GSAN CONNECTS DOWN UNDER: ADOLESCENT HEALTH IN AUSTRALIA

As a recipient of a Spring Quarter leave in April and May, Dr. Linda Bearinger bridged the adolescent health research and training activities at the University of Minnesota with the work of the Centre for Adolescent Health of the University of Melbourne’s Royal Children’s Hospital. She worked with nurses and other members of the interdisciplinary faculty, staff and students at the Centre located in Melbourne, Victoria, Australia. The impetus for the invitation came from a paper on “Interdisciplinary Education in Adolescent Health” that Bearinger presented in 1992 at an international meeting in Canberra, Australia (subsequently published in the Journal of Paediatrics and Child Health).

The Centre in Melbourne has rapidly become recognized as the major academic adolescent health program in Australia. It was founded in 1990 by

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NEW E-MAIL ADDRESS FOR GSAN

Graduate Studies in Adolescent Nursing is now accessible on the Internet via our new program e-mail address:

adolnurs@maroon.tc.umn.edu

You can address questions or comments to any member of the faculty or staff, request information or brochures from our program, or obtain previous issues of our newsletter.

On June 1, GSAN sponsored a panel of local adolescent health service providers to discuss key elements of appropriate health services for teens and barriers to those providing services. Invited as part of the newly-developed Advanced Health Assessment and Interventions with Adolescents, the panel included school-based, community-based, and street outreach service providers. Kathy Amble, RN, NP, supervisor of Minneapolis school-based clinics, and Susan Brace-Adkins, health educator of Teenage Medical Service (TAMS), represented school-based providers. Mary Jo Bordern, RN, NP, of Planned Parenthood, and Joann Johnson, MD, MPH, of Face to Face Clinic, represented community-based providers, and Jesse Saavedra of Chicanos y Latinos Unidos en Servicio (CLUES) Program, represented street outreach.

Key elements of appropriate health services for teens:

1. Providers who are grounded in an understanding of adolescent development and its impact on health behaviors and help-seeking behaviors: carry and transmit a sense of hope for teens’s futures;

2. Identifying and building on teens’ strengths as well as identifying risk factors. Providers need to be able to visualize successful outcomes for

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**WELCOME!**

Welcome to Mary Beth Aydinalp, who has joined Graduate Studies in Adolescent Nursing as Executive Secretary. She comes to GSAN from the Division of Epidemiology in the School of Public Health.

Welcome also to Tabitha Hanson, RN, second-year GSAN student, who has joined the staff as graduate research assistant/teaching assistant.

Welcome to Lynn Rew, Ed.D., RNC, FAAN, who joins GSAN this year as Adjunct Faculty. In addition to her role as Visiting Professor to the School of Nursing, she is also serving a post-doctoral fellowship in the Adolescent Health Training Program of the Division of General Pediatrics and Adolescent Health, School of Medicine. Dr. Rew comes to us on sabbatical leave from the University of Texas at Austin, where she is Associate Professor and Assistant Dean for Student Affairs of the School of Nursing. Her research focuses on adolescent sexual health, mental health, and ethnic minority issues.

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**ACTIVITIES OF FACULTY & STAFF**

**Linda Bearinger, Ph.D., M.S.:** Presented "Assuring Resources for School Health: Skills in Grantwriting," and "Assessing Adolescent Risk Behavior and Protective Factors," at the annual meeting of the National Association of School Nurses, Albuquerque, New Mexico, in June. She also co-led a seminar, "Approaches to Constructive Feedback: the Mentor's Role," for the annual meeting of the Division of General Pediatrics and Adolescent Health, U of MN School of Medicine, in September.

This summer Bearinger served on a grant review panel for the Maternal and Child Health Bureau's Health Tomorrows Initiative, in Washington, D.C.

**Renee Sieving, M.S., RNC, PNP:** Joined the faculty of the Interdisciplinary Adolescent Health Training Program, Division of General Pediatrics and Adolescent Health, School of Medicine at the University of Minnesota in April; she will continue her work with GSAN.

Sieving will be taking leave Fall Quarter to work on her dissertation; she will return January 1.

