

A HOLISTIC APPROACH TO SUPPORT CHILDREN & YOUNG PEOPLE (CYP) LIVING WITH LONG TERM CONDITIONS (LTC)

Working with hospital based Social Prescribing Link Workers (SPLW)

AT A GLANCE

The Approach

- **Project aim:** A one year pilot now being extended for another year that is **young person-led and taking a holistic approach** to improve health & wellbeing of CYP living with long term conditions (LTC).
- **Cohort:** 11-18 year olds living in Tower Hamlets (or who can easily access Tower Hamlets services) with sickle cell, thalassemia or diagnosed with medically unexplained symptoms.
- **Personalised Care Team:** One Social Prescribing Link Worker (SPLW) based in hospital to support the wellbeing of CYP patients.
- **Referral:** Direct from consultants/paediatricians in the hospital department to the SPLW.
- **Who:** Barts Health NHS Trust and Royal London Hospital.

FUNDING

- Barts charity were awarded £50k to pilot SP for CYP in Royal London Hospital for one year.

THE CHALLENGE

- CYP patients with LTCs are at high risk of isolation, loneliness & mental health issues, and may have missed out on a lot of school.
- CYP with sickle cell or thalassemia may need bone marrow transplants, which can take up to three years to recover from. This can lead to impacts on mental health as well as physical health for patients.



THE ACTION PLAN

- The SPLW has four to six sessions with each patient.
- The aim is to refer each patient to two places and signpost to two others, and actively link in with service, ensuring it's right for them, discussing barriers to access and goals.
- After the intervention, an outcomes letter including a brief overview is shared with the referring partner, consultant or clinical nurse, young person and GP.
- A steering group with nurses, clinicians, and the SPLW oversee the work, and ensure the work is always young person focused.
- The SPLW receives clinical supervision with a psychologist and line management from a clinical nurse specialist for young people on transition from children to adult services.
- Evaluation of the intervention uses the **HEEADSSSS psychology framework** and **youth outcomes star**.

TIMELINE / NEXT STEPS

- To develop and share case studies demonstrating the impact for patients.
- To work with Association for Young People's Health (AYPH) to develop an independent evaluation of the service.

MORE INFORMATION

[Piloting a new model of social prescribing for young people](#)

[Social Prescribing @ The Royal London, Transformation Partners in Health & Care and The Content Creatives](#)

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