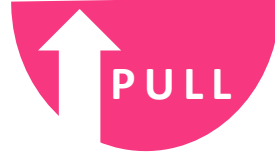


YOUNG PEOPLE'S DOCTORS CONSULTATION MODEL



This doctor's pocketbook for talking with young people about mental health has been developed from the Royal College of Paediatrics and Child Health's research involving young people across the UK from different organisations and schools.



Patient arrives
expresses concern about their mental health.

BUILD A SOCIAL CONNECTION

Ask
How the patient is feeling and what their concerns are.

LISTEN TO THEM CAREFULLY

Inform
Tell the patient about local support groups and workshops etc.

WHO TO TURN TO

Explain
How the patient could deal with their mental health concern.

CHECK THEIR UNDERSTANDING

Next step
Discuss what service is best suited for the patient and what their opinion is on it.

PROVIDE THEM WITH OPTIONS

Ask
If they would like to arrange regular meetings or try different ways of communication e.g. email

CHECK THEIR UNDERSTANDING ONE LAST TIME

Provide
The patient with clinical notes to enhance their understanding and to show to their parents/carers and school staff





TOP TIPS

- Remove jargon and medical terminology that is difficult for young people to understand.
- Aim for the patient to see the same doctor at each consultation to create stability
- Empower young people

“We want them [doctors] to pay more attention and get to know me”- **Youth Café: Scotland (14)**

“It is important to know that people with long term conditions are more prone to mental health conditions so check in how they are feeling”- **National Health Charity (17)**

“For us to feel more confident about health things we need to understand the language used”- **Youth Café: Scotland (15)**

“Who do we turn to?”- **RCPCH Takeover (13)**

“Empower patients to be able to speak up”- **National Health Charity (15)**

“What are the next steps if you have a mental health issue” – **RCPCH Takeover: London (16)**

“Provide us with clinical notes to enhance our understanding” – **Parent and Carer Forum UK: Birmingham (17)**

HOW WAS THIS POCKETBOOK MADE...

Young people from:

- England Wide Youth Forum
- Special Needs School (Scotland)
- Parent/Carer Forum UK (Birmingham)
- RCPCH Takeover (London)
- National Health Charity

They have voiced their opinions to help improve their healthcare services, particularly in mental health, across the year of 2016. Their voices have been put into action by the College in creating a model of how young people expect some of their doctor’s consultations to be.

In fact, some of the steps of the model are representations of the young people’s concerns and suggestions in improving healthcare services.

This leaflet has been collated, created and edited by Papia Islam, a 17 year old intern working with the Engagement Team at RCPCH.