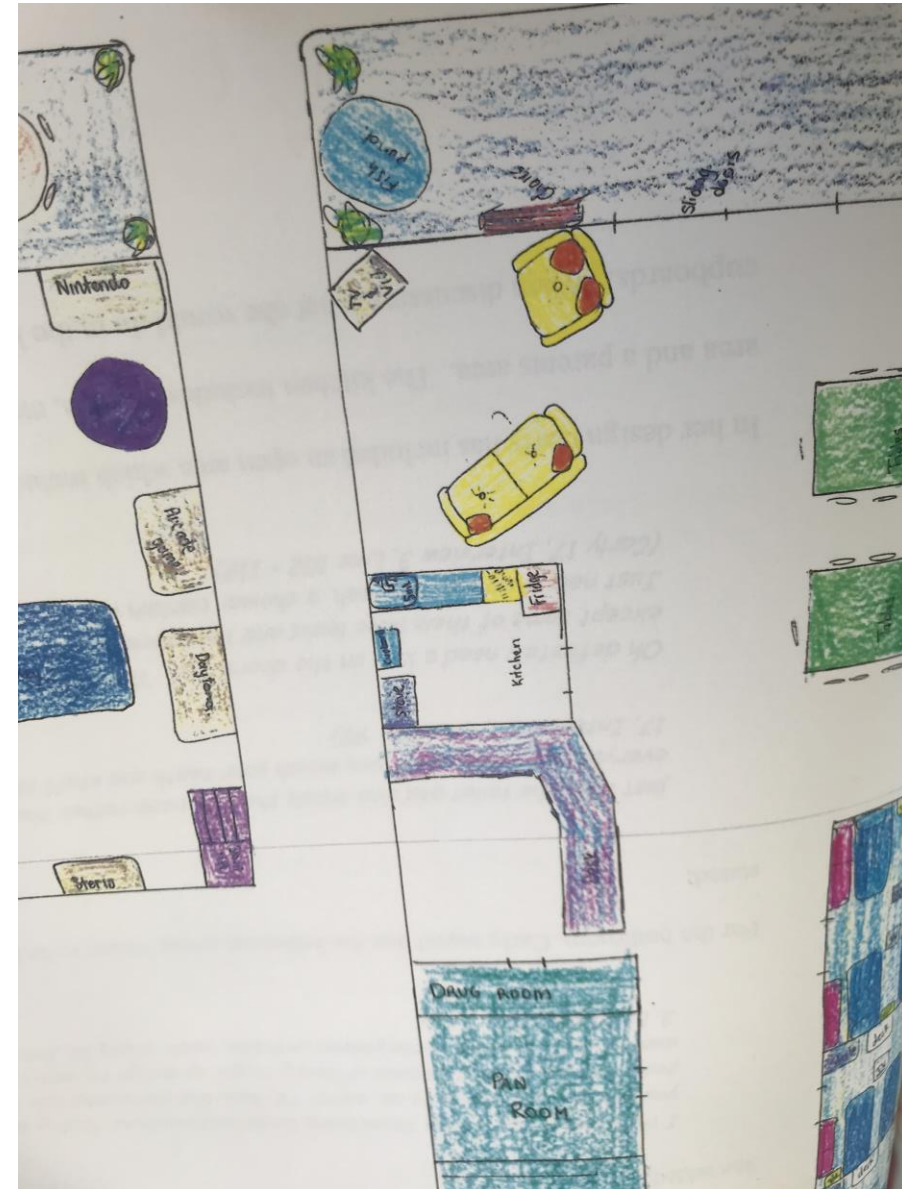
An adolescent designed ward



- Adolescents were asked to draw their own ward and then describe reasons for designing the ward in their own words.
- Chronically ill adolescents
- Given pen and paper
- Asked to walk the researcher through the ward

Key findings

- Adolescents were not outlandish in their requests
- They had a unique perspective to how the ward should be designed.
- They wanted to be near nurses when they were ill
- Left on their own when they were well



How does the ward environment support adolescent health?

- Adolescent ward environment
- How nurses and adolescents use that ward space.
- In particular, this study sought to explore how nurses produce space in their daily work and how this use of space impacts on patients who happen to be adolescents.



Key findings

- Ward was a medical space
- Adolescent needs came second to that of nurses and doctors
- Good and bad patients
- Adolescents molded the space to suit themselves - some more successfully than others



Schoolies (Young people celebrating their end of School Life)



- What is important to young people to stay safe and healthy at Schoolies?
- Literature review to develop postcards
- 300 distributed
- 55% returned

Key findings

Being safe

- Girls – from sexual violence
- Boys – physical violence

Motivation

The take home message was that young people wanted to drink alcohol with their friends

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- **Being healthy**
- Not drinking too much
- Having friends to rely on

How do you stay safe and healthy?

RATE FROM 1-10 (1 being most important / 10 being least important)

WHAT DO YOU THINK IS IMPORTANT TO YOU TO STAY SAFE AND HEALTHY AT THIS EVENT:

- protection from the weather
- being safe in a crowd
- access to toilets
- access to health care
- support from friends
- get enough to eat
- stay well hydrated
- don't use drugs
- drink alcohol responsibly
- other: _____

WHAT DO YOU THINK IS RISKY ATTENDING THIS EVENT:

- getting to and from the event
- overcrowding
- violent behavior
- i have a health problem
- attending the event alone
- exposure to illicit drugs
- sexual behavior
- unhealthy food
- availability of fresh water
- other: _____

WHICH OF THESE IS MOST LIKELY TO AFFECT YOU AT THIS EVENT:

- I may be exposed to drugs
- sexual harassment
- peer pressure
- my ability to get around
- my disability
- a health problem (please tick)
 - asthma,
 - diabetes,
 - mental health,
 - injury,
 - other: _____

Working with young people and the wider community

- Strategies that have been generated and implemented through working with young people and the wider community.
- These strategies are now common place at youth events around Australia
- Dry zones
- Free water
- Free food
- Crowd care
- Chill out zones
- Buses and/or extra public transport
- Targeted health information at events

Social Networking Sites

- Facebook Messenger - allows group chat
- People can initiate plans without rejection
- Plan transport or organize lifts home
- Stay at people's houses
- Plan what to wear what to bring
- Alcohol – how much – home or hotel?
- People can hop on and off as they wish
- Update as the evening goes on



The use of Apps (Systematic Review)

- mHealth technology can influence behavior change
- Further research
 - adequately powered sample size in varied settings
 - adequate period of intervention and follow up
 - based on theoretical perspectives that underpin behaviour change in young people's use of alcohol
- Participation of young people in study designs and implementation may assist in sustainability of results and transfer into effective public health policy and practice.



Summary

- Young people make invaluable contributions to communities and are empowered themselves when they participate
- With purposeful engagement, young people taking on valued roles and address issues that are relevant to them - influencing real outcomes
- Opportunities to share their knowledge and discuss what is relevant to them
- Gives the nurse research valuable insight into what is important to young people at this time in their lives





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