

‘How to Manage: Adolescent health’

Getting it right for young people – tips for the busy paediatrician

Date | Wednesday 21st January 2026

Location | Online, via Zoom

Audience | Paediatricians (all levels)

Course chairs	Dr Terry Segal , Consultant Paediatrician, UCLH Dr Margot van de Vijver , Consultant Paediatrician, UCLH	
9.00	Welcome and introduction	Dr Margot Van de Vijver Dr Terry Segal
9.10	Myths and facts - adolescent development. Why young people need a tailored approach Why are young people different? Including the developing brain and puberty. What is Developmentally appropriate healthcare (DAH) and Why is it important: Frameworks mentioned such as Shared decision making and transition	Dr Terry Segal and Dr Anne-Lise Goddings , Consultant Paediatrician, London North West University NHS Trust
9.50	5-minute screen break	
9.55	The practicalities of getting it right for young people - Delivery of developmentally appropriate healthcare Practical tips including engagement and verbal and written communication, psychosocial interview (Session will mention tips on sleep, weight, gender, social media and approach where there is neurodiversity)	Dr Margot Van de Vijver and Dr Abigail Oliver , Clinical Fellow, Great Ormond Street Hospital
10.35	15-minute break	
10.50-11.40	Case based learning <ol style="list-style-type: none"> 1. Hypermobility assessment and management 2. Heavy painful periods “Does my child have endometriosis”: assessment and management for general paediatricians 	Dr Corinne Fisher , UCLH Consultant adolescent rheumatologist Ms Brianna Cloke – Consultant Adolescent gynaecologist Evelina

11.40 – 11.50	10-minute screen break	
11.50 – 12.40	Case based learning <ol style="list-style-type: none"> 1. Growth and puberty 2. Acne and other skin conditions 	Dr Harriet Gunn Child and adolescent endocrinologist UCLH Dr Damian Wood , Consultant Paediatrician, Nottingham University Hospitals Trust and
12.40 – 13.20	Lunch	
13.20– 14.00	Contextual safeguarding and social prescribing (Incl. professionals meeting)	Dr Najette Ayadi O'Donnell
14.00 – 14.25	Patient journey: learning from patients	Dr Jaymie Huckridge , Clinical Psychologist, UCLH
14.25 – 14.35	10-minute screen break	
14.35 – 15.10	Solutions for those who are challenging to engage	Halina Flannery , Clinical Psychologist, UCLH, Shireece Henry , Consultant Lead Social Worker for Adolescents
15.10 – 15.40	Drugs / alcohol / vaping	Macey McMullen , Violence Reduction Supervisor Royal London Hospital
15.40 – 16.10	Supporting those out of education	Teacher & Youth Worker TBC
16.10 – 16.30	Panel Q& A and your next steps	

Course aim

To equip paediatricians with an understanding of issues facing young people as they develop, and practical tips of how to engage and work with them within the framework of developmentally appropriate healthcare. To use a case-based approach to common medical problems to add to their 'tool kit' to help manage this group.

Learning outcomes:

By the end of the course, delegates will be able to:

- Understand adolescent development and national themes and developmentally appropriate healthcare.
- Recognise and manage common adolescent medical presentations in children and young people within the clinical setting.
- Improve their management of complex challenging interactions.

Faculty lead

Dr Terry Segal

Dr Terry Segal has been a paediatric and adolescent consultant at UCLH since 2007. The leadership roles she holds include clinical lead for adolescent specialties at UCLH, Co-Lead Pan London Post COVID service and Transition for North Thames Paediatric Network. She is the CYP representative on the clinical leadership group of the post COVID society. She was convenor of YPHSIG (YP health special interest group) 2018-21. She is particularly interested in supporting young people with complex problems such as ME/CFS Chronic Fatigue Syndrome, Long COVID, persistent physical symptoms, and emotional difficulties and really enjoys working in a multidisciplinary team. Her >20 publications include post COVID syndrome, ME/CFS, and adolescent communication.

Dr Margot Van de Vijver

Dr Margot van de Vijver is Consultant General Paediatrician with a special interest in Adolescent Health at University College London Hospital (UCLH) and works in the Treatment and Rehabilitation of Adolescent and Children with Complex Conditions service (TRACCS) at UCLH. Margot is passionate about the delivery of excellent care to Young People and ensuring their needs are met and voice is heard. In addition, the involvement of Young People in their own care and ensuring Young People are involved and influencing the delivery of care for all Young People is important to her whether that is through educating Health Care Professionals or through service development.

Please note that due to unforeseen circumstances, sessions and presenters may be subject to change.