

Working collaboratively with young people to develop the 'Coming to Spinal Clinic' resource

<https://www.edgehill.ac.uk/comingtospinalclinic/>

Why we did the project.

- Young people rely on health professionals for credible information about their adolescent idiopathic scoliosis (AIS) but can struggle to engage in consultations and decision-making and report low knowledge levels about their condition.

What we did in the project.

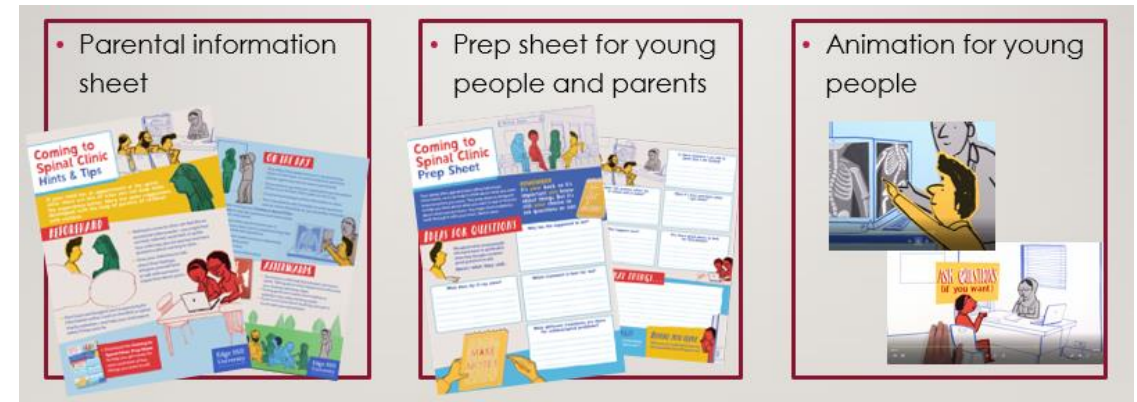
- We used a qualitative participatory approach to work with ten young people (aged 14-16 years of age) with AIS and their parents in two workshops using multiple activities (emojis, speech bubbles and thought clouds) to understand key concerns and feelings and what could facilitate engagement in consultations.

What we found out from the project.

- Young people identified uncertainty and worry associated with attending spinal clinic and often found it hard to ask questions in clinic and felt 'othered' during the consultation.
- Young people and their parents wanted information and a prep sheet to facilitate their clinic visit.

What we developed from the project.

- The free to download 'Coming to Spinal Clinic' resource which consists of three parts:-



The resource aims to improve young people's health literacy by;

- increasing their access to credible information,
- helping them gain a meaningful understanding of their diagnosis and treatment options, and
- facilitating them to be involved with choices and decisions about their condition.

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