

Minor illness in young people 13-17 years

A comprehensive course covering the essentials of adolescent health

Key Information



Who training is for
Registered Healthcare Professionals



Length of course
3 days



Per delegate cost
£450



Format of course
Live via Zoom or Face-to-Face



Dates of course
TBC



CPD Hours
21 Hours



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Course Summary



Our 'Minor Illness in Young People' course aims to provide nurses and healthcare professionals with essential skills for best practice in assessing and managing adolescent health complaints. Participants will gain practical expertise in history-taking and clinical assessments for safe and effective diagnosis of common minor illnesses in general practice.

Course Content



Introduction to Adolescent Health



Common Minor Illnesses in Adolescents



History Taking and Clinical Assessment in Adolescents



Respiratory Conditions



Gastrointestinal/Genito-urinary



Skin Conditions



Neurological conditions



ENT and Eye Problems



Sexual Health



Mental Health



Recognition of the Seriously Unwell Individual



Effective Communication with Adolescents



Legal and Professional Responsibilities



Collaboration and Continuity



Putting it all Together in Practice

Detailed Course Description



This comprehensive course is designed to equip practice nurses and other healthcare professionals working in primary care with the knowledge and skills necessary to effectively diagnose and manage minor illnesses in young people aged 13–17. Participants will gain a deeper understanding of common minor illnesses, enhance their clinical assessment capabilities and history taking skills, and develop effective communication strategies to engage with adolescents and their families. The course also explores legal and professional responsibilities and the importance of collaboration for cohesive and continuous care. Participants will engage in practical examples, case studies, and interactive discussions to solidify their skills and apply evidence-based approaches to real-world scenarios. This course is designed to provide current best practice and practical skills essential for healthcare professionals working with adolescents. It aims to enhance the quality of care provided to young individuals experiencing minor illnesses while promoting a holistic approach to adolescent health.

Developed in line with UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE, the Royal College of Nursing (RCN) and the Royal College of Paediatrics and Child Health (RCPCH).

Upon successful completion of the course, participants earn a certificate in Minor Illness in Young People 13–17, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

Minor Illness in Young People (Ages 13–17): Core Modules

- Introduction to Adolescent Health
 - Overview of adolescent minor illnesses
 - Understanding the developmental and psychosocial aspects of adolescence
 - Understanding the unique anatomy and physiology of adolescents
 - Importance of early recognition and management
 - Importance of tailoring care to individual needs
- Common Minor Illnesses in Adolescents
 - Overview of common minor illnesses in young people
 - Recognising signs and symptoms
- History Taking and Clinical Assessment in Adolescents
 - Importance of a thorough clinical history in adolescents
 - Examination techniques and assessment tools
 - Recognising normal variations in vital signs
 - Recognising common presentations
- Respiratory Conditions
 - Overview of common respiratory conditions including colds/influenza, cough, sore throat, hayfever and asthma, their signs, symptoms and diagnosis and management
- Gastrointestinal/Genito-urinary
 - Assessment and management of gastrointestinal issues in adolescents including diarrhoea, vomiting, abdominal pain, indigestion and constipation
 - Recognising and managing UTI's
- Skin Conditions
 - Clinical decision-making in rashes and other common skin conditions including allergies, wounds, bites and stings, lesions, minor burns and eczema
- Neurological conditions
 - Recognition and management of common neurological complaints
 - Headache, dizziness, head injuries, pain
- ENT and Eye Problems
 - Presentation, diagnosis and management of common minor ENT conditions
 - ENT examination
 - Overview of eye conditions in children
 - Eye examinations

- Sexual Health
 - Overview of common sexual health issues in adolescents including sexually transmitted infections, menstrual problems, contraception, vaginal discharge and pain and male genital conditions
- Mental Health
 - Awareness of common health complaints in adolescents including depression, anxiety, stress, eating disorders and self-harm
- Recognition of the Seriously Unwell Individual
 - Identifying signs of serious illness in adolescents
 - Recognising red flag presentations and warning signs
 - Strategies for prompt intervention and referral
- Effective Communication with Adolescents
 - Strategies for building rapport with young patients
 - Addressing confidentiality and consent in adolescent healthcare
 - Importance of building trust and rapport with young patients
 - Communicating effectively with parents or guardians
- Legal and Professional Responsibilities
 - Importance of accurate and comprehensive record-keeping
 - Legal and ethical considerations in adolescent healthcare
 - Safeguarding and consent
 - Evidence-based approaches to managing common presentations
 - Incorporating the latest research into clinical decision-making
 - Understanding the impact of cultural differences on healthcare
- Collaboration and Continuity
 - Referrals to other primary, community and secondary care members
 - Importance of collaboration with other healthcare professionals to provide cohesive care
 - Developing follow-up plans for ongoing care
- Putting it all Together in Practice
- Review of key concepts through case studies and discussions
- Practical examples
- Q&A session

Course Alignment

This course has been developed in line with the following guidelines

RCPCH Guidelines:

<https://www.rcpch.ac.uk/resources/clinical-guidelines>

RCN:

[https://www.rcn.org.uk/-/media/Royal-College-Of-](https://www.rcn.org.uk/-/media/Royal-College-Of-Nursing/Documents/Publications/2020/December/009-405.pdf)

[Nursing/Documents/Publications/2020/December/009-405.pdf](https://www.rcn.org.uk/-/media/Royal-College-Of-Nursing/Documents/Publications/2020/December/009-405.pdf)

<https://www.rcn.org.uk/-/media/royal-college-of-nursing/documents/publications/2017/may/pub-005942.pdf>

NICE guidance: Children and Young People

<https://www.nice.org.uk/guidance/population-groups/children-and-young-people>

NICE: Clinical Knowledge Summaries

<https://cks.nice.org.uk/>

National Service Framework: Children, Young People and Maternity Services

<https://www.gov.uk/government/publications/national-service-framework-children-young-people-and-maternity-services>