**Maggie Dexheimer Pharris, M.S., M.P.H., RN:** Collaborated with JoAnn Johnson, M.D., M.P.H., and Karen Shannon, M.S.W., to develop a booklet, "Consent & Confidentiality: Legal Guidelines for Providing Health Care to Minors in Minnesota." This work is currently in final pre-publication review.

Dexheimer Pharris, as part of the Health Services Task Force of the Higher Education Center Against Violence and Abuse, also co-authored the introduction to the nursing section of a set of recommendations to improve the education of Minnesota nurses to care for victims, survivors, and perpetrators of violence and abuse. She has also been working with the Hennepin County Medical Center Suspected Child Abuse and Neglect Team to write standards of care for adolescent victims of sexual assault and abuse.

She presented, "Public Health Strategies in Developing Nations," to the Student Colloquium on International Public Health, University of Minnesota School of Public Health in May.

Dexheimer Pharris has also been appointed to the Community Advisory Board of the Violence Prevention Project of the Minneapolis Health Department.

**Elizabeth Carlson:** Presented "Measures to assess the scope and effects of teen pregnancy in the community" for N5440, Intro to Public Health, in July.

Carlson assisted in creating the layout for "Consent & Confidentiality: Legal Guidelines for Providing Health Care to Minors in Minnesota." This work is currently in final pre-publication review.

Collaborated with JoAnn Johnson, M.D., M.P.H., and Karen Shannon, M.S.W., to develop a booklet, "Consent & Confidentiality: Legal Guidelines for Providing Health Care to Minors in Minnesota." This work is currently in final pre-publication review.

Carlson is currently piloting an instrument to study contraceptive vigilance in adolescent women accessing a public health pregnancy testing site in Minneapolis.

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**AND FAREWELL...**

**Stephanie Harris Benda,** program secretary, has moved to Gunnison, Colorado, to pursue a degree in elementary education. We will miss her!

Congratulations and farewell to Maggie Dexheimer Pharris, who has been appointed a Community Program Specialist for the Indian Youth Resiliency Impact Study. While she remains in the same office, she will no longer be on staff for GSAN. Her GSAN duties will be passed on to Tabitha Hanson.

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**ISSUES IN DIVERSITY SEMINAR**

The U of M Consortium on Maternal and Child Health (programs funded by the federal MCH Bureau, DHHS) of which GSAN is a member, is sponsoring a series of seminars on diversity issues. The first seminar, Cultural Competency and its Application to Public Health Practice, will be held Friday, November 17, from 9am to 3pm. The presenter will be Sharyne Shui Thornton, medical anthropologist from the University of Washington. GSAN students should plan to attend. To register, contact MaryBeth Aydinalp at 624-3938 by November 3.
GSAN CO-SPONSORS NURSING RESEARCH POSTER PRESENTATIONS

In conjunction with the University of Minnesota School of Nursing Research Committee, GSAN co-sponsored a presentation of School of Nursing research posters from the 1994-1995 academic year on June 12. The presenters included five posters from GSAN faculty and staff on adolescent sexual behaviors, including STD risk behaviors, sexual orientation, and pregnancy; risk behaviors for American Indian youth; and protective factors against hopelessness and suicidality among sexually abused American Indian teens.

In addition to GSAN’s posters, eight other posters were presented by faculty, graduate students, and an undergraduate student in the School of Nursing. These included topics in public health nursing, pediatric nursing, pediatric intensive care, and home care of the elderly. Public health posters presented public health outreach to high risk pregnant women, directions for public health nursing graduate education, community health nursing education for a changing health care system, and attitudes of young first-time expectant fathers regarding pregnancy and fatherhood. The pediatric posters included effectiveness of an educational program about nonpharmacologic interventions with children and children’s perceptions of cardiac catheterization; the pediatric intensive care poster focused on developing a taxonomy of maternal caretaking behavior in the PICU. The poster on home care for the elderly focused on the health patterns of daughters and daughters-in-law caregivers of a parent with dementing illness.

The presentation was well-attended by faculty and staff in the School of Nursing; as a result, the School of Nursing Research Committee have incorporated an annual poster presentation session into the 1995-96 schedule of presentations.

ANNOUNCEMENT

COURSE OFFERING FALL QUARTER

Dr. Bearinger will co-teach PubH 5650 Teenage Pregnancy and Parenting: Models for Intervention on Saturday, October 28, from 8am-4:30pm, at Room 42, Earle Brown Continuing Education Center, St. Paul Campus. This 1-credit course may be taken for graduate credit, and is developed for health/social service providers and educators working with youth around the issues of pregnancy, abortion, parenting and adoption. It is designed to enhance understanding and skills for effectively addressing issues, counseling adolescents, and developing community-based programs for teenage pregnancy and parenting. The class is limited to 60, so register early. There is no late fee through October 20. For more information and registration materials, contact Extension at (612) 625-3333.

NURSE PRACTITIONER POSITION

Jamaica Hospital Medical Center School Health Program of Jamaica, New York, is currently recruiting nurse practitioners for their state-funded school-based clinics. They provide on-site services in seven elementary schools, five preschools, and one high school. They are interested in family or pediatric nurse practitioners with strong backgrounds in pediatric and adolescent medicine. The starting salary is competitive, with an excellent benefits package.

If you are interested, contact: Vikki Jones, Program Administrator, Jamaica Hospital School Health Program, 88-06 Van Wyck Expressway, Jamaica, New York, 11418.

Barriers to providing appropriate health care services to teens:

1. A lack of reimbursement for many of the core services involved in adolescent health care;

2. Lack of collaboration or service coordination across agencies;

3. Lack of funders’ commitment to providing key aspects of adolescent services, specifically, a lack of involvement of funders and third party payers in dialogue about key health services for young people. Community clinics are absorbing the cost of providing care to many adolescents who are covered by managed care systems that at this point are not providing age-appropriate, confidential, comprehensive services for teens.

4. Providers who “don’t look like” or “don’t match” the communities they serve.

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1. Providing culturally sensitive or culturally competent care;

2. Viewing adolescents in the context of their families and community systems, and involving family and community systems, when appropriate, in the care of youth;

3. Adequate amounts of time to build relationships, and understand and address health issues;

4. Services that facilitate adolescents’ decision-making skills; these services should be based in the belief that adolescents can and do make good choices related to their health and well being;

5. Building relationships; establishing trust; being consistent with young people; and

6. Adult mentorship, providing role models for teens.
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Professor Glenn Bowes, MBBS, Ph.D., who continues as its Director. With a mission to improve the health of young people within the state of Victoria and across Australia, the Centre is organized into three major units: clinical services, research, and training. Today, the newly designed 4-story Centre is the site of 5 day-a-week ambulatory clinical services for adolescents. It is also home for the research and training activities of over 40 faculty, staff and students. Research development and research mentorship on adolescent health issues are key to the Centre’s identity and mission. The Centre’s interdisciplinary education unit annually hosts more than 30 training workshops, seminars and courses.

Bearinger’s consultation focused on organizational strategies for creating cross-fertilization among the service, research and training units of the Centre. During the time in Melbourne, Bearinger co-led several month-long seminars teaching research, grant-writing and public speaking skills to a multi-disciplinary cadre of graduate and post-doctoral students. She also gave Grand Rounds at the Royal Children’s Hospital; the lecture, “Designing Services for the Most Vulnerable Young People,” highlighted her work on an NIH research project with American Indian adolescents in the Minneapolis community. This time gave Bearinger opportunity to begin dialoguing with health professionals working with urban Aboriginal young people.

Bearinger also met with nursing faculty of the Universities of Melbourne and Latrobe, and of the Royal Melbourne Institute for Technology. These faculty are launching an array of graduate programs in which nurses can specialize in areas of school health, children with special care needs, and adolescent health. The hope is that these graduate nursing programs will better link the mission of the Royal Children’s Hospital and other youth-serving organizations with the academic goals of the Universities. Recognizing the importance of research in academic programs, discussion centered around enhancing the role of nursing on interdisciplinary teams conducting adolescent health research.

Nursing is positioning itself to meet the changing needs of adolescents in Australia in the coming decade. The Centre’s Education Unit, co-led by nursing faculty, is currently organizing an Australian national conference on adolescent nursing in 1996.